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Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

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

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

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



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

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

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Publisher's Letter



Hello Friends,

Happy New Year!!! 😊



Sharon

I recently signed up for a Mindvalley Masterclass and I would like to share with you some of what I've learned so far. As we set our goals and plans for 2024 these tips can help manifest our best reality.

Often when we set goals for a particular career or aspire for a certain relationship, once we find ourselves in that career or that relationship, we discover they did not bring us the happiness we expected. So rather than starting with particular goals, think about your perfect average day. What would that day feel like? Visualize how that day would go. Do not limit your imagination,

what would truly be your perfect average day? Where would you live? What would you do when you wake up in the morning? How would you get your exercise, what would you eat, how would you spend your time with family and friends? With this visualization in mind, we can take a new look at our goals and plans for 2024 and ensure that they align with manifesting the future we truly wish to create.

Another lesson was about the 3 things that create our reality. Intentions, Destiny and Environment. We just learned how to craft our intentions. Destiny is the agreement our souls made when we entered this human experience. And Environment, we may not realize, has a big impact on how we manifest our intentions. If we live in a cluttered, chaotic, dreary environment, it has a negative impact on our attitude, gratitude and ability to manifest. Getting our Feng Sui in order for the New Year is highly recommended.

I hope you found these tips as helpful as I did. The higher we vibe, the more positive impact we have on the world around us, so vibe high butterflies, and make 2024 amazing!

Thanks to everyone for your love and support! We couldn't do this without you 😊

Warm wishes,

Sharon

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Reiki Level I Training



Join Reiki Master Elena at The Yoga Loft, 58 Main Street, Farmingdale on January 7, 12-4:30pm. Reiki is a spiritual energy healing practice administered by “laying on hands”. It originated in Japan by Mikao Usui, and the word Reiki is made of two Japanese words- Rei which means “God’s Wisdom” and Ki which is “life force energy.”

The Level 1 training focuses on the practitioner opening up the energy channels, allowing the connection to the universal life force energy, which flows from the cosmos through the crown of the head and down to the heart and hands.

This Level 1 Training will include:

- A sacred ritual called an “Attunement”
- The meaning, purpose, benefits and history of Reiki
- Procedures for giving a complete and modified Reiki treatment to others
- Supervised practice sessions
- Procedures for self-Reiki treatments
- Our inner space during Treatments
- Detailed Level 1 Manual
- First Degree Reiki Certificate

Wear comfortable clothes and bring a notebook. Please refrain from drinking alcohol or eating meat 24 hour prior to the training.

Space is limited to 8 students, please register at info@theyogaloftnj.com or call/text 732.239.2333 to reserve your spot. Cost: \$175.

Qigong for Good Health Winter Series.

7-Week Winter Series Begins January 16th in Lincroft. Set an Intention for self-care and good health in 2024. Join us as a beginner or return as an experienced student and deepen your practice. Qigong reduces stress, builds stamina, increases vitality and affects the immune system in positive ways! This amazing ancient Chinese system of self-care integrates physical postures, breathing techniques, and mind focus. These practices are effective and easy to learn. Students with all levels of ability are welcome. Sign up online and early. These classes do fill.

Join Maxine Forster Guenther, M.A., Instructor of Integral Qigong, certified since 2003, in The Earth Room, at the Unitarian Universalist Meeting House (UUCMC), 1475 West Front Street in Lincroft.

TWO one-hour Qigong classes are available on Tuesdays beginning January 16th at 1pm OR 2:30pm. Both classes will be



similar. For more details, please check the website www.qigongforgoodhealth.org Sign up online. According to UUCMC guidelines for Covid, masking is optional. Students are well spaced and the Earth Room has a state of the art air filtration system. Cost of the Winter Series at UUCMC: \$80 for 7 sessions. 2nd Person in same household is \$40. College student, \$40. If you cannot afford the cost, please contact Maxine to make some adjustment in the fee.

PARKING LOT QIGONG will re-emerge in the back lot of UUCMC on Saturday mornings when weather begins to warm. Open to beginners and experienced students. Add your name to the PLQ e-mail list for class notification: qigongomi@yahoo.com

BROOKDALE COMMUNITY COLLEGE: A series of 6 classes, An Introduction to Qigong (back by popular demand!) beginning March 21st from 2-3:30pm. Also Parking Lot Qigong will resume with warmer weather. For information and to sign up, call 732.224.2346 or google BCC/ Life-Long Learning for their catalog of Spring classes.

Self Defense Workshop

Join Tony Costa, Zen Buddhist, Certified Yoga Teacher and Lifelong Martial Artist on January 27, 12:30-2:30pm at The Yoga Loft, 58 Main Street, Farmingdale.

Self-defense begins before, and continues after, a physical altercation; the majority is what we do leading up to that. Our actions and mindset before it gets to the physical level is often the most important part of self-defense.

We need to not only learn physical tactics, but also learn to manage the mental and emotional aspects of it, as control of these can prevent many conflicts. The workshop will work on a combination

of physical techniques in addition to understanding the mental and emotional aspects of self-defense, as one does not work without the other. The combination of the two can help bring you to a place of confidence in yourself. This workshop is ideal for women of all ages who have basic physicality and is perfect for the female college student.



Please register early, this workshop is limited to 15 students, register by email at info@theyogaloftnj.com or call/text 732.239.2333. \$45.

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 celebrate your creativity in all of its authentic form, creative expression can serve as a tool to heal, connect, de-stress, reclaim and discover. Experiencing

this process will help 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.

Meet Dr. Ernest Pecoraro

My name is Dr. Ernest Pecoraro. I am a Chiropractor in Sea Girt New Jersey. In 2005 I retired from practice. I had five clinics in New York City for 25 years before retiring.

About five years ago my daughter who was 30 years old developed a severe low back and sciatica condition that, it seemed, no one could help. She received chiropractic, acupuncture, traction and injections with no results. After a relative told us to try



EPIC Technique we visited a doctor who practices that technique and within minutes 70% of her back and leg pain was gone. She now leads a normal life with no pain.

I then decided to go back into practice after I trained to perform the technique. The treatment uses a painless sound wave to position the top bone in the spine, called the Atlas,

which rebalances the entire spine and relieves the pressure on the discs and nerves in the neck, back and pelvis. It has amazing results for headaches, TMJ problems, brain fog, neck pain and a host of other pains in the body. I opened my office in April 2022 at 2130 Hwy 35 Suite A-123 in Sea Girt.

Our website is <http://www.epicseagirt.com>. We offer a free consultation for patients to learn about our treatment. Phone number is 732.359.7048.

Body Alchemy

Body Alchemy is excited to announce we now offer Infrared Sauna sessions featuring Red Light Therapy - a transformative addition to enhance your wellness goals. Our full spectrum Sunlighten mPulse sauna produces near, mid and far infrared waves to gently warm your body from within. Our infrared sauna is also equipped with medical grade chromotherapy, which restores balance by means of applying color to the body. You can tailor each session to fit your current needs, our sauna offers clinically-backed health programs to choose from or you can customize all three infrared wavelengths to maximize health benefits as your needs change and evolve.

Our clients love to add a sauna session following their Colon Hydrotherapy or Assisted Lymphatic Therapy treatments to help

further their detoxification, or before a massage to help warm their muscles.

Some benefits of sauna use include: detoxification, muscle recovery, immune system boost, reduced pain and inflammation, improved sleep, anti-aging, mood boosting, cardiovascular health, weight loss and of course general relaxation. We look forward to sharing the warmth and benefits of our new Infrared Sauna with you!

Book your next appointment at www.bodyalchemywellness.com.

What's coming up for you in 2024



Book a Psychic small group event at your location! Dawn Ricci Psychic Medium will provide insight and Psychic readings and predictions for this year! It's a guaranteed fun night for everyone. Email us at hello@dawnricci.com

or visit dawnricci.com to learn more.

The Yoga Loft News

The Yoga Loft decided it was time to go and grow. While we are grateful for our prior location, we want to make sure that our students know that The Yoga Loft is no longer on the Calgo Gardens campus. The Yoga Loft, along with all of our amazing yoga teachers have moved to 58 Main Street, Farmingdale. The entrance and a well lite parking lot is at in the back of the building.

Upon entering our new space, you will be greeted by a warm reception area, where you can sit and enjoy a cup of tea before or after class. In addition to our yoga studio, we also have separate rooms for Reiki/Reflexology and massage. Of course, gift certificates are available at the studio.

We look forward to continuing to offer a full schedule of yoga classes and workshops taught by our superbly qualified yoga teachers throughout the coming year.



Thank you for your continued support in our new home. Keep up to date with us at theyogaloftnj.com. May your holidays be filled with blessings of joy, peace and love.

Beyond Holistic Healing News

Did you know that many physical and mental symptoms you experience can be manifesting from old stories that are trapped in your body? If you feel like you have "tried everything" and nothing is working, this might be why!

I'm Beth from Beyond Holistic Healing and I use a combination of Chinese and Western medicine to help you get to the root cause of an issue and finally release it. I can naturally help with

things like anxiety, sleep problems, brain fog, energy and mood. I help you become the best version of yourself. Mention this ad for \$25 off your first session!

Visit my website to book a free call: bethaitken.com. Call or text 703.403.6678. Follow me on Instagram: [beyond_holistic_healing](https://www.instagram.com/beyond_holistic_healing)

Unity by the Shore

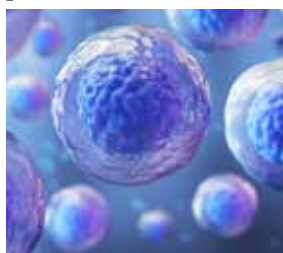
Unity by the Shore is happy to announce a visit with Spiritual Medium, Catherine McCall on Saturday, February 10, 2024 from 2 to 5 pm. Ms. McCall is a well-known, sought-after spiritual medium. Ms. McCall will do private readings in a "gallery" setting to facilitate communication with loved ones beyond the veil. Due to the audience size at our UBTS event, not everybody will get a personal reading. However, Ms. McCall can be booked for private readings separately. Her event at UBTS is capped at 50 people and is likely to sell out. Tickets: \$45 online / \$55 at the door. Light refreshments will be served and are included in the ticket price.



For information visit UnitybytheShore.org or call 732.918.3395
Unity by the Shore 3508 Asbury Avenue Neptune, NJ 07753.

