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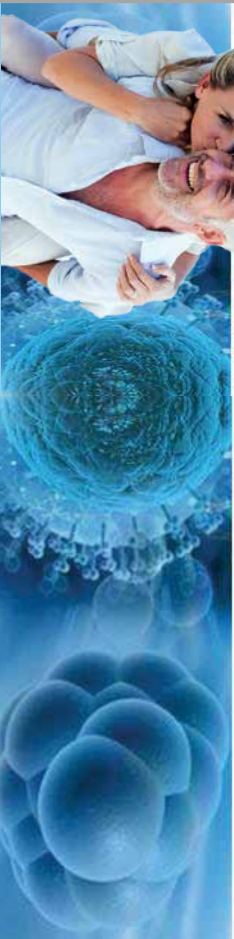
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Experience a Natural Approach to Dentistry with Gary Braun D.M.D.

For more than 40 years Mark Berkowitz, D.D.S., MWD, C.HOM, ALAOMT has been a leader in his field serving the holistic community. Dr. Berkowitz and Dr. Gary Braun D.M.D., ALAOMT have forged a partnership with the overall goal of integrating their combined knowledge and experience in the field of natural dentistry under the new practice name of Dental Healing Arts – The Office of Drs. Berkowitz, Braun, & Associates.

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



"Overall body health starts with a healthy mouth. At our office, we use the latest techniques and advances to ensure natural, gentle, and safe dental care for you and your entire family. Call us today for your free exam and x-rays so that we can embark on a holistic, mercury-free journey together."

– Dr. G. Braun



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March 2023

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Letter from publisher

Hello, Friends,

Happy Springtime!

I hope you are as excited about the new season as I am.

I shared with you previously what an amazing tool the Food Saver is. Cook up a variety of meals, make extra and save it for later – brilliant! A couple of lessons learned however: 1. If you are experimenting with recipes and you make something you didn't really like, don't food saver it. If you didn't like it the first time, chances are you are not going to enjoy it a second time. 2. Make sure to label everything. Because I didn't follow lesson number 1, and I failed to label a few meals, I was unpleasantly surprised when I had to eat them again.

If you are like me and you enjoy cooking, I encourage you to check out the variety of YouTube chefs. So many wonderful recipes and the step-by-step videos are like taking cooking classes. My eats have definitely been kicked up a notch since I found my favorite channels. One of those channels is Spain on a Fork. I love Spanish food and this channel has so many authentic recipes to try. With his permission, Chef Albert Beria has allowed me to share this incredibly delicious and healthy recipe with all of you. Thank you Albert! I love your channel!

As always friends, we appreciate your continued support, and wish you a magical springtime! Warm wishes,


Sharon



Creamy Cauliflower Soup
No Dairy, No Potato, Gluten Free
youtube.com/@SpainonaFork



- 3 tbsp extra virgin olive oil 45 ml
- 1 onion
- 4 cloves garlic
- 1 leek
- 1 zucchini
- 1 head cauliflower
- 1/2 tsp dried thyme .50 grams
- 5 cups water 1200 ml
- pinch sea salt
- dash black pepper
- handful fresh parsley
- extra virgin olive oil for garnish

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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Aries Spring Equinox Yoga Celebration



Join us at The Yoga Loft, 462 Adelphi Road, Freehold, Saturday, March 18, 12:30-2pm. That's when Kristen Askim will lead participants in preparing the mind and body for the start of the Astrological New Year, when the sun moves into Aries on March 20 (The Spring Equinox).

We all have Aries and in fact the entire Zodiac is given to us as gifts and tools. Aries is the Ram. Learn how it translates into your body and how you can make use of this cardinal fire sign in your life.

We will progress through a gentle flowing practice to build strength and open the mind and body. We will move, breathe and meditate all with an Arian flare and we will ignite or balance Aries with the use of essential oils, postures, breath, and toning.

You will leave with an experience of how the Zodiac, specifically Aries, is within you and how to manifest Aries at will. Weather permitting, we will practice outside in the garden.

Email info@theyogalofnj.com and include your phone number to register or call/text 732.239.2333. Cost: \$40. Kristen is a certified Astrologer, Yoga Teacher and Aromatherapist and the owner of Hamu Yoga Holistic Arts Center in Barnegat, NJ, since 2011.

Wander Travel: Free Webinar: How to Add Wellness into Your Travel



Wellness travel is more than just a vacation. It is about life-changing experiences resulting in enhanced overall wellbeing. Wellness travel is more available now than ever. A wider variety of destinations are offering their clients what was once considered a rare and a luxury-only add-on. There are many ways to incorporate wellness into any form of travel. Let Luxury Wellness Travel Advisor Kerry Bray share what she's learned over the past decade.

Join this free webinar where the following will be covered:

- Which key wellness essentials to pack
- Simple ways to incorporate wellness into travel daily
- How to do an effective digital detox during travel
- How to properly recover your body, mind, and spirit

And much, much more!

The webinar will be held on Thursday, March 30th, 7pm via Zoom. To register, go to <https://tinyurl.com/wanderwell330>. Kerry Bray has been a Luxury Travel Advisor since 2005 specializing in wellness travel and retreats. For more information, please call 732.267.5338 or visit WanderTravelCompany.com.



Retreat, Renew & Re-emerge 2024

Imagine a mystical place born from the effervescent complexity of contemporary Mexico, where ancient roots and sacred rituals interact with an intentional confluence... this is Palmaria, The House of AIA — an award-winning, all-inclusive holistic and sustainable wellness resort on the gorgeous beaches of Playa del Carmen, Mexico.

Wander Travel Company, in collaboration with yoga teacher Georgette Karian (300-hr RYT), is thrilled to announce a specially curated yoga retreat getaway at Palmaria from January 31st to February 4th, 2024. Here you'll engage in self-inquiry as you re-connect with the 5 elements of nature drawn from inspiring vinyasa flows and nurturing yin yoga yumny-ness. This retreat is intended for you to rediscover the magic you already embody and re-emerge into the new year feeling refreshed and ready. All yoga levels are welcome! This retreat is designed for yoga beginners and experts alike interested in their well-being who need to get out of their daily routine to reconnect with nature and their better selves.

To learn more, visit <https://tinyurl.com/wander24>. Kerry Bray has been a Luxury Travel Advisor since 2005 specializing in wellness travel and retreats. For more information, please call 732.267.5338 or visit WanderTravelCompany.com.

Reiki Level I Training

Join Reiki Master, Elma at The Yoga Loft, 462 Adelphi Road, Freehold, Sunday, March 26, 12-4:30pm for this Reiki level I training. 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."

Level I 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 I Training will include, a sacred ritual called an "At-tunement", an overview of 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 I manual; and First Degree Reiki Certificate. Wear comfortable clothes and bring a notebook.

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



Meet Dawn Ricci: Psychic Medium, Healing and Spiritual Advisor



Together, Dawn Ricci and her husband owned and operated one of the largest private investigation agencies in the United States. For the past 35 years, this dynamic duo took a small, "mom and pop" agency and built it into a national company. During this time, Dawn used her intuition and psychic abilities on a daily basis.

Now, the 59-year-old is still listening to her spirit guides who have led her to offer her services to others. If you are looking for spiritual insight and guidance on all matters of life, contact Dawn Ricci: *Psychic Medium, Healing, and Spiritual Advisor*. Go to dawnricci.com or call/text 732.433.7094 and book a reading today.

Join our Detox Program!

The intensive group detox is designed to go upstream and straight to toxins, such as heavy metals and environmental chemicals. These toxins get stored in some of the most critical areas of our body, such as our glands, organs, brain tissue, and cells.

When this happens, we experience a variety of symptoms like brain fog, weight gain, insomnia, fatigue, gut issues, inexplorable pain, etc. that can lead to diseases like cancer, Alzheimer's, diabetes, and obesity.

We take a 3-phase approach to detoxing that includes a Prep Phase where we support the body with vital nutrients to strengthen the detox organs, preparing them for the upcoming detox.

In Phase 2, aka the Body Phase, we take methylation to the next level, pushing toxins from the body and capturing the toxins so that they can be fully eliminated from the body.

In Phase 3, aka the Brain Phase, we focus on cleansing the brain at a cellular level, while nutritionally nourishing the brain's natural energy system.

Included in the Detox:

- Expert guidance and education
- Weekly Q&A Calls
- All supplements for the 3 phases of detoxification
- Comprehensive detox portal
- Additional resources to get the most out of your detox
- Small group setting
- Plus, how to detox your home and mindset too!

Larisa Belote, a Health Practitioner/Certified Detox Specialist. For more information and rates, please call/text 732.996.6963 or email larisa@stepbystep-wellness.com.



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Testimonial: "For years doctors recommended I remove my gallbladder due to severe symptoms after eating certain foods. I wanted to fix my gallbladder, not remove it. After working with Larisa, I have not had a gallbladder attack in a year. I enjoy life much more now, knowing I can have my favorite foods without any symptoms. Thank you Larisa for giving me my life back!" — Sandra



Call/text or email for a
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Health Practitioner/Detox Specialist
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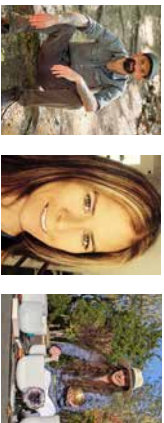
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A Day of Healing



A Day of Healing, consisting of breath work, sacred movement, and sound healing aimed at helping individuals connect with their inner selves and find a sense of peace and calm is presented by Unity By the Shore on Saturday, March 25, 1-5pm. The workshops will begin with a breath work session (Brian Smith), where participants will learn about the power of conscious breathing and practice breathing techniques to help calm their minds and reduce stress and anxiety.

The second session of the day will involve a sacred movement practice (Vicky Mapes), where participants will engage in a series of gentle movements and stretches designed to awaken the body and promote physical and emotional healing. In the final session, participants can experience a sound healing session (Dani Heise), surrounded by the soothing sounds of singing bowls, gongs, and other instruments. This will calm minds and reduce negative thoughts, allowing for a deeper sense of relaxation.

Participants can choose between attending one, two, or all three group sessions in the beautiful fully renovated facility at Unity by the Shore in Neptune, NJ. Details and ticket purchase options can be found at UnityByTheShore.org.

Qigong for Good Health: Spring Series



Qigong reduces stress, builds stamina, increases vitality and affects the immune system in positive ways. An ancient Chinese system of self-care, Qigong integrates physical postures, breathing techniques, and mind focus. Qi (Ch'e) is the vital life force energy that flows through all things in the universe. These practices are easy to learn. Students with all levels of ability are welcome. Return and deepen your practice or join us as a beginner. Sign up early.

Join Maxine Forster Gantenher, M.A., Instructor of Integral Qigong, certified since 2003, in The Earth Room, at the Unitarian Universalist Meeting House, 1475 West Front Street in Lincroft. These classes fill quickly.

Classes include:
A 9-Week Series Choose from two, one-hour Qigong classes beginning March 21, one on Tuesdays at 1pm, the other at 2:30pm. For more details about Qigong and these classes, please check the website www.qigongforgoodhealth.org. You may 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.

World Tai Chi & Qigong Day Mark your calendar for Saturday, April 29, join us in Lincroft. ALL are welcome. This day, all over the world, people in many time zones will be practicing Tai

Chi and Qigong together creating positive energy over the globe! Check the website for details.

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

Free Introduction to Energy Medicine

Free introduction to Energy Medicine at Greens Natural Food in Ocean on Sunday, April 2, 1pm hosted by Beyond Holistic Healing! Start your healing journey now. Meet Beth Aitken, an Energy Medicine Healer. She practices Energy Medicine virtually using the modality of Body Intuitive, which combines Eastern (Chinese) Medicine and the Western knowledge of the body. Sessions are proven to be effective virtually because Beth can tune into your Energetic Field from anywhere.



Virtual sessions offer:

1. Convenience: Participants can join from anywhere, without having to travel. Sessions can be done while you sit on your couch!
 2. Increased accessibility: It is easier for people with travel restrictions, time constraints, or disabilities to participate.
 3. Cost savings: eliminate the need for travel expenses, rentals, and other costs associated with in-person sessions.
 4. Improved efficiency: allow for real-time collaboration and communication, with features such as instant messaging, screen sharing, and file sharing.
 5. Increased reach: Virtual sessions allow for a larger audience to participate. Beth has clients in Canada, California and Florida.
- Beth Aitken is an Energy Medicine Healer and a Body Intuitive Master Practitioner offering alternative therapies to optimize health and harmony in ones life. For more information call 703.403.6678, email BethAitken@gmail.com or visit BethAitken.com

Holistic Health and Healing Expo

Natural Awakenings of South Jersey is pleased to invite the community to their ultra-successful Holistic Health and Healing Expo on March 19, free and open to the public, this presentment natural wellness, green living and spiritual event will run from 11 a.m. to 5 p.m. and will be held at The Westin Hotel, in Mt. Laurel.

In addition to inspiring workshops and expert speakers, attendees of this empowering expo can expect hundreds of vendors, exhibitors, and practitioners to be on-hand offering an amazing array of products, treatments, and the latest cutting-edge approaches in natural health, spiritual and sustainability.

Attendees should plan on relaxing with hands-on treatments and therapies, or finding one-of-a-kind special gifts, discovering new pathways to wellness for the whole family—from kids to pets and



having fun with other like-minded individuals all under one roof. With delicious and healthy food and snacks available, get a card reading, pick a up a few crystals, meet with a health coach or grab goodies for your pet be sure to bring friends and family, and spend the entire day.

Location: 555 Fellowship Rd. For more information or for your FREE tickets, visit www.hhhExpo.com.