Stem Cell Activator Patches (SCAP)

Do you know what stem cells are? Stem cells are cells with the potential to develop into many different types of cells in the body. They serve as a repair system for the body. SCAP are a new technology, invented by David Schmidt in his field of study known as photobiomodulation aka phototherapy and shows great promise for the future of medicine. By 2018, David continued his research into phototherapy, and the emphasis of this research was to investigate better methods for enhancing the flow of energy in the body for significantly improving athletic performance. The result of this work was X39 – SCA- a new product for gently stimulating the skin with light for enhancing the flow of energy, and improving strength, stamina, and overall athletic performance and even sleep which work. It is a non-transdermal patch, which means nothing goes into your body.

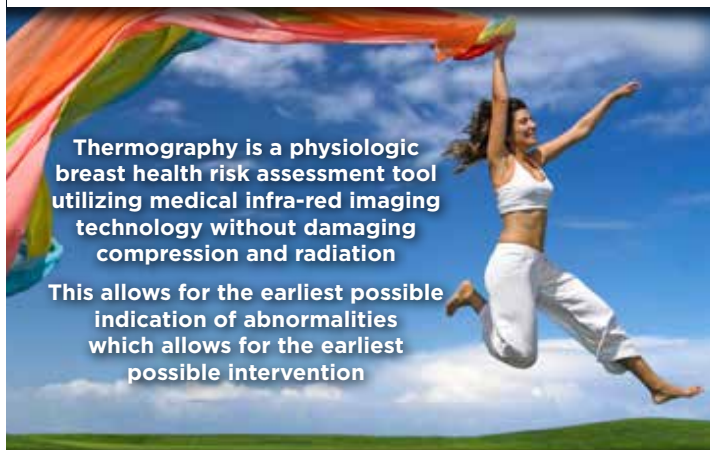


SCAP targets specific wavelengths of light for the improvements in specific peptides in the body such as GHK-Cu and AHK-Cu. These peptides, first discovered by Dr. Loren Pikart, have shown improvements in independent clinical studies for the improvement in healing and stem cell function.

Larisa Belote, Health Practitioner & Certified Detox Specialist.
Call, text 732-996-6963 or email: larisa@stepbystep-wellness.com
for more information on how you can activate your own adult stem cell that have been dormant for a long time.

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- ♥ Chakra Balancing
- ♥ Inflammation & Pain
- ♥ Digestive Issues
- ♥ Hormone Balancing
- ♥ Sleep
- ♥ Memory
- ♥ Covid Repair
- ♥ Ancestral Healing



Schedule your free consult
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or 703-403-6678
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Find me on Instagram
[@beyond_holistic_healing](https://www.instagram.com/beyond_holistic_healing)

BLOOD MARKERS OF LONG COVID IDENTIFIED

Long COVID has left millions with ongoing fatigue, cognitive issues, heart rate and blood pressure variation, and other debilitating symptoms. Recent findings reported in the journal *Nature* may help scientists develop a blood test to diagnose the illness. The study involved a cross section of 268 individuals—152 with long COVID and 116 without it as a control group.



Blood testing revealed significant differences between the two test groups. Long COVID patients exhibited irregularities in the activity of immune system T cells and B cells that help fight off germs, as well as significantly lower levels of cortisol, a hormone that helps people feel alert and awake. Dormant viruses, such as Epstein-Barr that causes mononucleosis, were activated in the long COVID patients.

While the scientists did not find significant evidence that long COVID was the result of an autoimmune disorder in which the body attacks itself, they suggested future studies would be needed to identify immune system problems. They also recommended further inquiry to understand cortisol's role in long COVID and to determine whether dormant viruses are causing symptoms. Long COVID affects one in 13 Americans, according to a survey by the U.S. Centers for Disease Control and Prevention.

BLOOD TEST TO DETECT PARKINSON'S DISEASE

Researchers led by a team from Duke Health have developed a blood test to detect Parkinson's disease, which afflicts 10 million people globally and is the second most common neurodegenerative disorder. The illness causes unintended or uncontrollable movements, such as shaking, stiffness and difficulty with balance and coordination. Symptoms start slowly and worsen over time.

Until now, diagnosing Parkinson's relied on a person's medical history, a neurological examination and observable symptoms. An accurate diagnosis is critical because there are other disorders with Parkinson's-like symptoms that require different treatments.

The Duke Health blood test focuses on DNA damage in mitochondria, the energy-converting factories within cells. Patients with Parkinson's had higher levels of mitochondrial DNA damage in blood cells, as compared to patients without the disease. The test also detects specific genetic mutations that are associated with an increased risk of the disease, which may be able to help doctors predetermine whether certain therapies would be effective on their patients. Researchers hope the new blood test will not only diagnose Parkinson's disease, but also identify drugs that reverse or halt mitochondrial DNA damage and the disease process.




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FLUORIDE EXPOSURE AND COGNITIVE DEFICITS IN CHILDREN

Since 1945, cities and municipalities in the United States have added fluoride to community water systems to prevent tooth decay. As of 2020, the U.S. Centers for Disease Control and Prevention reports that nearly 73 percent of Americans have fluoridated water; however, there is growing concern about the negative effects of fluoride exposure.

An article in *Neurotoxicology and Teratology*, a publication dedicated to the effects of chemical and physical agents on the nervous system, investigated the association between fluoride exposure in drinking water and cognitive deficits among children. The study involved 74 school-aged children living in rural Ethiopia. Researchers measured the participants' exposure to fluoride through samples of community-based drinking-water wells and urine samples.

Cognitive performance was measured using two assessments: the children's ability to draw familiar objects and a standardized memory and new-learning assessment. The results showed that fluoride levels in drinking water were negatively associated with cognitive function, and that cognitive deficits were particularly strong among children exposed to high levels of fluoride.

The study's authors highlighted the need for additional studies involving children and adults to understand the potential neurotoxicity of low fluoride levels known to protect against dental cavities, as well as the effects of elevated fluoride levels in drinking water. Such research is essential to protect the cognitive health of children and to inform public health policymaking.



CANNABIS SYNDROME

Cannabinoid hyperemesis syndrome (CHS) is a rare, but growing, condition of repeated and severe bouts of vomiting experienced by some marijuana users. The syndrome is difficult to predict or diagnose at this time, although its prevalence may be associated with the increased use and potency of the drug.

Some long-term, daily marijuana users develop CHS late in life, while some young people also suffer from it after a few years of heavy smoking. THC, the psychoactive component of marijuana, is thought to be responsible for CHS symptoms, because it binds to receptors in the body's endocannabinoid system that regulate sleep and other bodily functions.

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Alyssa Siegel

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Although the exact mechanisms that trigger this illness remain unclear, mounting evidence suggests that prolonged cannabis use can lead to the rewiring of receptors and nerves in the gut and esophageal sphincter, leading to CHS symptoms. Some patients have found relief by rubbing creams with capsaicin—a chili pepper extract—on their arms or belly. Experts believe that the warming sensation created by these balms activates a receptor in the stomach that can calm nausea and vomiting.



TRACKING A PREHISTORIC WOOLLY MAMMOTH

Scientists have successfully followed the movements of a 17,000-year-old woolly mammoth named Kik, shedding light on the ancient mammal's epic journeys across Alaska. This groundbreaking study, published in *Smithsonian* magazine, used isotopes found in mammoth tusks to trace the animal's travels in unprecedented detail.

The arctic woolly mammoth, which stood 12 feet tall and had tusks up to 12 feet long, roamed the Alaskan interior during the Ice Age. Kik's range expanded as he grew, covering vast distances between the Brooks Range and the Alaska Range. The research revealed that mammoths walked much farther than previously believed.

To create an accurate map of Kik's journey, the researchers also collected isotopic data from rodents in Alaska. By analyzing the strontium isotopes in these rodents' teeth, they were able to establish a strontium map of Alaska. The team then matched the strontium values in Kik's tusk to the strontium map, allowing them to trace his travels and connect the dots of his route.



BUILDING CLIMATE-PROOFED HOMES

Yasmeen Lari, an 82-year-old Pakistani architect, is leading an initiative to transform how Pakistan rebuilds after natural disasters by abandoning the reliance on concrete and embracing local architectural traditions.

Pakistan is highly vulnerable to natural disasters, and the increasing frequency and intensity of floods demand sustainable and resilient solutions. By using local materials and design techniques, Lari addresses the environmental impact of construction, reducing carbon emissions and embracing a more climate-friendly approach.

She uses cheap, locally available, low-carbon materials to construct flood-resilient homes. This includes incorporating raised platforms and bamboo roofing waterproofed with straw and tarpaulin. The walls incorporate bamboo panels reinforced with earth and lime, ensuring waterproof structures that can withstand heavy rains.

To implement her ideas, Lari founded the Heritage Foundation of Pakistan, which trains villagers how to work with these sustainable materials. Her goal is to build 1 million homes by 2024.

UPCYCLING PLASTICS INTO SOAP

Plastic waste has become a global environmental crisis, leading scientists to explore innovative methods for reusing and transforming it. A research study published in the journal *Science* provides evidence of the successful upcycling of polyethylene and polypropylene into a surfactant, the primary component of soap. The methods employed by the scientists led to a high conversion rate of 80 percent.

Upcycling plastics into soap offers several benefits. Using plastic waste not only reduces the burden on landfills, but also minimizes the demand for virgin materials in soap manufacturing. Plus, economic analyses conducted by the researchers suggest that the high conversion rate makes the process economically viable.



AVOIDING THE SINGULARITY

Singularity is a hypothetical future point where technological growth becomes uncontrollable and irreversible. It was thought to be decades away, giving humans time to plan. But Ben Goertzel, Ph.D., CEO of SingularityNET and a leading artificial-intelligence scientist, predicts that singularity is fewer than 10 years away.

Goertzel believes that the advent of artificial general intelligence (AGI) is just around the corner, citing the progress made by large language models like Meta's Llama2 and OpenAI's GPT-4. These systems have increased global enthusiasm for AGI, leading to more resources, money and human energy invested in its development. AGI could create or modify its own algorithms, essentially teaching itself—something that currently available artificial intelligence does not do.

Despite the numerous benefits that AGI could bring, some people are concerned about the potential risks associated with the technology. Detractors worry that AGI could become more intelligent than humans, leading to drastic unforeseeable changes in civilization. While it is difficult to predict the exact timeline in which AGI will become a reality, it is important to consider the ethical implications of this technology, ensuring that its development aligns with human values and does not lead to unintended negative consequences.