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.

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health briefs

Gut Microbiome May Influence Obesity



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A new study may shed light on why some people gain more weight than others regardless of diet and activity levels. Led by researchers at the University of Copenhagen and published in the *Journal Microbiome*, the study found that being overweight may also be related to the makeup of a person's gut microbiome. The researchers studied 85 overweight adults and found that 40 percent of the participants had more *Bacteroides* in their gut microbiome, which are more effective at extracting nutrients from food, possibly causing leftover food to be stored as fat. Before they began their study, the researchers had hypothesized that a long digestive travel time would allow people to extract more energy from their food, but they found instead that people with shorter digestive travel times were actually the ones that extracted the most nutrition. Those with *Bacteroides* had shorter intestinal transit times and higher body weight.

Human-Grade Dog Foods Lead to Less Poop



Although human-grade foods for pets are commercially available, little research has been done on their health impacts. A 2021 study published in the *Journal of Animal Science* compared the fecal output of 12 dogs that ate one of three types of dog food: fresh, human-grade or extruded (kibble). The researchers

found that the dogs that were fed fresh and human-grade food excreted about half as much as those that were fed classic, processed dog food. The human-grade foods were also found to be extremely digestible, and the dogs that ate them had to eat less food to maintain the same weight. There were many differences in fecal microbiota among the three diets, and the scientists stated that this was likely because of differences in ingredient source, nutrient concentrations and processing methods.

Walnuts to Relieve Exam Stress

Stressed college students might benefit by adding walnuts to their diet before their next exam. A randomized clinical trial published in the *Journal Nutrients* sought to investigate the effects of academic stress and daily walnut consumption on mental health, general well-being and gut microbiota in a group of 80 college students. Walnuts are full of nutrients that support brain and gut health, including omega-3 fatty acids, antioxidants, melatonin (sleep-inducing hormone), polyphenols, folate and vitamin E.



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The University of South Australia researchers con-

cluded that daily consumption of one half cup of walnuts improved self-reported mood and mental health status, metabolic biomarkers and sleep quality. The data also suggested that walnuts might counteract the negative effects of academic stress on the gut microbiota in women. The scientists noted that more research was needed with respect to males, as far fewer men participated in this study. They also cautioned that the placebo effect could have influenced results, as this was not a blind study.

Supplements That Help the Heart



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A new study conducted by researchers at Brown University has identified certain supplements that may be beneficial for heart health. The meta-analysis published in the *Journal of the American College of Cardiology* reviewed more than 884 studies on 27 types of micronutrient supplements among 883,627 participants and found strong evidence that omega-3 fatty acid, folic acid and coenzyme Q10 (CoQ10) are micronutrients that reduce cardiovascular risk. Omega-3 fatty acid was found to decrease mortality from cardiovascular disease; folic acid lowered stroke risk, and CoQ10 decreased all-cause mortality. Omega-6 fatty acid, L-arginine, L-citrulline, melatonin, magnesium, vitamin D, zinc, alpha-lipoic acid, catechin, flavanol, curcumin, genistein and quercetin also showed evidence of reducing cardiovascular risk.

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This Month's Monmouth County Co-op Corner

The radish... such an acquired taste. You either love them or hate them. Certainly in a popularity contest with a potato, the tuber would win by a landslide! Here at Monmouth Organic Co-op we created our own little delicacy, the potadish! Here's a recipe to tantalize your taste buds:

POTADISH PATTIES



Ingredients:

- 3/4 cup grated radish
- 1 egg, beaten
- 3/4 cup grated potato
- 1/2 teaspoon ground black pepper
- 2 teaspoons salt
- 1/2 teaspoon paprika
- 1/2 cup bread crumbs
- 1 teaspoon Italian seasoning
- 1 clove garlic, minced
- 1/2 onion, chopped
- olive oil & 1/2 teaspoon hot sauce OR 1/4 teaspoon cayenne pepper

Instructions:

- Combine grated radish & grated potato in mixing bowl, mix well
- Sprinkle with salt
- Refrigerate for 30 minutes
- Drain any moisture in bowl, dab with paper towel to dry
- Stir in garlic, onion, egg, bread crumbs, pepper, paprika, Italian seasoning and hot sauce/cayenne
- Mix well, form into 8 patties
- Your choice: Add olive oil to a large skillet and fry patties, 4-5 minutes on each side
- OR Add olive oil to a baking sheet and bake patties at 350 degrees for 20 minutes
- Drain on paper towels

Enjoy! Can be eaten plain or with sauce of your choice. Spoiler alert - if you ROAST radishes they take on a bit of a potato feel and taste.

Looking to revisit your 2023 resolutions regarding health and wellness? Ask to join our Facebook Group 'Organic Fruit and Veggie Co-Op Monmouth County NJ' for ongoing updates and delivery info, we run all year!

Text 732.500.4949 for more information on how to join us as well. Pick up in Linncroft. Your body will thank you.

*Linncroft pod of Purple Dragon Co-Op

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Lauren Salani, LCSW, BCB

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global briefs

Crackdown on Musical Bows Made from Rare Wood

For centuries, brazilwood (*Paubrasilia echinata*) has been used to make the finest bows for classical stringed instruments due to its unmatched ability to project sound. The wood comes from Brazil's Atlantic Forest, one of the most threatened biomes in the world. This once abundant wood is now endangered, and its trade is regulated under the Convention on International Trade in Endangered Species (CITES).

Since 2018, Brazilian authorities have been cracking down on brazilwood smuggling. They've confiscated almost 150,000 bows (and sticks) and last year raided 37 properties connected to their manufacture. In November 2022, signatories to the CITES treaty

voted to expand restrictions and require permits to export newly made brazilwood bows. The classical music industry and several of its stars have voiced their opposition to such restrictions, but ecologists assert it is the only way to save the species.

Nations Agree to Protect Biodiversity



Scientists have warned for years that as forests and grasslands are disappearing at unprecedented rates and oceans are pressured by pollution, humans are pushing Earth beyond tenable limits. In December 2022, nearly 200 countries agreed on a Global Biodiversity Framework at the United Nations 15th meeting of the Conference of the Parties to the Convention on Biological Diversity. The historic agreement represents hope for real progress to halt the loss of biodiversity. Among its numerous provisions, the framework commits nations to protect 30 percent of the world's lands, inland waters, coastal areas and oceans by 2030; increase financing for nature restoration and protection; halt human-induced

extinction; and protect the rights of indigenous people. The protections will emphasize areas of particular importance for biodiversity and ecosystem functioning and services. Throughout the talks there was division over the strength of the measures and how to finance them. In a statement released by the Wildlife Conservation Society, vice president of international policy Susan Lieberman said, "The [framework] is a compromise, and although it has several very good and hard-fought elements, it could have gone further to truly transform our destructive relationship with nature." During negotiations, some countries called for a new fund to be set up to help preserve biodiversity, but this recommendation was not included in the final pact.

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First Honeybee Vaccine Approved



According to the U.S. Department of Agriculture (USDA), more than 100 U.S. crops depend on pollination by honeybees and other insects. Safeguarding commercial honeybee colonies is critical to food production as there has been an alarming population decline in wild species due to habitat loss, pesticide use and the climate crisis. Recently, the USDA granted a two-year conditional license for a vaccine that protects honeybees from American foulbrood disease (AFB), a widespread, destructive ailment. The non-GMO inoculation will initially be available to commercial beekeepers and can be used in organic agriculture.

Prior to this booster, the only treatment method for AFB required beekeepers to burn the infected hives and equipment. According to vaccine manufacturer Dalan Animal Health, their vaccination is incorporated into the royal jelly, which worker bees feed to the queen. Once ingested, fragments of the treatment are deposited in the queen's ovaries, providing developing larvae AFB immunity as they hatch.

Injured Whale Makes Long Journey

Each year, humpback whales migrate from the frigid waters near Alaska and western Canada to the warm waters of Mexico and Hawaii to breed and give birth. At the end of 2022, an extraordinary whale named Moon made the 3,100-mile journey from British Columbia to Hawaii with a broken back. The Canadian researchers that have been tracking Moon for the past decade discovered that the entire lower portion of her tail was bent into an unnatural "S" shape, presumably as a result of a boat strike.

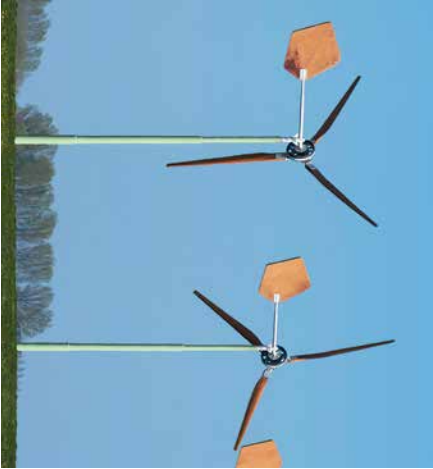
Researchers speculate the whale made the arduous journey without the use of her tail, essentially using the breaststroke to make her migration. The journey left Moon emaciated when she reached Hawaii, having used up her fat stores and with no hope of recovery, given the scarce food resources in the tropical waters. Moon's story serves as a cautionary tale for the devastating effects of ship collisions with whales. Boaters are reminded to treat whale areas like school zones and slow down to keep marine creatures safe.

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Wooden Wind Turbines



Dasya - Dasya/AdobeStock.com

Wind turbines provide one of the cleanest sources of energy, the power they produce is free, helping us reduce our dependence on fossil fuels. Several European companies are working to improve wind turbines by further reducing their carbon footprint. Stora Enso, one of the largest private forest owners in the world, has partnered with Voodin Blade Technology of Germany to make sustainable wooden, wind turbine blades. They are currently producing 66-foot blades and plan to make 262-foot blades in the future. These sustainable, laminated veneer, lumber blades have a high load-bearing capacity, are lighter and reduce the use of fossil fuels in manufacturing. Because they are relatively lightweight, the blades can be transported without heavy-duty equipment, further reducing their carbon impact. Stora Enso is also partnering with Swedish wood technology company Modicon in an effort to make wood the material of choice for wind turbine towers.

Modulation of Pain

by Shoshanna Katzman



Acupuncture is an ancient Chinese medicine technique used to treat a variety of pain conditions. It works through the insertion of needles into specific locations on the skin known as acupuncture points. The story goes that it was first discovered when a Chinese soldier's shoulder pain was gone after being pierced in the leg by an arrow. Interestingly, the original needles were made of stone and shaped like an arrow.

Today, an acupuncturist uses ultra-thin stainless-steel needles that are surprisingly painless. The acupuncture experience is typically relaxing, soothing and deeply healing. Both then and now, acupuncture has been known to ameliorate pain by opening energetic blockages within the area treated and throughout the body. Upon doing so, it positively influences the body's tissues, glands, vital organs and promotes overall bodily function.

Acupuncture modulates pain and promotes healing through increasing Qi and blood flow, boosting immunity and reducing inflammation. It balances and calms the emotions which helps one handle their pain better.

In 1971, the American public first heard about acupuncture when New York Times journalist James Reston received acupuncture successfully to control his pain after an appendectomy while visiting China with President Nixon. Henry Kissinger also played a role in this story when he mentioned the journalist's experience and Nixon's newfound interest in acupuncture during a press briefing after this China trip. Not too long afterward, the first acupuncture school opened in Boston in 1975.

Another major step toward its acceptance in the United States happened in 1996 when the Food and Drug Administration (FDA) approved acupuncture needles as a Class II medical device. This came with the requirement that they be steel, solid, sterile, nontoxic, single-use and properly labeled. Acupuncture has been known throughout the ages to come with a low risk of complications or side effects when provided by a qualified licensed acupuncturist.

Treatment is covered by many major health insurances and the two major national acupuncture organizations are working together to get acupuncture covered by Medicare. Today, approximately 15,000 acupuncturists provide their services in acupuncture centers, physical therapy offices, pain clinics, multi-disciplinary practices and other medical facilities such as physicians' offices, hospitals and rehabilitation centers from coast to coast. Something that was thought of as underground in the seventies is now taking its rightful place in modern medicine.

Whether acute or chronic, acupuncture has been known to treat head, neck, shoulder, back, hip, abdominal, knee, hand and heel pain effectively. This includes but is not

limited to migraines, sinus pressure, sciatica, gastritis, menstrual cramps, PMS, sports injuries, TMJ, carpal tunnel, repetitive strain disorders, myofascial pain and overall joint pain.

Research studies have established that acupuncture releases natural chemicals such as pain-relieving endorphins and neurotransmitters that control nerve impulses. An acupuncturist typically recommends weekly treatments, although this varies depending on the severity of the symptoms, how long one has been suffering and how quickly one's body responds. Healing is quick for some, but gradual for others. Traditionally, it is said to take one month of treatment for each year that a symptom has existed. The most important thing is to be patient and trust your body's ability to heal and release pain. Keep in mind that a treatment such as acupuncture works by pushing a symptom out rather than burying it deep within the body. Accordingly, symptoms may temporarily get worse before getting better. This is the natural process of how the body heals itself.

The most important thing is to give your body the time it needs to relax, and reclaim health and wellness. Just remember that this ancient modality strengthens your body's ability to heal itself. It pods your innate healing capability. Acupuncture clears the way energetically, physically and emotionally for healing to take place. It doesn't hurt to give it a try!

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for thirty-five years. She provides acupuncture and Chinese herbal consultation along with her associates Kelly Van Sickle and Heather Quinlivan. Shoshanna also offers classes through her Two Rivers Academy of Taiji & Qigong. 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 soon to be released "Center of Power: Life Mastery through Taiji" which is a comprehensive online curriculum with over 130 videos. For more information call or text 732-758-1800 or email info@healing4u.com.