VANISHING BANANAS

Every year, more than 100 billion bananas are consumed worldwide, 47 percent of which is the classic yellow Cavendish cultivar. According to a recent report in *ScienceAlert*, a strain of the *Fusarium* fungus known as Tropical Race 4 (TR4) is causing an outbreak of a wilting disease commonly referred to as Panama disease, which threatens to eradicate this popular varietal. First discovered in Australia in 1997, TR4 has spread worldwide. The infection begins in the tree's roots and ultimately disables its ability to absorb water or conduct photosynthesis. Because of its slow progression, experts believe the disease will take about a decade to completely wipe out Cavendish bananas.

Although there is no simple solution to TR4, scientists are exploring several options, such as genetically modifying the fruit to be more resistant to TR4, grafting Cavendish onto other trees to make them more resistant, and evolving Cavendish seedlings by exposing them to TR4 and selecting those that fare best. These may turn out to be short-term approaches, however, as the fungi could mutate.

The best solution may be for farmers to stop growing only one variety of banana. By increasing the genetic diversity of the world's favorite fruit, bananas may become less susceptible to diseases. On the other hand, introducing a wider variety of bananas could drive up costs and would require an overhaul of ripening and transportation practices.



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Innate Power of the Breath

by Shoshanna Katzman



Breathing is simple, natural and something that we typically do without thinking. However, taking time to learn and practice deep

breathing techniques holds the potential for life-changing results. Becoming more conscious of our breath provides a powerful healing tool right inside our body – an endless resource that can be called upon at a moment's notice.

During the process of breathing, air is pulled into the lungs where oxygen is extracted and dispersed throughout the body, while carbon dioxide is exhaled. Breathing is controlled by one of the most primitive aspects of the brain known as the medulla oblongata. This part of the brain automatically starts at the moment a baby enters the world and takes its very first wailing breath.

Babies have the natural tendency to breathe into their bellies which allows their breathing to function at maximum capacity. As they get older this pattern changes and

they begin to tighten their abdomen and breathe more from their upper lungs. Abdominal breathing techniques have been taught for centuries to reinstate “belly breathing” and thereby enhance overall health and healing capability. This type of enhanced breathing technique has become widespread in the United States due to the popularity of yoga, Tai Chi (Taiji) and Qigong which teaches students the importance of breathing into their bellies. A main aspect of such training is to heal the body, mind and spirit through integrating and harmonizing body, breath and mind.

The following is a belly breathing exercise that can be easily practiced on a daily basis:

PREPARATION: Assume a lying, sitting or standing position with palms placed over your lower belly. Close your mouth gently and rest your tongue lightly on the upper palate, just behind your upper front teeth. Allow your eyelids to close halfway. Then concentrate your mind on your lower belly, approximately three inches below your belly

button and inside your abdominal cavity.

STEP ONE: To begin with, breathe in through your nose and draw air into your lower lungs. Upon doing so, expand your belly like a balloon. Then as you continue this inhalation, feel the air gently expanding into your chest.

STEP TWO: Breathe out through your nose and simultaneously empty air from your chest and abdomen. Upon doing so, allow your belly and lower back to slowly collapse in toward the central axis of your body much like a balloon deflating.

This way of breathing allows one to draw in a maximum of air with minimum effort. It causes the diaphragm to move up and down which massages and stimulates the internal organs – thereby promoting healthy respiration, digestion, elimination, reproduction and sexual vitality. It also increases lung capacity, blood oxygenation and cellular metabolism. Belly breathing brings one into a meditative state, promotes stability and more grounded behavior. And quite importantly, it regulates flow of qi (vital energy) throughout the body and forms a solid bridge between the energetic and physical bodies.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) in Shrewsbury, NJ for thirty-five years. She provides acupuncture and Chinese herbal consultation along with her associates Kelly Van Sickell and Heather Quinlivan. She is author of “Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy”, co-author of “Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness” and recently released “Center of Power: Life Mastery through Taiji” which is a comprehensive on-line curriculum with over 130 videos and 24 audios. Shoshanna offers classes through her Two Rivers Academy of Taiji & Qigong. For more information call or text 732.758.1800 or email contact@tworiversacademy.com.

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The Rolfing Technique of Structural Integration and Fascia

What is Fascia?

Fascia is often included in conversations about health. Fascia, a type of connective tissue, is central to our posture and movement. Fascia enwraps each muscle, bone, organ and plays an essential role in organizing our structure in the field of gravity. It is also an integral part of each cell in the body.

Cut an orange in half. The orange-colored thick peel is similar to our skin. The soft, thin yellow substance beneath the skin is like the superficial fascia of the body. Each segment of the orange is covered with a fine membrane much like the deep fascial coverings of our muscles, bones, and organs.

Dr. Ida P. Rolf

Dr. Rolf was a biochemist and one of the first to recognize the importance of fascia, “the organ of structure.” Her unique contribution was to look at how one’s structure and its components are organized in gravity. She developed a method for practitioners to improve these relationships. Fascia plays an essential role in how humans are organized in gravity. Rolfing balances the tensions in the fascial network, providing a path to improve those relationships. Dr. Rolf observed:

- The body has many segments – head, torso, pelvis, etc.

- When these segments are vertically aligned with the head over the shoulder, hip, knee, and ankle – the body is supported by the gravitational field.

- When the structure is well aligned in gravity, it functions well.

- When the segments are not in good vertical alignment, the body works hard to

overcome the force of gravity.

- The body and its segments are held together by fascia, a fibrous web “packing” material.

- Fascial restriction in one area of the body may affect the function of other areas of the body.

Fascia Has Two Primary Components:

- Collagen Fibers
- Ground Substance

The collagen fibers within the fascia are a colloid. Mechanical forces can impact these fibers:

- Chronic tension on the collagen fibers in the fascia can shorten, harden, and result in disorganization of the structure.

- By adding physical energy, fascia can also be lengthened, become more elastic, and improve the structural pattern.

Posture – It’s About Relationships

When we speak about posture and alignment (structure), we are talking about the relationship between the body segments. Ideally, these segments are well aligned in the gravitational field, and our organism moves with efficiency and ease.

Rolfing/Structural Integration

A Rolfer is trained to see how an organism is organized in the field of gravity and see how the body is out of alignment. They carefully and selectively use pressure through their hands. The pressure allows fascial shortenings to lengthen, and become more elastic.

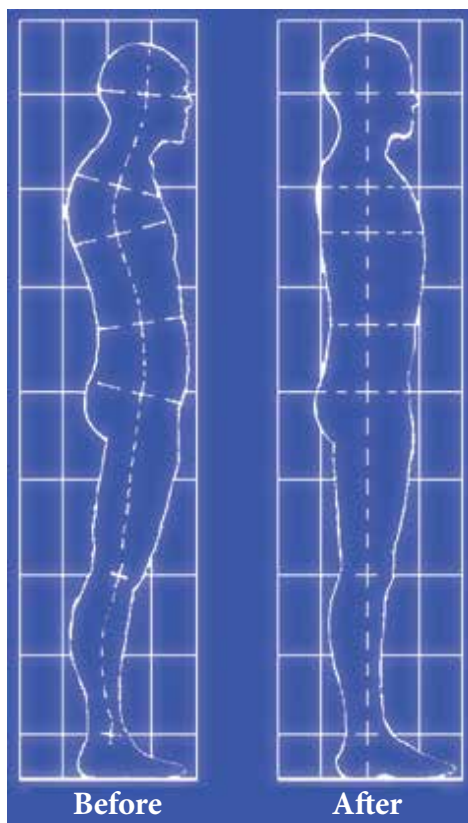
As chronic shortenings in the fascial network are released, the body has an opportunity to move to a more ordered pattern. Fascia is all about structure, and structure is about relationships. When the structure is well aligned, the body segments work together within the gravitational field.

Fascial “tools”

Patients commonly report using foam rollers, and fascia blasters to ease muscle tension and soreness. They often ask us how effective these products are and how one can improve their fascial health. Foam rollers and fascia blasters may offer temporary relief to aches and pains but generally do not create balance within the fascial network.

Dr. Rolf’s vision was informed by studies with osteopaths and yogis. These disciplines also work on the alignment of the structure to improve its function.

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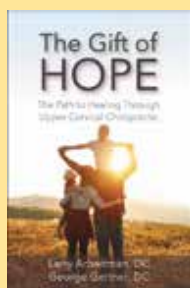
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A Family Practice:

Bridging the Gap Between the Modern Condition and Classical Wisdom

by T. F. Glomb

With the New Year just arrived, no doubt, you are starting to put your resolutions and intentions into practice. Perhaps, some of those intentions focus on your health and personal wellbeing. And so, as you embark on this journey, the question of who you would like to work with will inevitably arise. Who will help you meet those goals? Who is your ideal practitioner? And, when deciding on a healthcare provider, what aspects of the relationship do you consider most important?

Meet Shore Points Acupuncture, a family practice comprising the brother and sister team of Craig and Michelle Graceffo. They practice under the same roof, but they are quite distinct when it comes to temperament, perspective, and energy. As such, these distinctions are reflected directly in their treatment styles and approaches. What sets them apart from other practitioners is their collaborative approach to maintaining a clinic and caring for

patients. Time together is most often spent discussing Chinese medicine theory and Daoist principles about nature and how this relates not only to their own life journeys, but also to how these principles could apply to the patients they treat in their practice.

Michelle is trained in Classical Chinese Medicine meaning her treatments and style pull from an 88-generation, oral tradition taught and transmitted by Jeffrey Yuen. In addition to this style of practice, she has recently revitalized her affinity for and immersed herself within the world of essential oils. By digging deeper into the transformative properties of the oils, she adds to her already ten years of experience utilizing the oils in treatments, bringing even more depth and resonance to the healing process.

Before feeling ready to step onto the path of a Chinese Medicine practitioner, Craig intuitively felt that it was important to first

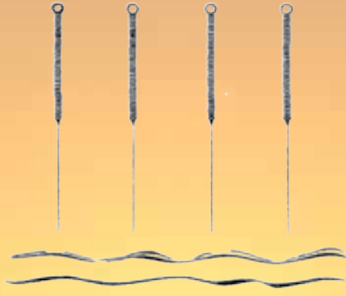
live other lives: a farmer, a teacher, a musician, entrepreneur, traveler, and gravedigger. It was the accumulated experience and wisdom of these lives which Craig felt would help to both understand and work with a wide range of patients. In his practice, he weaves together these past lives with his Chinese Medical background while also incorporating his post-graduate work in scalp acupuncture, neuro-acupuncture, Qi Gong, stroke rehabilitation, as well as dietetics and nutrition. He uses what he has accumulated and learned thus far in his journey to better serve and meet patients where they are on their life paths.