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The Effect of Toxins on Your Health

by Ariella Belote, RN



Over time, chronic and daily exposure to toxins add up—like tiny drops in a bucket—contributing to your body's toxic load, eventually interfering with its ability to function optimally and subsequently leading to harmful effects on your health.

Research is now showing us that toxins play much more of a driving role in creating disease than we realize. According to the National Cancer Institute and the National Institute of Environmental Health Sciences data, environmental factors cause between 80-90% of all cancers.

Dr. Joseph Pizzorno, one of the world's leading authorities on science-based natural medicine calls "Toxicity is the primary driver of disease." Tracy Woodruff, director of UCSF's Program on Reproductive Health and the Environment, was quoted in an interview, saying the environmental toxins might be a missing factor in the cause and prevention of disease.

When your cumulative toxic burden is left unaddressed, it may lead to health

challenges. If you're struggling with a health condition or unexplainable symptom and you don't know the root cause—toxic overload may be the culprit.

Chronic toxic exposure can be indicated by such symptoms as:

- Digestive issues like bloating, gas, diarrhea or constipation
- Mood issues, anxiety or depression
- Brain fog or memory loss, attention disorders
- Asthma or other respiratory issues
- Fatigue
- Headaches and migraines
- Unexplained pain and soreness

Why Toxins Are Stored In Fat

When toxins enter the body, they will be flagged as intruders. Some of the toxins are eliminated through our body's natural detox pathways—our sweat, urine and stool—but our body has a limited detox capacity, so what the body is not able to remove, it stores.

Many environmental chemicals are lipophilic, which means they get stored in fat tissue. This is a brilliant defense mechanism

our bodies use to prevent toxins from freely circulating, but it's also not a healthy long-term solution for toxins to be stored in our bodies in this manner, where they gradually accumulate over time and eventually cause disease.

And while the body can burn fat, it can't burn toxins. So during weight loss or detox protocols for example, these previously sequestered toxins begin entering the bloodstream so they can be expelled from the body, however the process can be uncomfortable. People often feel feverish, achy, irritable, etc. This is referred to as a "Herxheimer reaction" and is also the reason why we recommend using binders to help usher these toxins out of the body. This is why safe and effective detoxification is crucial.

Increase Your Toxicity IQ

When it comes to toxicity, the more you know, the less toxic you're likely to be.

Once you've taken stock of the toxins in your life, there are actionable steps you can take to minimize further exposure, detox and create a less toxic home and lifestyle, ultimately leading to a reduced toxic load and better health!

Step 1: Remove non-essential toxins from your environment, like non-stick cookware, antiperspirants.

Step 2: Replace these items with safer alternatives, like cast iron pans and non-toxic deodorants

Step 3: Reduce exposure where removal of toxic exposures is not possible. For example, hardwire internet cables instead of using WiFi.

Step 4: Avoid future exposure by making safer purchasing decisions. Research items before making purchases, to make sure you know ingredients and whether there are safer, less toxic alternatives available.

Step 5: Detoxing!

Larissa Belote, Health Practitioner & Certified Detox Specialist is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Join our Detox Program—see news brief for more details or Call/Text 732.996.0963 or email: larissa@stepbystep-wellness.com to schedule a Free 20 minute consult.

Newest Breakthrough in Energy Medicine – Deep Dive into Body Intuitive

by Beth Aitken



You may have heard of Reiki, but what if I told you there is a newer Energy Medicine modality that is Reiki on steroids? That is how Body Intuitive is being described. Body Intuitive is a combination of Eastern and Western medicine that uses the body's intuitive ability to heal. Body Intuitive believes the mind and body are connected, and to clear any disruption in the body, we must uncover the underlying story to get to the root cause.

A Body Intuitive Practitioner will have many, many charts detailing specific areas of Western and Eastern/Chinese medicine. For example, a chart of the Nervous System will be two pages listing all areas of the brain and the gut brain. To figure out which area to work on, a practitioner will tune into the client's Quantum Field, or Energetic Field. Some other examples of charts are for Immune System, Organs, Chakras, and toxins. In Chinese Medicine, the charts include Qi types, Meridians, and an extensive list of acupoints.

A client may come to a session with Anxiety. A practitioner can muscle test the chart on the Nervous System to figure out which area of the brain is over-firing. Then the practitioner will uncover the story that contributed to the over-firing area. For example, maybe the stress of leaving for school for the first time and being separated from parents caused stress on the Nervous System.

Body Intuitive can help with anxiety, digestion, sleep issues, COVID long-haul symptoms, pain, hormone imbalances, and help uncover toxins. After identifying the contributing story, the next step is having the Practitioner attempt to clear the disruption using various techniques.

First is a precise use of Acupressure points. The practitioner may use one point, or a combination of points to help release the story from the body and balance the area in question. A point can be tapped or massaged for up to a minute each. Second is a Shamanic Breathing technique. This allows the body to feel emotions trapped in the body and release them. After clearing the emotion, it is important to make sure to reclaim any power left to the situation. The third technique is "Resources." Resources include information that a client or a Practitioner may have. This can be an activity, a book or a food. An example of a Resource is for the client to get out in nature more.

The fourth technique is Epigenetics. This is a layer on top of your genes that can be altered with emotional situations, toxins, or sickness. Body Intuitive can identify and clear these changes. Epigenetic changes may be inherited, so the Practitioner will have to uncover the story associated with an ancestor.

The benefits of Body Intuitive are it is non-invasive and doesn't rely on traditional medicines. It can be performed from anywhere, virtually or remotely. You can have a session from your couch! It can help reduce stress, improve energy and decrease pain. Body Intuitive can provide a greater sense of well-being and peace.

Visit Beth Aitken at BethAitken@gmail.com or call 703.403.6678, or go to bodyintuitive.org and click on sessions. Start your healing journey today!

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I offer alternative therapies with individualized sessions to optimize health and harmony in your life and body. Each session is carefully designed to address stress, emotions, health and restore balance to enhance optimal wellness. I am a Body Intuitive Master Practitioner, which I use in conjunction with Genius Biofeedback Software. Sessions are now fully virtual.