Michelle and Craig are committed to self-growth and personal transformation, and they want to work with individuals who are also committed to transformation. In addition to their Chinese Medicine backgrounds, they are always striving to add to their practitioner toolboxes. More knowledge and modalities translate into more offerings that improve patient outcomes and bring him/her closer to discovering their authentic self. As such, they have recently added Quantum Biofeedback scans to their acupuncture treatments which is a device that uses frequencies to heal and align the body to create homeostasis.

With her deeper dives into essential oils, Michelle started her own apothecary, using her Chinese Medicine expertise to create tailored oil blends to enhance her acupuncture treatments. Craig and Michelle have also expanded outside their clinic. They now offer collaborative wellness events in various settings as a way to harness the power of the group to facilitate large-scale collective healing experiences.

When you are ready to put your resolutions into practice and begin the next phase in your healing journey, Michelle and Craig encourage you to consider booking with Shore Points Acupuncture. They are located at 508 Main St. in Avon-By-The-Sea. They can be reached by phone: 732.447.1067 or by email: shorepoints.acu@gmail.com. Their website is: shorepointsacupuncture.com.

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Tackle “The Secret Killer” By Reducing Cellular Inflammation

by Larisa Belote

Time magazine, february 2004, the headlines read,

” The Secret Killer” – The Surprising Link Between Inflammation And Heart Attacks, Cancer, Alzheimer’s, And Other Diseases.”

Back in 2004, this was breaking news. Today, If you were to ask someone about inflammation, they would still think you are referring to pain in a shoulder or knee. While this is most certainly an example of inflammation, conceptualizing how it relates to diabetes, thyroid conditions or even the inability to lose weight is not something that has often not been considered. Systemic cellular inflammation is what is driving the epidemic of chronic diseases and hormone conditions that are so pervasive within our culture today.

Understanding how inflammation affects the cell and how to down-regulate it is a must to get almost any condition well. There are many causes of cellular inflammation, however, there are 3 main contributors that always need to be addressed in order to down-regulate inflammation, which in turn will restore the body to health.

The first of the 3 is Controlling glucose/insulin. For example, diabetics do not die from diabetes, but from other degenerative conditions. Despite being on medication, 68% of all diabetics die from heart disease, and 50% of diabetics end up with dementia or Alzheimer’s as they age rapidly from the inside out. This is directly due to the oxidation/inflammation from uncontrolled glucose and insulin. Even when they take medication and force their glucose to be within normal ranges, they still have episodes of extreme highs and lows with



Image by roegger from Pixabay

their glucose and insulin causing inflammation and, therefore, premature aging and disease. By the way, grains, not sugar, are the #1 contributor to elevated glucose. Yes, even whole grains. Did you know that 2 pieces of whole grain toast or a bowl of oatmeal raises glucose the same as a 12oz soda? This is why Cellular Healing Diet eliminates ALL GRAINS from the diet UNTIL cellular inflammation is corrected.

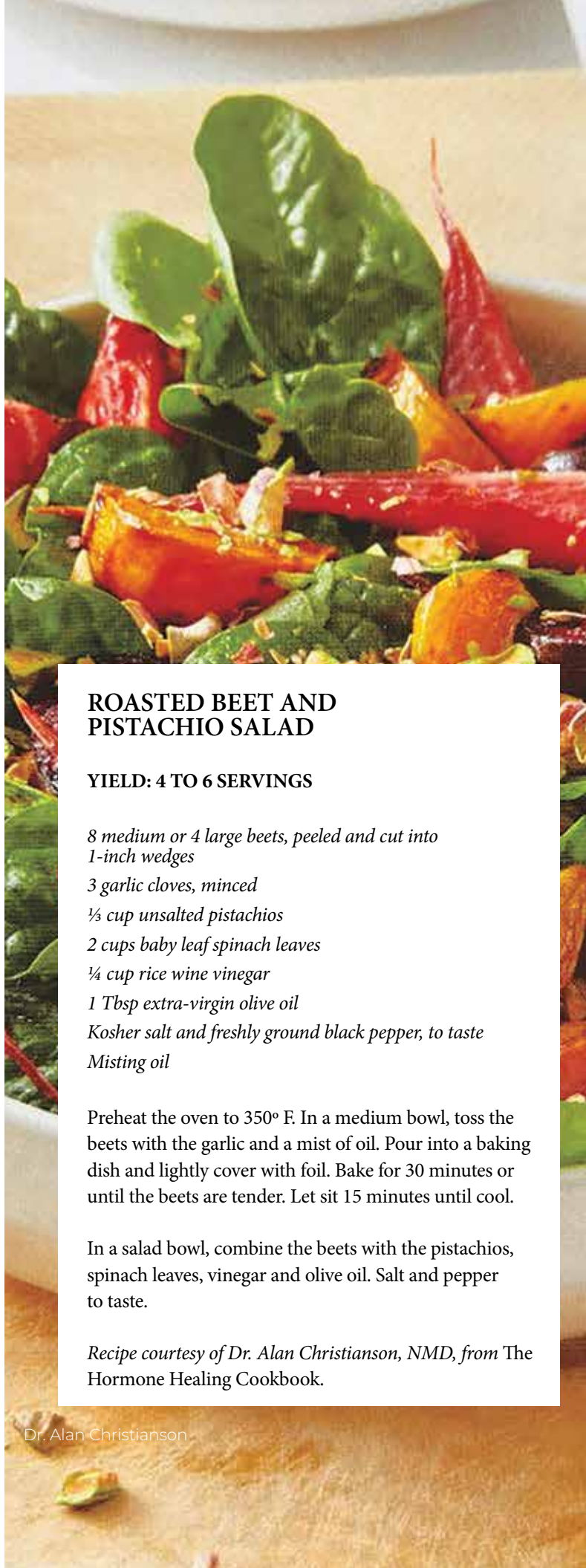
The 2nd major contributor to the cellular inflammation epidemic is “bad fats”. When we look at new research about the cell membrane, it becomes clear that saturated fat and cholesterol (the 2 most “vilified” fats) are in fact, the 2 most necessary fats

to regenerate the cell membrane. Oxidized and denatured polyunsaturated fats, which are in everything we eat in the form of vegetable oils, are real bad. Polyunsaturated fats are not “bad” in and of themselves, but are very fragile and denature easily, which turns them into a bad fat. We are all familiar with the damaging effects of trans fats such as hydrogenated and partially hydrogenated oils, but vegetable oils have now become the bigger issue. Even most fish oil is denatured because, it too, is polyunsaturated and very fragile. That’s why we need to get rid of the vegetable oils.

Lastly, toxins are, the biggest driving factor of inflammation today. If you do not remove the hidden sources of toxins within your body, the chronic inflammation will NEVER be resolved.

Research in the last 5 years has led to an exciting frontier in inflammation and its role in chronic disease; it’s called epigenetics. Changing gene expression is the core of epigenetics and the key to getting chronic inflammation-driven diseases well. Inflammation can change gene expression for the worse. We all have genes that predispose us to certain conditions, but these genes need to be turned on to actually express the disease. Inflammation in the cell can trigger one or more of these genes of susceptibility.

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 with the right set of tools. Call/Txt 732.996.6963 or email: larisa@stepbystep-wellness.com to inquire about the most up to date Cellular Detox available today.



ROASTED BEET AND PISTACHIO SALAD

YIELD: 4 TO 6 SERVINGS

8 medium or 4 large beets, peeled and cut into 1-inch wedges

3 garlic cloves, minced

½ cup unsalted pistachios

2 cups baby leaf spinach leaves

¼ cup rice wine vinegar

1 Tbsp extra-virgin olive oil

Kosher salt and freshly ground black pepper, to taste

Misting oil

Preheat the oven to 350° F. In a medium bowl, toss the beets with the garlic and a mist of oil. Pour into a baking dish and lightly cover with foil. Bake for 30 minutes or until the beets are tender. Let sit 15 minutes until cool.

In a salad bowl, combine the beets with the pistachios, spinach leaves, vinegar and olive oil. Salt and pepper to taste.

Recipe courtesy of Dr. Alan Christianson, NMD, from The Hormone Healing Cookbook.

Dr. Alan Christianson

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Epigenetics & the Immune System

by Beth Aitken



The immune system and epigenetics are two fascinating areas of scientific research that, surprisingly, share intricate connections... We will delve into the interplay between the immune system and epigenetics, shedding light on their significance in maintaining optimal health.

The immune system is our body's natural defense mechanism against harmful invaders, such as bacteria, viruses, and other pathogens. It consists of a complex network of cells, tissues, and organs that work in unison to protect us from illnesses. On the other hand, epigenetics refers to the study of heritable changes in gene expression that do not involve alterations to the DNA sequence itself. Instead, epigenetic modifications influence how genes are turned on or off, ultimately impacting an individual's health.

One remarkable connection between the immune system and epigenetics is how epigenetic changes can shape the immune response. When our body encounters an infection, it needs to mount a swift and appropriate immune response. Epigenetic modifications can influence which genes are activated in response to an infection. For example, certain genes can be "tagged" with epigenetic marks that make them more or less accessible for transcription. This means that epigenetics can dictate whether a specific gene involved in immune response is turned on or off, affecting the body's ability to fight off infections.

Moreover, epigenetics plays a crucial role in the development of

immune cells. Stem cells give rise to different types of immune cells, such as T cells, B cells, and natural killer cells. Environmental factors, including diet, stress, and exposure to toxins, can influence epigenetic changes. This implies that the choices we make in our daily lives, such as the food we consume or the stress levels we experience, can impact our immune system by shaping our epigenetic landscape.

Furthermore, epigenetic changes can have long-lasting effects on the immune system, which may be passed down through generations. This concept is known as epigenetic inheritance. Studies have shown that certain epigenetic marks can be inherited from one generation to the next, potentially affecting the immune system's responsiveness in offspring. So, the choices you make to maintain your health can not only benefit you but also have implications for future generations. For example, toxins from your great-grandmother can be affecting your immune system today.

The connection between the immune system and epigenetics is not just a one-way street. The immune system can also influence epigenetic changes. When the body is exposed to infections or inflammation, it can trigger epigenetic modifications to genes involved in the immune response. This creates a feedback loop where immune system activity can impact the epigenetic regulation of genes related to immunity.

To take this connection a step further, research has suggested that the immune system and epigenetics may play a role in various health conditions. Understanding how epigenetics influences the immune system in such cases can be vital for developing targeted therapies and treatments. Energy medicine can help relieve systems.

In conclusion, the interplay between the immune system and epigenetics is a fascinating and crucial field of study. It has profound implications for health and well-being, as it highlights how our lifestyle choices, exposure to infections, and even our genetic inheritance can impact our immune system. For someone interested in being healthy, this knowledge can empower you to make informed choices that support your immune health. Energy Medicine is a great way to work with epigenetics and your immune system.

Beth Aitken is an Energy Medicine Healer and a Body Intuitive Master Practitioner offering alternative therapies to optimize health and harmony in one's life. For more information call 703.403.6678, email BethAitken@gmail.com or visit BethAitken.com.

Mitochondria, More Than Just a Powerhouse

By Chris Pepitone, D.C.



to wait to become sick. We must strive to become truly healthy. Mitochondria are one major key to true health. When they become dysfunctional, like in metabolic syndromes (Diabetes and Heart Disease), they have to go hypermetabolic (work harder). When this happens it ages a cell faster thereby shortening the telomeres (biological marker for age of a cell). The shorter they are the older the cell. When you stimulate mitophagy (the replacement with a brand-new mitochondria) the telomeres actually get longer and with that your biological age gets younger. It really isn't just about being younger. It is about being healthier and more functional which as we all know does come a lot easier with youth.

How to we train and stimulate the mitophagy system? One way that is known is with Hyperbaric Oxygen Therapy (HBOT). By flooding the mitochondrion with very high concentrations of oxygen it forces their hand. Either handle the load or replace yourself. After 60 sessions it was found to lengthen telomeres by between 22-38%! That is a reversal of biological age by 22-38%. This is why so many people that undergo a HBOT series report tons more energy, better/tighter skin (collagen and stem cell production ramps up), improved circulation and so much more. HBOT is the best way to train the mitophagy system and get your mitochondrion working at their fullest potential.

To learn more visit us at www.PureHealth-NJ.com or call us at 732.747.0083.



Growing up studying science in grade school I recall always reading that the mitochondrion are the powerhouses of the cell.

An extremely important function albeit a limited understanding of what they truly are. With advancements in imaging technology, we have discovered that these little guys are so much more.

Some may be familiar with epigenetics where the belief is that the environment switches genes on and off. Turns out there is truth to this but a piece was missing. They have found that the mitochondria switch the genes on and off based upon the environment. They also coordinate all cellular machinery function with other mitochondria in the cell (there can be hundreds in each cell and they communicate through a network of channels they create). Not only that but the mitochondria have the ability to jump from cell to local cell in order to help other mitochondria out when they are struggling. They are the brain that coordinates all function of the cell and as a result the entire human being.

It has been found that the mitochondria are even responsible for chemotherapy resistance. To avoid DNA damage when exposed to the poison they leak their mitochondrial DNA into the surrounding environment which acts as a warning system. As a result, the nuclear membrane (what was originally thought was the brain of the cell) locks down which stops the chemotherapy drugs from being able to do their job.

What do we do with this information? Well in a world where the healthcare system is failing, we no longer have the luxury



Catherine McCall

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Letting the Seasons Enrich Us

by Marlaina Donato

For most of us, the first half of our lives is spent tilling the soil of our careers, nourishing family and investing in our dreams. Before we know it, time engraves its signature onto our skin and weaves strands of silver into our hair, and we are presented with the unexpected but inevitable question of what comes next.



The soil of Mother Earth is made fertile only by the debris of seasons. There would be no life without nature's perpetual act of letting go and the sacred and inevitable growth that comes from decay. As we age, like trees in winter, our energy travels deep down into our roots—our bones. Only then can we stand sovereign, a stable foundation for others. Only when we are full of seasons can we offer the sweetest

fruit in the form of shared knowledge, skills and hard-earned wisdom. Most of all, we become living examples of the Chinese proverb: "To know the road ahead, ask those coming back."

Accepting the aging process can be challenging and sometimes frightening, but if we lean closer and listen to what the wisdom years have to offer, our journey can become more joyful. The stories of our seasons can be a wellspring bubbling to the surface in conversations, filling empty cups with empathy, hope and humor. We sit at a table called humanity. Let us create a feast of shared experience.

Here are a few ways to enjoy the riches of the journey:

- Instead of giving a loved one a store-bought gift to mark an important milestone, write a letter filled with practical and loving advice for the road ahead.



- Mentor a younger person or peer. Teach them how to make bread, paint a canvas, start a garden, fix a sink or make a quilt. Pay your passions forward
- Visit a relative or a stranger at a retirement home and ask them to share their stories.

Marlaina Donato is an author, wise-woman mentor and painter. Connect at [Jaguar Flower.art](http://JaguarFlower.art).

An advertisement for Dawn Ricci, a psychic medium and spiritual advisor. It features a portrait of Dawn Ricci, a woman with blonde hair, resting her chin on her hand. The text is overlaid on the right side of the image. At the bottom left, there is a QR code and the Instagram handle @THISISDAWNRICCI.

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Experience the Power of Reiki with Energy Healer, Dorian Cattani

"As a Reiki Master, my mission is to support you on your journey to find peace and love within. I want my life's purpose to coincide with your life's purpose. I want to guide you on your journey to unlock your true potential. So allow me to clear the energy around you, and increase your confidence to connect you to your higher self."

Dorian's Journey

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- Connecting to the Universe
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- Fostering Senior Dogs
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Why Incorporate Energy Healing with Reiki to your Daily Life

by Dorian Cattani



What if you took five minutes out of your day to breathe into your body and really notice how your body feels. What if you thanked your body for waking up, getting into the shower, taking a walk, and getting into the car to go to work. What if you said "Thank you, body" throughout the day. What if you took two more minutes to look up at the sun or the moon and opened your hands to receive their energy. What do you think would happen?

When you inhale air enters your lungs, and oxygen from that air moves to your blood. This sends a signal to your brain to tell you, "You're safe".

THIS IS MEDITATING. THIS IS GRATITUDE. THIS IS ENERGY HEALING.

My name is Dorian Cattani, Reiki master, energy healer & meditation teacher in Asbury Park, New Jersey. Only a few years ago, I changed my life to incorporate holistic approaches into my daily life. After adapting to this new life and becoming a teacher, I am here to tell you, that you can too. And should!

Energy healing, including Reiki, is a holistic approach to wellness that includes channeling universal energy and balancing your energy in the body. And this is how you can get acquainted with your mind, heart, and soul. As these benefits of individual experiences can vary, these are some potential benefits associated with energy healing with Reiki:

1. Stress reduction: This can help relax you and reduce stress. The gentle, non-invasive nature of these practices may promote a sense of calm and inner peace.

2. Pain management: After energy healing sessions which can help release tension and promote the body's natural healing abilities.

3. Improved emotional well-being: Energy healing can sometimes help people process and release emotional blockages which can lead to an improved overall mood and emotional well-being.



4. Enhanced relaxation and sleep: Energy healing sessions help relax you deeply, which can, in turn, improve the quality of your sleep.

5. Increased self-awareness: Energy healing practices can promote self-reflection and self-awareness, helping you gain insight into their physical, emotional, and mental states.

6. Complementary therapy: Some use energy healing as a complementary therapy alongside conventional medical treatment to support your overall well-being.

7. Balance and harmony: Energy healing helps balance and align the body's

energy centers, known as chakras, which can lead to a sense of overall balance and harmony.

8. Improved vitality: Feeling more energized and vital after energy-healing sessions. It's crucial to approach energy healing and Reiki with an open mind, heart, and soul.

People may have grown up with traditional practices like acupuncture, herbal medicine, or yoga, and continue to find these methods effective and comforting. Some doctors have been known to recommend Reiki along with yoga and acupuncture alongside chemotherapy to manage cancer-related symptoms and side effects.

Reiki and energy healing can help you with a combination of the above plus tapping into your subconscious, working through any blocks to propel you into what you need to overcome.

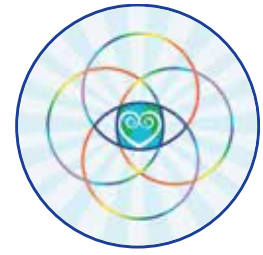
**Dorian is not a medical professional and energy healing is not a substitute for medical treatment.*





natural
awakenings

30th Anniversary



by Kimberly Whittle

Humans are social creatures by nature, and leaning into community is key to a long and healthy life. Look no further than the five so-called Blue Zones in places around the planet where people regularly live to be 100 years old. While eating nutritious food and exercising regularly are important aspects to a healthy lifestyle, Dan Buettner, a Blue Zones expert, believes part of the secret to a long and healthy life is finding purpose and doing it with help from a meaningful community.

Buettner's observations are supported by research. An article published in the *American Journal of Lifestyle Medicine* summarized the significant evidence that connection to a community helps people physically and mentally with improvements in weight control, blood sugar levels, cancer survival, cardiovascular health and overall mental health, as well as a notable mitigation of depression and post-traumatic stress disorder symptoms. In a Brigham Young University meta-analysis of 148 studies to determine the effect of social relationships on the risk of mortality, researchers reported that social connections with friends, family, neighbors or colleagues improved the odds of living longer by 50 percent.

A Nexus for Consciousness, Healing and Hope

Natural Awakenings, a pioneering magazine founded to educate and connect communities for healthy living on a healthy planet, is celebrating its 30th anniversary. In this digital era, *Natural Awakenings* continues to stand at the vanguard along with its parent company, KnoWEwell, and its Regenerative Whole Health Hub (Hub). The one-of-its-kind Hub uniquely builds communities, enables trusted connections to people and businesses, provides evidence-based resources, as well as local provider and thought-leader education and healing programs.

As global stressors continue to arise, now more than ever, it's important to us at Natural Awakenings Publishing Corporation and KnoWEwell to expand our community's impact to inspire, empower and connect our ecosystem locally, nationally and globally. We will be bringing our readers immersive engagement and learning opportunities, and amplifying our local businesses through multimedia publishing and business services in our local *Natural Awakenings* online communities, as well as within KnoWEwell's Regenerative Whole Health Hub.

As we enter our fourth decade, our print magazine will continue to grow while we embrace the ever-expanding new era of digital enlightenment. We intend to continue to be a beacon of hope and a connector for safe, trusted connections to real people, authentic experts, education, and our natural, integrative and whole-health communities. We are creating new opportunities for our readers to learn from and engage with local business owners, as well as national and global experts through the Hub by:





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30th Anniversary



- Bringing articles to life and expanding services to local business owners to help them share their unique qualities, expertise and stories in online inspirational and educational webcasts and videos
- Engaging online community book discussions with luminaries such as Deepak Chopra (see *ChopraQuantumBodyDiscussion.KnoWEwell.com*)
- Providing access to immersive learning directories and 200-plus topic-specific communities
- Helping people find their best-matched providers, community members, businesses and locally grown foods based on their needs, values and preferences
- Saving members money with discounts on organic foods, courses, healing programs, products and services
- We promise to remain steadfast in our commitment to high-quality, evidence-based journalism to help our readers stay current and make informed decisions for sustainable, regenerative healthy living. Beginning this month and throughout our 30th year, we invite our readers and business owners to check out what's new in our print magazines and online. We hope everyone loves our fresh new magazine design this month.