Our services offered:

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- ♥ Inflammation & Pain
- ♥ Sleep ♥ Memory
- ♥ Headaches, Migraine
- ♥ Chakra Balancing
- ♥ Ancestral Healing



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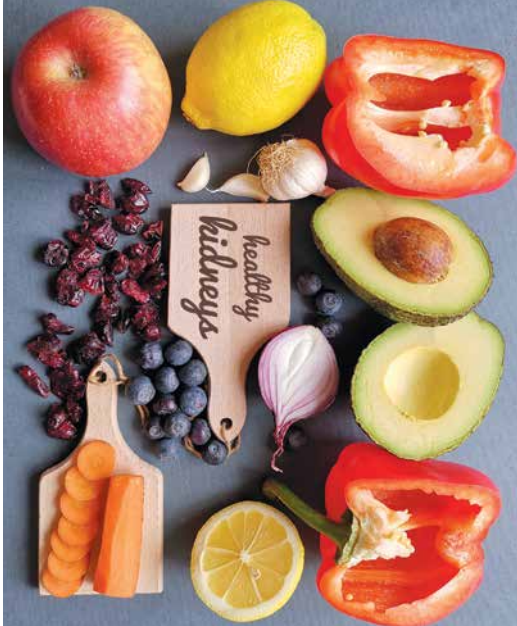


conscious eating

Loving Our Kidneys

EDIBLE ALLIES, INTEGRATIVE TREATMENTS AND LIFESTYLE TIPS

by Marilina Donato



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and Prevention (CDC) estimates that one in seven adults are diagnosed annually. Most of these 37 million Americans do not feel ill or notice symptoms until they are in advanced stages of the disease, which is why people with diabetes and high blood pressure should be tested regularly and take steps to protect their kidneys. Managing CKD requires a multilevel approach, including lifestyle and diet changes, use of prescribed medications, avoidance of kidney-harming toxins like alcohol and cigarettes, and close supervision by a doctor that specializes in kidney disease (nephrologist) to ensure that other prescribed medications and over-the-counter or herbal treatments are safe.

Integrative and holistic approaches may be of help for those in earlier stages of kidney disease or for those striving to prevent it. "I have been really blessed to be connected with a global team of people who, like myself and everyone I work with, understand that kidney disease is treatable, and the recovery of kidney function is actually possible," says Fiona Chin, an Australia-based naturopath and co-founder of *KidneyCoach.com*. Chin adds that she and her colleagues have witnessed significant patient improvement from tailored diet and lifestyle regimens during and after diagnosis, especially when root causes are addressed.

The Kidney-Friendly Kitchen

which is divided into five stages. The first three stages are mild or moderate, and can respond well to lifestyle modifications and alternative interventions, while the more severe, later stages become increasingly more complex to treat and may require dialysis to mechanically perform the kidneys' functions. In end-stage CKD, many patients are relegated to dialysis treatments several times a month to prevent the accumulation of deadly toxins, while many wait and hope for a life-saving transplant.

The U.S. Centers for Disease Control

of protecting and boosting beneficial gut bacteria, which can be addressed with supplements or prebiotic foods like garlic, leeks, onions and jicama.

Piling whole, plant-plentiful goodness onto our plates and embracing an alkaline diet are key measures in the prevention of CKD by lowering the risk for cardiovascular disease and diabetes. Mayo Clinic offers renal-supportive recipes with fruits, vegetables and grains like quinoa. It also recommends avoiding many packaged and processed foods that have phosphorus added to prolong shelf life and enhance taste, such as convenience foods, sodas and sports drinks, flavor-enhanced meats and processed cheeses.

Jarrod Cooper, ND, founder of Advanced Functional Medicine, nW. Wunderscores the importance of fixing pro-inflammatory foods such as sugars, refined carbohydrates, excessive red meat, trans and saturated fats, caffeine and alcohol. Alcohol negatively impacts liver function, and over time reduces blood flow to the kidneys, leading to CKD, he says. "That extra glass of wine can also crank up blood pressure, a surefire path to renal compromise."

Kidney-loving fruits, according to Cleveland Urology Associates, include pineapple, cranberries, red grapes and apples, all of which pack an anti-inflammatory punch.

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Sodium: Friend or Foe?

Chin notes that although salt is essential for nerve and muscle function, a balancing of fluids in the blood and healthy blood pressure, not all salt is beneficial. "Salt is a healthy thing to have in your diet in moderation and in the right form," she asserts. "Table salt is manufactured salt that is stripped of its natural minerals. During salt processing, the balance of sodium to other valuable minerals is lost. Most salt companies also add anti-caking agents that contain aluminum." Chin recommends good-quality Himalayan salt or sea salt that also contains traces of other natural minerals.

Marilina Donato is an author, painter and host of multimedia art exhibits intended for healing the community. Connect at *WillflowerLady.com*.

Our kidneys are prodigious multitaskers. Through the production of urine, they filter toxins, excrete waste and balance bodily fluids. They also produce certain hormones that regulate blood pressure and aid in other vital functions. While the kidneys don't usually fail all at once, their effectiveness can deteriorate slowly over years, and chronic kidney disease (CKD) is most often the result of uncontrolled diabetes or high blood pressure. Simple blood and urine tests help physicians evaluate kidney function and diagnose CKD.

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Hyperbaric Oxygen Therapy: A Breakthrough Treatment for Post-Concussion Syndrome

By Chris Peppone, D.C.

Do you or someone you know suffer from post-concussion syndrome?

If so, you know how debilitating and frustrating this condition can be. Fortunately, there is a breakthrough treatment available that can help to alleviate symptoms and improve quality of life – Hyperbaric Oxygen Therapy (HBOT).

HBOT is a safe and effective medical treatment that involves breathing pure oxygen in a pressurized chamber. The increased oxygen levels in the body can help to promote healing and reduce inflammation, making it an excellent option for those suffering from post-concussion syndrome.

One of the most significant benefits of HBOT for post-concussion syndrome is its ability to improve cognitive function. Many individuals who have suffered a concussion experi-



ence memory problems, confusion, and difficulty concentrating, but HBOT has been shown to help improve these symptoms. It can also help to reduce headaches, dizziness, and fatigue, which are common symptoms of post-concussion syndrome.

In addition to its cognitive benefits, HBOT has also been shown to be an effective treatment for reducing depression and anxiety symptoms in individuals with post-concussion syndrome. The therapy can help to improve mood and overall well-being, making it an excellent option for those struggling with emotional symptoms related to their injury.

Another advantage of HBOT is that it is non-invasive and has no known side effects. This makes it an excellent alternative to more invasive treatments, such as surgery, and it can be a safer option for those who are unable to tolerate medications.

In conclusion, Hyperbaric Oxygen Therapy is a revolutionary treatment that can help individuals suffering from post-concussion syndrome. If you or someone you know is struggling with the symptoms of this condition, HBOT is an excellent option to consider. So why wait?

Call us today 732.747.0083 and start experiencing the many benefits of HBOT for post-concussion syndrome!



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CILANTRO LIME CAULIFLOWER RICE

YIELD: 6 SERVINGS

- 1 head cauliflower, chopped (or 6 cups)
 - 1 Tbsp extra virgin olive oil
 - 2 garlic cloves
 - ¼ tsp pepper
 - ¼ tsp salt
 - 3 Tbsp fresh lime juice
- ½ cup fresh cilantro, chopped*
- Rinse the cauliflower and pat dry. Chop into florets, then pulse in a food processor or blender. Alternatively, the cauliflower can be

left whole and grated with a box grater. In a large pan, heat the olive oil over medium heat. Sauté garlic for a few minutes until fragrant and lightly browned. Increase heat to medium high and add cauliflower. Sauté about 5 minutes. Transfer to a bowl and toss with salt, pepper, lime juice and cilantro.