We invite all to engage and connect with like-minded communities, submit feedback for a chance to be included in the new, "Members Comments" department of our magazine, and share your favorite businesses to help us continue to build trusted resources locally and globally. Together, we will be the change we seek in the world to build regenerative communities one at a time to achieve WELLthier Living: Happy. Healthy. Abundant. Purpose-Filled, People and Planet.

Kimberly Whittle is the founder and CEO of KnoWEwell, P.B.C., and the CEO of Natural Awakenings Publishing Corporation. Learn more about her personal journey and purpose at KnoWEwell.com/written-content/steppingstones-WELLthier-living.

What's New and Coming in 2024 at Natural Awakenings

Sign up today to be the first to know what's coming and what's new:

- Expansion online to all 50 U.S. states with interactive digital magazines
- New fresh look for our print magazine, websites and online communities
- Share your feedback and new *Member Comments* department
- Artist cover submissions
- Reader and business-owner surveys
- National book discussion communities with luminaries such as Deepak Chopra
- New rotating departments and exclusive online articles
- Inspirational local and global provider and business-owner spotlight webcasts
- 100-plus (and growing) whole-health educational webcasts both live and on-demand
- Giveaways and exclusive members-only discounts on programs and organic foods
- Late night show with Dr. Reef Karim
- Join our online community to receive *Natural Awakenings'* 30th anniversary cookbook.
- Love us! Own Your Own franchise! Learn more at Corp.NaturalAwakenings.com.



Understanding Lipodema

by Boris Volshteyn M.D.

A PATH TO HEALTH AND WELLNESS

Ladies, let's delve into the world of Lipedema – a condition that demands our attention not just for its impact on fashion, but more importantly, for its implications on our health and well-being. In this informative journey, we'll uncover the truths about Lipedema, empower ourselves with knowledge, and explore the available options for managing this condition.

Defining Lipedema: A Closer Look
Lipedema, often mislabeled as a cosmetic concern, is a medical condition characterized by an abnormal accumulation of fat primarily in the lower body, particularly the hips, thighs, and lower legs. It's essential to understand that Lipedema extends beyond appearances; it can have profound health implications.

WHY YOU SHOULDN'T OVERLOOK LIPEDEMA

Ladies, dismissing Lipedema as a mere aesthetic issue is a disservice to your health. Ignoring it can lead to progressive discomfort, mobility challenges, and even mental health issues. By addressing Lipedema

proactively, you're taking a significant step towards preserving your overall well-being.

KNOWLEDGE IS EMPOWERMENT

Before we discuss management options, let's equip ourselves with knowledge. Recognizing Lipedema involves identifying disproportionate fat distribution, often accompanied by easy bruising and sensitivity to touch. Early recognition is key to managing the condition effectively.

SEEKING EXPERT GUIDANCE MANAGING

Lipedema necessitates collaboration with healthcare professionals who specialize in this condition. These specialists can offer tailored advice and treatment plans, focusing on your unique needs. This partnership empowers you to take control of your health.

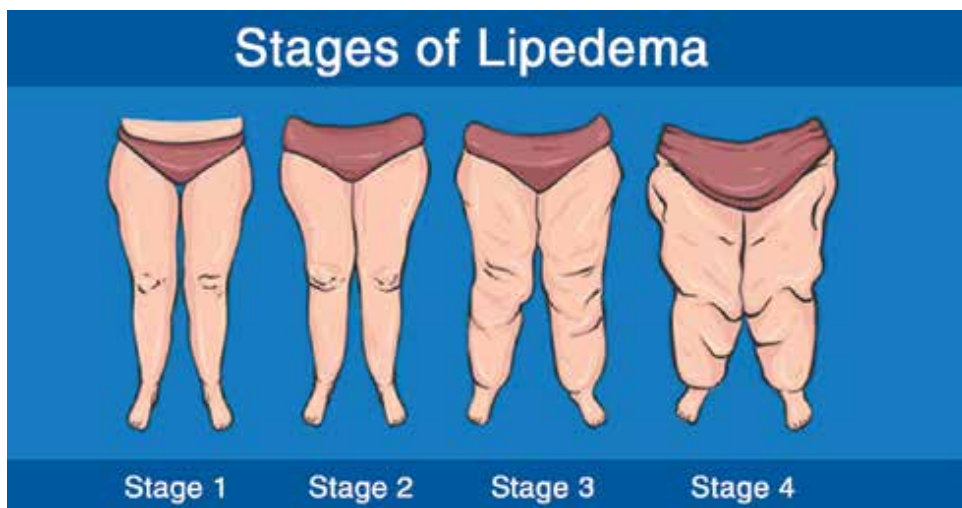
EXPLORING TREATMENT OPTIONS

One of the most noteworthy developments in Lipedema management is the acceptance of liposuction as an effective treatment option, often covered by insurance. Liposuc-

tion can help alleviate symptoms, reduce pain, and enhance mobility, significantly improving the quality of life for many Lipedema patients. Embracing a Holistic Approach While medical interventions play a crucial role, adopting a holistic approach to health is equally vital. Incorporating lifestyle changes, such as maintaining a healthy diet, engaging in regular physical activity, and addressing any underlying medical conditions, can complement medical treatments and promote overall wellness.

LIPEDEMA: A JOURNEY TO HEALTH AND EMPOWERMENT

Ladies, Lipedema is not just about aesthetics; it's about your health, comfort, and confidence. By understanding and addressing this condition, you're taking a significant step towards bettering your overall well-being. Let's embark on this journey together, armed with knowledge, and prioritize our health and vitality. Remember, you have the power to make informed choices and take control of your health. With the right support and a proactive approach, Lipedema need not hold you back. It's time to prioritize your health and embrace a future of well-being and empowerment.



Board-certified plastic surgeon Boris Volshteyn, M.D., operates out of Atlantic Surgical Associates, in Monmouth. For more information, visit AtlanticSurgicalSsociates.com.

Do You Have LIPEDEMA

Have you experienced....

- Heavy painful legs
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You may be a part of 11% of women with Lipedema.



Before



After



Before



After



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"I was diagnosed with Lipedma ... It Completely changed my life, its complete 360° ..Looking forward to all these walks in the park, museums ..." ~ Louis ★★★★★

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Rewards of Animal Ownership

How Pets Enhance Human Well-Being

by Karen Shaw Becker, DVM

When stress and cognitive decline are prevalent concerns, the role of companion animals in promoting human cognitive health has gained significant attention. Pet parents know that having a furry family member at home can enhance life in countless ways emotionally, mentally, spiritually and physically. Numerous studies reinforce the idea that having a dog, cat or other animal companion can have a positive impact in enhancing mental

faculties and mitigating cognitive decline. That is great news for the 86.9 million U.S. households that own a pet.

COGNITIVE IMPROVEMENTS

A population-based study published in the *Journal of Aging and Health* examined the association between pet ownership and cognitive health in older adults. It evaluated the cognitive skills of 1,369 Medicare recipients

over a six-year period, of which 53 percent were pet owners and 32 percent were pet owners for five or more years. The results showed that cognitive scores decreased at a slower rate in pet owners, and especially among long-term pet owners. The study suggests that the presence of a companion animal can contribute to cognitive stimulation and improved mental faculties.

FINDING PURPOSE

Conventional wisdom would have us believe that human well-being is the result of happiness and the absence of physical and mental illness. However, an article published in the journal *Health and Quality of Life Outcomes* analyzed data from 21 countries and suggests that well-being is the result of several factors, including having a sense of purpose in life. A different study on pet ownership and brain health noted that pets give their owners reason to live. Pets have the potential to increase feelings of social support, give owners a sense of meaning and improve their lifestyles by adding structure to daily routines.

MENTAL AND PHYSICAL HEALTH BENEFITS

Pet ownership is associated with reduced levels of depression, anxiety and stress. In a study published in *BMC Psychiatry*, domesticated animals were found to help individuals with mental health conditions. One participant in the study described the emotional and coping support from their pet, “She’s always there for me in a regular way of managing my stress. I tell her about my days; she



snuggles, cuddles and sleeps with me.”

Pet parents benefit by maintaining physical function and leisure time physical activity as they age, according to a study in *Innovation in Aging* that measured the physical function of 637 generally healthy people over 10 to 13 years and found physical decline was slower among pet owners. In turn, this improved physical activity benefits psychological health, so walking the dog has multiple benefits.

Before getting a pet to improve mental health through exercise, ensure those exercise goals are in alignment with the needs of a prospective animal companion. This is especially true with dogs that require regular walks. There are significant differences in how much and what kind of exercise each dog breed needs.

MAKING THE MOST OF PET COMPANIONSHIP

To harness the benefits of companion animals for cognitive and physical health,

certain lifestyle and other considerations should be taken into account, such as travel frequency, homeowner association restrictions and the cost of pet ownership. Owning a pet is a long-term responsibility that should not be taken lightly.

It is essential to ensure a safe and suitable environment for both the individual and the pet. Adequate space, a balanced diet, regular veterinary care and ample opportunities for exercise and mental stimulation are crucial for maintaining the well-being of the pet and owner.

Regular interactions and activities with a pet are key. Engaging in mentally stimulating exercises, such as puzzle toys or training sessions, can provide cognitive enrichment for both the pet and the owner, creating opportunities for bonding and mutual cognitive stimulation.

It is also important to note that while pet ownership can have positive psychological benefits, it should not be viewed as an alternative to necessary clinical treatments that

address specific mental health conditions. A more integrative approach to treatment that includes pet ownership may be the most effective and rewarding of all.