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Get Smart on Blood Pressure with CBT

by Lauren Salani, LCSW, BCB



Cognitive Behavioral Therapy (CBT) was recently shown to have a significant positive effect on health outcomes for people with hypertension in a new systematic review and meta-analysis published by Preventive Medicine Reports. These results are good news as preventing and treating hypertension is of great importance. Addressing the psychological factors underlying high blood pressure gives people an additional way to address their cardiovascular health.

According to the Mayo Clinic, for people who are not taking blood pressure medication, the following readings apply:

Normal blood pressure. Ranges from 120/80 mm Hg or lower.

Elevated blood pressure. Ranges from 120 to 129 mm Hg, the bottom number is below 80 mm Hg.

Stage 1 hypertension. Ranges from 130 to 139 mm Hg or the bottom number is between 80 and 89 mm Hg.

Stage 2 hypertension. Ranges from 140/90 mm Hg or higher.

Blood pressure higher than 180/120 mm Hg is considered a hypertensive emergency. Seek emergency medical help.

In most people, primary essential hypertension results from the interaction of genetic (inherited) and lifestyle factors, while in a smaller proportion of people, blood pressure is higher due to an underlying medical condition, known as secondary high blood pressure. Currently, hypertension affects approximately one third of the adults in the United States. Due to the medical problems that hypertension can cause, it can pose a heavy burden on the person, their family, and on society.

Effectively preventing and treating hypertension is an important goal. Treatment requires a medical diagnosis and is always treated by a medical professional. It is important for people with hypertension to make effective lifestyle changes such as: taking prescribed blood pressure lowering medications, exercising, eating a healthy

diet, and quitting smoking and limiting alcohol use. Hypertension is a chronic condition and it's understandable that people would be prone to negative emotions such as anxiety and depression during treatment.

CBT is a psychological therapy that aims to integrate thoughts, feelings, and behaviors to help the person change perceptions to enhance their quality of life. Thoughts, feelings, and behavior are all related and affect each other. When a person is highly anxious or depressed, their thoughts, feelings, and behaviors tend to work against them in a vicious cycle. CBT helps a person break out of this cycle. As better thinking and more helpful behaviors are practiced, thoughts and actions begin to reinforce each other in a positive and healthy direction.

If your doctor has recommended blood pressure management after higher blood pressure readings in the office, also focusing on the contributing psychological factors would offer a more holistic approach. The thoughts we think can affect our blood pressure, the feelings we feel can affect our thoughts, both can influence how we treat ourselves, how we behave toward ourselves affects our blood pressure. Interrupting this cycle by learning new ways to put a positive focus on thoughts feelings and behavior can be efficacious in reducing systolic pressure, diastolic pressure, total cholesterol level, anxiety symptoms, depressive symptoms and improving the quality of sleep for patients with hypertension.

CBT can have a profound impact on the prevention and management of hypertension. You can start by thinking positively about your heart and all it does for you. Begin to care for your heart by taking a more proactive outlook.

If you are interested in a course of CBT as an addition to a healthy heart plan, please contact my office. Therapy is always delivered in an inviting, compassionate office setting.

Lauren A. Salani, LCSW, BCB, Stress Relief Services, Atlantic Executive Center, 107 Monmouth Road, Suite 104, West Long Branch, NJ 07764 Phone: 732.542.2638. Website: StressReliefServices.com, Lauren@Salani@gmail.com.



WANDER TRAVEL: MAKING LOVED ONES FEEL EXTRA SPECIAL

by Kerry Bray



Traveling with your partner has so many benefits to improve your relationship and your wellbeing. And the statistics prove it! Research shows that almost 72% of people see improved wellbeing after traveling, and almost 53% of people feeling more connected to their partners after traveling together. By combining luxury with your travel experience, you can return from any trip feeling rested, calm, more in love, and in a state of peace. Traveling is special on its own, and luxury doesn't have to break your budget. There are many ways to incorporate little luxuries to any travel experience.

Here are a few suggestions on how to make the ones you love feel extra special whether you are traveling by train, plane, or automobile in the states or overseas.

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Glam up your train ride.

Rail travel is making a comeback, so do it right and ensure the champagne is flowing. Dress to the nines, complete with gloves and hat for your excursion. Bring a beautiful book of sonnets to read to your love or a lovely leather-bound journal and fountain pen to exchange love notes while sitting beside each other. *Ready, glam it up!* Book a night or two on Belmond's Venice Simplon-Orient-Express. The art-deco glamour, exquisite cuisine and the train's storied history make the trip from Paris to Vienna, Venice, Verona or Prague (and many points in between) a journey to remember.

Make air travel a spa-like experience.

Pack a few necessities in travel-friendly containers and surprise your partner with a spa kit! Try a mist water spray, a gel neck wrap, drops of essential oils, and a luxe sleep mask, paired with a relaxing mix of

music and earbuds to transport you both

to a state of complete relaxation. Land in the spa! Take a plane trip to indulge in a luxurious spa day at the Hacienda Atlagracia in Costa Rica and be swept away by the ultimate relaxation experience. The Well spa at Hacienda Atlagracia is a true sanctuary of rejuvenation, offering a wide range of services. This spa day is the perfect way to unwind, reconnect and create an unforgettable memory in the natural paradise of Costa Rica.

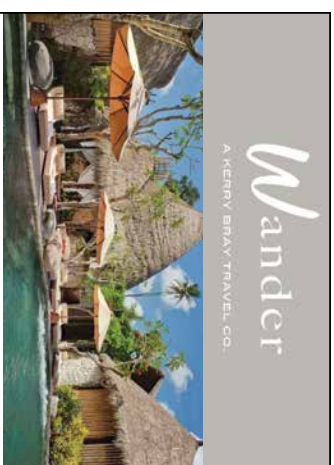
Wander around in style.

Luxe travel can be right at your doorstep. Rent a luxury car for the day and find a beautiful spot to stop. Pack a picnic lunch complete with filet mignon tips, assorted cheeses, beautiful linens, and a bouquet of fresh flowers. *Ride around until dinner!* Reserve a table at a Michelin-starred restaurant. Not only will the meal and wine pairing be exquisite, but



the level of service will make you feel like a rock star. The restaurants are graded on the fine quality of ingredients, the harmonious blending of flavors, the skill and mastery of techniques, the unique distinctions and personality of the chef, and the consistency of their food. In the USA, there are 200 around the country from New York to L.A to choose from. Check out the Michelin Guide to find one near you.