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

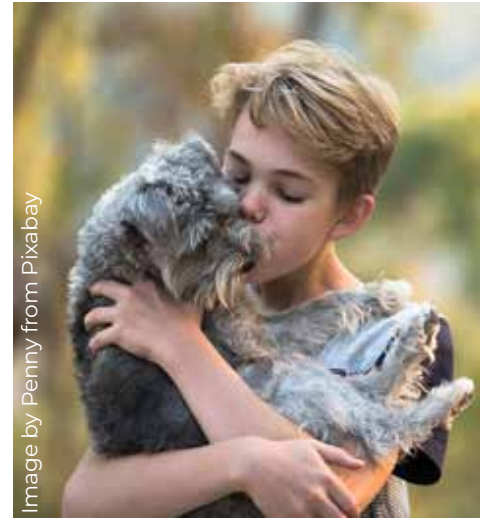


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YIELD: 2 SERVINGS

1 carrot, peeled, sliced and quartered

2 cups cauliflower, cut into florets

½ cup broccoli, cut into florets

1 cup mushrooms, chopped

1 Tbsp coconut oil

1 tsp garlic powder

6 oz wild-caught salmon fillet

2 Tbsp extra-virgin olive oil

1 Tbsp lemon juice

1 tsp Dijon mustard

3 cups baby spinach

2 Tbsp pumpkin seeds

Sea salt and black pepper, to taste

Preheat the oven to 425° F. Line a baking sheet with parchment paper. Add the carrot, cauliflower, broccoli and mushrooms to the baking sheet. Drizzle with coconut oil and season with garlic powder, parsley and salt to taste. Bake for 15 minutes.

Remove from the oven and add the salmon to the baking sheet. Season with salt and pepper to taste. Return to the oven and continue to bake for an additional 15 to 20 minutes or until the salmon is cooked through and the vegetables are tender.

Meanwhile, make the dressing by combining the olive oil, lemon juice and Dijon mustard into a small bowl. Whisk ingredients and season with salt and pepper to taste.

Assemble the salad by dividing the spinach between bowls and topping with vegetable mix and salmon. Top with the pumpkin seeds and dressing.

Recipe courtesy of Dr. Tabatha Barber.

Photo by Morgan Chorak.



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MONDAY, JANUARY 1 HAPPY NEW YEAR

WEDNESDAY, JANUARY 3

Free Drumming Circle: 3-5 pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Circle to be led by Shaman Lauren. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. 848.217.2371. Web: Ayearandadaymysticalshoppe.com

FRIDAY, JANUARY 5

Friday Morning Tai Chi in Loch Arbour: 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practice use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. Our class meets indoors on Friday mornings. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Messages with Spirit PRIVATE READINGS: 11am-3 pm - Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today - Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available at 11am, 12 noon, 1pm, 2pm, 3pm are available at the time of this printing. Upon payment, you receive your appointment and your Zoom link.

SATURDAY, JANUARY 6

Reiki Level I Workshop and Certification: 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. 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, you'll learn the basics

of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required at ayearandadaymysticalshoppe.com. For more information, call 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. Cost: \$195.

Sacred Sister Circle: 12:30-2pm with Andrea. Gather with us at The Yoga Loft, 58 Main Street, Farmingdale for this woman's circle honoring the feminine energy - a place where like-minded women share their strength, struggles and support without judgment. Where a woman can come in and let herself soften and slow down from all her responsibilities, a sacred space to be held, seen, and expressed in safe container of Love and Devotion. We invite you—no matter where you are on your spiritual path—to gather with us each month and become a part of our circle community. January we will set our intentions to manifest wisely. To register, email info@theyogaloftnj.com or call/text 732.239.2333. Cost: \$40.

SUNDAY, JANUARY 7

Special Event: Akashic Records or Medium Reading: 1-7pm - A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Akashic Records hold information about your soul's past, present and future. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Do you have a loved one who has passed that you would like to communicate with? Cherise can mediate your connection and help you convey what you would like to say and pass on to you any messages from the other side. Session is 45-60 minutes. Phone: 848.217.2371 Web: Ayearandadaymysticalshoppe.com. Cost: \$125.

Discovering Your Spirit Guides: 7:30-9:30pm with Shamanic Practitioner, Lauren. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Looking to connect with the spirit of the drum and connect with your inner medicine and meet your guides? This event is for both those new to journeying as well as those experienced. 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 and connect with your higher self. Preregistration is required. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$25.

WEDNESDAY, JANUARY 10

Messages with Spirit PRIVATE READINGS: 12-4pm - Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today - Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available at 12 pm, 1 pm, 2 pm, 3 pm, 4 pm at the time of this printing. Upon payment, you will receive your Zoom link.

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THURSDAY, JANUARY 11

Reiki Level II Workshop and Certification: 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. 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! Prerequisite Reiki I and preregistration are required. Go to ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$225 and includes materials.

Messages with Spirit PRIVATE READINGS: 12-4 pm, Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today - Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for 12 noon, 1 pm, 2 pm, 3 pm, 4 pm, are available at the time of this printing. Upon payment, you will receive your Zoom link.

FRIDAY, JANUARY 12

Monmouth County Organic Co-op: Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SATURDAY, JANUARY 13

Manifest Your Vision for 2024: 12:30-2pm, The Yoga Loft, 58 Main Street, Farmingdale. Join Dee for the workshop which will begin with a candle





lighting ceremony, followed by a guided meditation designed to let go of the challenges of 2023. You will be guided to find the one word that most resonates with you to create and manifest your best 2024. Once you find what inspires you and you discover your "word", you'll begin to design your one word visualization. There's no worry, if you don't discover your word, you'll still be able to create this fun and easy visualization. Please bring your journal and something to sit on. Supplies are included and space is limited. Please register early to reserve your spot register at info@theyogaloftnj.com or call/text 732.239.2333 to reserve your spot. Cost: \$40 (includes supplies).

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

Dancing with Dragons: 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Dragons are ancient celestial beings that are here to help guide us, protect us and work with us as we go through life. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. This event will include a guided meditation as well as an opportunity to power dance to celebrate our new connection to these magical companion. Preregistration is required. Phone 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. Cost: \$25.

Monmouth County Organic Co-op: Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732 500 4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

TUESDAY, JANUARY 16

Messages with Spirit PRIVATE READINGS: 12-4 pm - Dawn Ricci Psychic Medium offers ON-

LINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for 12 noon, 1 pm, 2 pm, 3 pm, 3 pm, 4 pm are available at the time of this printing. Upon payment, you will receive your Zoom link.

WEDNESDAY, JANUARY 17

Messages with Spirit PRIVATE READINGS: 12- 4 pm Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for 12noon, 1pm, 2pm, 3pm, 3pm, 4pm are available at the time of this printing. Upon payment, you will receive your Zoom link.

Freedom from Neuropathy Seminar: 12:15pm, Upper Cervical Chiropractic of Monmouth, LLC 280,US Hwy 9 Morganville, NJ 07751. Dr. Larry Arbeitman, D.C. will be presenting the latest information about relieving and reversing neuropathy symptoms, naturally, without the use of drugs or surgery. Seminar is FREE and lunch will be catered. Location: Call 732.617.9355 Limited Seating. Call Today!

THURSDAY, JANUARY 18

Reiki Level I Workshop and Certification: 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. 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 I attunement. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$195.

Messages with Spirit PRIVATE READINGS: 12- 4 pm Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for 12noon, 1pm, 2pm, 3pm, 4pm are available at the time of this printing. Upon payment, you will receive your Zoom link.

Be Witched 101: 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This class is a 12-month course with one class each month taught by Anthony and Sara. They will take you thru a magickal year and instruct you on the correct ways to learn the "craft," guiding you on your journey. Anthony is a High Priest and Sara a High Priestess, each with decades of knowledge and practice in the arts. Preregistration is required. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com. Web: Ayearandadaymysticalshoppe.com. Cost: \$25.

FRIDAY, JANUARY 19

Friday Morning Tai Chi in Loch Arbour: 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practice use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. Our class meets indoors on Friday mornings. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromepr.com or by calling 973.509.8464.

Moon Meditation: 6pm at The Yoga Loft, 58 Main Street, Farmingdale with Michele & Kailey. Come

celebrate with us the Moon in Capricorn, as the moon aligns with the Sun opening a new lunar cycle in January. This moon in Capricorn is all about our long-term visions, dreams, and plans! Capricorn is the Earth sign that marks the beginning of Winter in the Northern Hemisphere, which brings about hope, courage, and faith in ourselves. Join us for a guided meditation using Pranayama breathing and crystal singing bowls, as we take stock of accomplishments in 2023, and set our goals for the year ahead. We will set an intention for 2024! To register, email info@theyogaloftnj.com or call/text 732.239.2333. Cost: \$40.

Healing Circle: 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Reiki Practitioners and energy healers come discuss and share your experiences and techniques and practice your skills working on one another. It's 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. Preregistration required. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com, cost: \$10.

SATURDAY, JANUARY 20

Reiki Level II Workshop and Certification: 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This workshop is the second step on your Energy Healing journey. In this level two workshop, in addition to getting your second attunement, Maria Martin will teach you 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! Prerequisite Reiki I, preregistration required. Private sessions available. Phone 848.217.2371, w eb: Ayearandadaymysticalshoppe.com. Cost: \$225.

Energy & Endurance for Athletes Workshop: 12:30-2:30pm with Tara at The Yoga Loft, 58 Main Street, Farmingdale. Do you love weight lifting, push-ups, and planks. Have you ever wondered how yoga can be used to help accomplish your goals of building a strong and fit body? If so, this workshop is for you! We will begin with centering and breath work and then have a 5 minute warm up. After the warm up we will spend time working on challenging yoga poses and transitions that will challenge the muscles and increase flexibility at the same time. Afterward, there will be challenging 30 minute vinyasa flow linking the poses and transitions learned. After all your hard work, we will conclude with a relaxing savasana. Teen athletes are welcome, but anyone under 18, MUST attend with a parent or adult guardian. Please register by email at info@theyogaloftnj.com or call/text 732.239.2333. Cost: \$40.

WEDNESDAY, JANUARY 24

Freedom from Neuropathy Seminar: 12:15pm, Upper Cervical Chiropractic of Monmouth, LLC 280 US Hwy 9 Morganville, NJ 07751. Dr. Larry Arbeitman, D.C. will be presenting the latest information about relieving and reversing neuropathy symptoms, naturally, without the use of drugs or surgery. Seminar is FREE and lunch will be catered. Location: Call 732.617.9355 Limited Seating. Call Today!

Purple Dragon Organic Produce and Natural Foods, Ocean Twp Pod: Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also

order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

THURSDAY, JANUARY 25

Monmouth County Faith & Ecology Meetup: 5:30pm, First Presbyterian Church of Rumson, 4 E. River Rd., Rumson, NJ 07760. Please join us at the Monmouth County Faith & Ecology Meetup. This is an informal, interfaith gathering for people of faith working on environmental issues in our county. Let's meet each other and learn what we are working on in our faith communities! What issues are inspiring us? What challenges are we facing? Let's grow and learn together at this fun networking event. Refreshments will be provided. <https://www.waterspirit.org/events-calendar>

Working with Stones and Crystals: 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Whether you're new to collecting or have been drawn to them for a long time, Maria will help you have a working knowledge and relationship with your stones and crystals. You'll learn how to choose stones by vibration and feel, work with them in your everyday life, how to care for your collection and more! Includes a Crystal Bible book and 2 stones/crystals. Preregistration required at least two weeks prior to event. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$65.

FRIDAY, JANUARY 26

Friday Morning Tai Chi in Loch Arbour: 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practice use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. Our class meets indoors on Friday mornings. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Monmouth County Organic Co-op: Featured monthly recipe contributor Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732 500 4949 for more info.



Pre-registration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SATURDAY, JANUARY 27

Tarot Class: 3-5pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Tarot has been a source of insight and mystery for centuries. Explore its complexities and facets at our monthly 6-class course! This series will provide informal, informational sessions for all levels – from beginners to those more advanced. Jamie will dive into the layered history of one of the world's most mystical tools and teach you not only what Tarot can do, but also the meanings and ways you can incorporate it into your everyday life. Preregistration required. Phone: 848.217.2371 Web: Ayearandadaymysticalshoppe.com. Cost: \$75.

Monmouth County Organic Co-op: Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SUNDAY, JANUARY 28

Psychic/Mediumship Workshop: 3-5pm with Cherise, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). We'll explore the levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit responsibly, foster our relationship with spirit and our team of guides in the spirit realm. Preregistration required. Phone: 848.217.2371. Web: Ayearandadaymysticalshoppe.com. Cost: \$65.

on going events

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

MONDAYS

Intermediate Taiji Class taught by Shoshanna Katzman: 1pm, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It 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. Students in this group are learning the second section of the Guang Ping Yang Style Form. Call or



text 732.758.1800 or email info@healing4u.com.

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

TUESDAYS

Meditation For Earth: 12:15pm - Please join Waterspirit for a 30 minute "Meditation for Earth" in-person in the Sanctuary at the Rumson Presbyterian Church 4 East River Road, or livestreamed on Waterspirit's YouTube channel <https://www.youtube.com/channel/UCFzJckCCTU22hEjrmLitwQ>

Tuesday Meditations: 6:30-7:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join our weekly group guided meditations. De-stress from your hectic weekend and Manic Monday. Rebalance and Regroup 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. Preregistration is required. Call 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. Cost: \$10. 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 restrictions, you must Venmo to reserve your spot.

WEDNESDAYS

Intermediate Taiji Class taught by Shoshanna Katzman: 9:30am, 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. Students in this group are learning the third section of the Guang Ping Yang

Style Form. Call or text 732-758-1800 or email info@healing4u.com.

Advanced Taiji Class taught by Shoshanna Katzman: 5pm 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. Students in this group are learning the third part of the Guang Ping Yang Style Form or completed the form in its entirety. Call or text 732.758.1800 or email info@healing4u.com.

Flowing Qigong Vitality Series with Melinda Applegate: 9am on Zoom. Qigong is an easy internal martial art form that brings more power and potential in your life. Enjoy these moving meditations every Wednesday morning with us to both relax and energize in a fun and easy way. Nourish your Qi. Contact Melinda Applegate at 707.357.4632 and www.floatingqigong.com

Sound Healings/Meditations: 6:30-7:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join our weekly group sound healings and meditations. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing and chanting etc., we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. to maximize your experience. Preregistration is required, 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, website: Ayearandadaymysticalshoppe.com. Cost: \$25. Ask us about private meditation sessions and Veteran Discounts.

THURSDAYS

Flowing Qigong Vitality Series with Melinda Applegate: 9am at Spring Lake Train Station. Drop-in classes. All levels welcome. Qigong is an internal martial art form that brings more power and potential in your life. Enjoy these moving meditations every Thursday morning with us to both relax and energize in a fun and easy way. Nourish your Qi. Contact Melinda Applegate at 707.357.4632 and www.floatingqigong.com

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

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

FRIDAYS

Intermediate Taiji Class taught by Shoshanna Katzman: 9am 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. This group is learning how to perform the second part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or email info@healing4u.com.

Beginner Taiji Class taught by Shoshanna Katzman: 2pm 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. This group is learning how to perform the first part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or email info@healing4u.com.

Friday Morning Tai Chi in Loch Arbour: 7:30-8:40am in Loch Arbour. Our Tai Chi and Yin Jin Jing Qigong practice use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind and heart. Our class meets indoors on Friday mornings. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Yang Style 24 Tai Chi classes with Melinda Applegate: 10am at Taylor Pavilion in Belmar. Drop-in classes every Friday morning. All levels welcome. Learn the flowing movements of yinyang in this body mind form. This ancient practice brings peace, strength and balance. Let's Nourish our Qi. Contact Belmar Free Library for updated info or Melinda Applegate at 707.357.4632 and www.floatingqigong.com

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

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

SATURDAYS

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

SUNDAYS

Anyday: Climate Pastoral Care Course: (Online course-at your own pace) Faith communities are equipped with their own traditions and tools that can help us face the climate emergency. Learn more about the physical, emotional, mental health, and spiritual impacts of the climate crisis and how to address them through the practice of pastoral care in this new thirteen-module course. To learn more about this online course visit our website <https://www.waterspirit.org/climate-pastoral-care>. This course was created by Waterspirit (US) and Jessica Morthorpe of Five Leaf Eco-Awards (AUS).

WED, FEB 7 & 28

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

FRIDAY, FEB 9 & SAT, 10

Monmouth County Organic Fruit & Veggie Co Op Saturdays*

Lincroft pod of the Purple Dragon Co-Op. Must order a week in advance. Text 732.500.4949 for more information.

FEBRUARY 8 & APRIL 17

Green Investment Club: 7-8:30pm - We are an educational and experiential group of socially-conscious investors meeting in Red Bank every 2 months. We have a financial advisor who teaches and facilitates our research. We have existed for over 15 years, and we are open to adding more committed members.

FEBRUARY 10

Unity by the Shore: 2-5pm, 3508 Asbury Ave, Neptune, hosts spiritual medium, Katherine McCall from. For more information please visit unitybytheshore.org

TBA

Yang Style 24 Tai Chi classes with Melinda Applegate: 10am at Taylor Pavilion in Belmar. Drop-in classes. All levels welcome. Learn the flowing movements of yinyang in this body mind form. This ancient practice brings peace, strength and balance. Lets Nourish our Qi. Contact Belmar Free Library for updated info or Melinda Applegate at 707.357.4632 and www.floatingqigong.com

community resource guide

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

ACUPUNCTURIST & HERBALIST

RED BANK ACUPUNCTURE

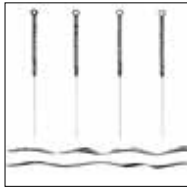
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Craig Graceffo, L.Ac.
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BIO FEEDBACK/STRESS MANAGEMENT THERAPIST

LAUREN A. SALANI, LCSW, BCB

Senior Fellow, Advanced Board Certified in Biofeedback by the BCIA, Biofeedback Certification International Alliance, Member of Association for Applied Psychophysiology and Biofeedback. Trained in EMDR. Stress Relief Services - 107 Monmouth Rd, Suite 104, West Long Branch, NJ 07764. 732-542-2638
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Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as; guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy all

can take the whole person into account. Please call my office for help with the distress that is affecting your ability to be calm and happy. My office is warm, caring and comfortable where high standards for infection control are always maintained. Virtual sessions are available as well.

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Larry Arbeitman, DC
280 U.S. 9 (Shop Rite Shopping Center)
Morganville, NJ 07751 (The shopping center on the corner of Rt 9 North and Union Hill Road East. UCCOfMonmouth.com



Dr. Larry Arbeitman is the founder of Upper Cervical Chiropractic of Monmouth, LLC (2005) which has collectively served over 300,000 office visits. Dr. Arbeitman graduated from Logan College of Chiropractic and from the University of Maryland. As an author of The Gift of Hope: The Path to Healing Through Upper Cervical Chiropractic and Facial Pain: A 21st Century Guide: Chapter 5.1 Upper Cervical Chiropractic Care, he brings awareness to the Upper Cervical Chiropractic method. His office has helped people with severe and chronic conditions including: herniated discs, pinched nerves, neck or back pain, sciatica, facial pain, neuropathy, fibromyalgia, migraines and headaches.

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JEFF BALL, CFP, FINANCIAL ADVISOR

RBC Wealth Management
328 Newman Springs Road
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Jeffrey.ball@rbc.com or jeffballrbc.com



Jeff Ball is on a mission 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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Gemma Nastasi,
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227 East Bergen Place, Suite 4
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Gemmahealthcoach.com
gemma@gemmahealthcoach.com



Are you struggling with life-changing events or feeling stuck without the motivation to make positive changes? As an ICF Professional Certified Coach and a National Board-Certified Health Coach with additional certifications in Positive Psychology, Life Coaching, Lifestyle Medicine, and Holistic Nutrition, I can help you incorporate the tools that research shows increase your health and happiness and help to motivate you to achieve your personal

and professional goals in all areas of their life. My coaching packages include support, guidance, and accountability in and out of the office the entire time we work together. Please feel free to contact me for a complimentary consultation.

MASSAGE

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



NUTRITION & WELLNESS

BEYOND HOLISTIC HEALING

Beth Aitken
Instagram @beyond_holistic_healing
Email: beyondholistichealing@gmail.com
Web: Bethaitkin.com 703.403.6678



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

SHORE HOLISTIC NUTRITION & WELLNESS

ALYSSA SIEGEL MSN,RN,FNP-C, CPEN
1405 NJ 35, Suite 102
Ocean, NJ 07712 732-314-1851



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

RETAIL

A YEAR AND A DAY MYSTICAL SHOPPE

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

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



I have been practicing reflexology over 20 years and I'm passionate about my work! Reflexology is a science, 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.worlds.

REIKI/ENERGY HEALING

DORIAN CATTANI LLC

501 Grand Ave. Asbury Park, NJ
doriancattani@gmail.com
Instagram @spirituallyrescued
doriancattani.com 201.892.524



Dorian Cattani is a Reiki Master, Energy Healer and Meditation Teacher. She is now offering private Reiki sessions in her beautiful new office. Group Meditation sessions coming soon.

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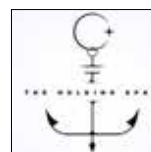
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