Kerry Bray is the founder of Wander Travel Company. She has been a Luxury Travel Advisor since 2005 specializing in luxury and wellness travel as well as wellness retreats. As a mother, wife, yoga teacher, spiritual guide, mindfulness leader, and free spirit with a gypsy soul, her loves at work mirror her loves in general - the water, reading, nature, and traveling. She lives near the beach in New Jersey with her husband, her four children, and their two dogs. She enjoys volunteering in her community and doing classes and workshops from time to time. For more information, please call



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Natural Remedies for Pets

SEVEN NON-TOXIC TREATMENTS FOR COMMON AILMENTS

by Karen Shaw Becker, DVM

Natural remedies and healing therapies are not just for humans, they also help pets overcome illness and maintain optimal health. Used properly, plants, herbs, essential oils and other natural, non-toxic substances can complement and often replace drugs and other chemical agents. Here are seven healthful solutions.

COCONUT OIL is a source of medium-chain triglycerides, which benefit cognitive function. It is also rich in lauric acid, a powerful antimicrobial agent for yeast infections, allergies and skin conditions (when used topically). Feed dogs and cats one-quarter teaspoon of 100 percent organic, cold-pressed, human-grade coconut oil for every 10 pounds of the pet's body weight twice daily.

MANUKA HONEY is an all-natural, effective remedy. Clinical trials have shown that it can eradicate hundreds of strains of bacteria, including certain antibiotic-resistant varieties. A Unique Manuka Factor rating of 10 or higher is recommended for medicinal use. Manuka honey can be used to manage resistant ear and skin infections, as well as large, superficial wounds that cannot be closed surgically. Given orally, manuka honey is effective at addressing *Hi. pylori*, the bacteria that contributes to gastrointestinal irritation, small intestinal bacterial overgrowth and excessive *E. coli* blooms in animals with dysbiosis.

ALOE VERA has multiple applications. To reduce a dog's discomfort from skin irritations, cuts or wounds, clean the affected area and apply the raw, inner gel of the plant to provide a soothing effect. For constipation, a small amount of whole

leaf aloe vera juice, a natural laxative, can be added to a dog's food. Inner leaf aloe juice, which doesn't contain the skin, helps heal gastric ulcers, colitis and leaky gut.

LAVENDER OIL is used in aromatherapy to help calm nervous or anxious animals. For a dog with noise phobia, place a few drops on their collar or bedding before a stressor occurs. If possible, or diffuse the oil around the house for a calming effect. Lavender oil can also be beneficial for treating hot spots. Add a few drops to manuka honey or coconut oil and apply after disinfecting the wound twice daily.

OREGANO OIL contains potent antibacterial and anti-parasitic properties. It can be used to calm itchy skin, soothe irritated gums and assist in balancing a dog's gut flora. It is also a beneficial herb for dogs with kennel cough or recurrent infections. Oregano oil should always be diluted before using it in or on pets.

GINGER is a widely used, non-toxic, non-irritating remedy for soothing tummy troubles. It can be given orally or used in oil form by adding a few drops to a carrier oil, such as coconut or olive oil, and massaging the mixture into the skin on the pet's belly. Alternatively, add small amounts of freshly grated ginger or the dry herb to a tasty meal or other yummy treat. Use no more than one-sixteenth teaspoon for kittens, one-eighth teaspoon for small dogs under 10 pounds, one-quarter teaspoon for medium-sized dogs, one-half teaspoon for large dogs and three-quarters to one teaspoon for giant breeds. Give the ginger one to three times a day, as needed.

CHAMOMILE is an effective calming agent that has analgesic and anti-spasmodic properties and is beneficial in soothing the central nervous system. Use a cool chamomile tea bag against a wound, irritation or bug bite

on the dog's or cat's skin to provide a soothing effect. Something else to consider is a soothing chamomile after-bath rinse. Add five chamomile tea bags to two quarts of very hot water and steep until the water is cool for up to three hours to allow the maximum amount of polyphenols to release into the water. Remove the tea bags and pour the rinse over a freshly bathed pet from the neck down. Massage into the skin and do not rinse.

Veterinarian Dr. Karen Shaw Becker has spent her career empowering animal guardians to make knowledgeable decisions to extend the life and well-being of their pets. To learn more, visit DrKarenBecker.com.

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P.S. Another month after my ski trip my knee has continued to improve."

Robert, Gainesville, GA

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calendar of events

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FRIDAY, MARCH 3

Friday Night Unwind: 6-7:30pm. The Yoga Loft, 462 Adelphi Road, Freehold. Join Dee and Elton for an evening of pampering and self-care. We'll begin with some gentle breathing and yoga to set the mood for relaxation. This workshop was created to treat yourself to gentle yoga, Reiki, essential oils and finally, closing with Savasana. All levels of practice are welcome. Please bring your own mat, blanket and pillow. Please register at info@thevocalofc.com. Include your phone number if registering by email or call/text 732.229.2333. Cost: \$40.

SATURDAY, MARCH 4

Monmouth County Organic Fruit and Veggie Co-op: Curbside pickup in Lincolnton - Full shares are \$67 /Half Shares \$39 We run all year! Accept PayPal or Venmo. Pick up every other Saturday (mostly). We are much more like a community of like-minded folks into healthy deliciousness, we will always help each other out. Need it dropped off? Need someone to hold onto your delivery for a day or two? We got you! Must order one week in advance. Text 732.500.4949 for more information.

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. Pre-registration required at ayearandadaymysticalshoppe.com. For more information, call 848.217.2371. Cost: \$195.

Free Introduction to Energy Medicine: 1pm, Greens Natural Food in Ocean. Hosted by Energy Medicine Healer, Bath Aiken from Beyond Holistic Healing. Start your healing journey now. Both practices Energy Medicine using the modality of Body Intuitive, which combines Eastern (Chinese) Medicine and the Western knowledge of the body. She reads imbalances in the body and bring the body into harmony using a variety of methods, such as acupressure points and a shamanic breathing technique. Body Intuitive is effective to treat stress, pain, digestive issues, detox, emotional issues and more.

Natural Sound Bath: 6-7pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Want to experience a sound bath with nature sounds? Not a big fan of the crystal bowls? Come join us as we have a natural sound bath using guided sounds, singing, chanting, and the sounds of nature to bring tranquility and peace into our lives. This sacred sound bath will help you get the benefits of a crystal bowl sound bath, without the noise of higher pitched instruments. Perfect for those with sound sensitivities! Bring along a meditation mat, pillow, etc. Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$25.

SUNDAY, MARCH 5

Psychic/Mediumship Workshop: 3-5pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Cherise will lead this class as part of a mentorship series which will introduce the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop 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. Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$65.

MONDAY, MARCH 6

Monday Night Soul Connections & Healing Meditation: 6pm, 1540 Route 138, Unit 206, Wall. (located between New Bedford and Marconi roads). Join Dawn Ricci, Psychic Medium and Spiritual Advisor. Experience pure relaxation for one hour as you embark on a peaceful, loving journey meeting your Spirit and Healing Guides. We will practice connecting to our soul through powerful meditation. Wear comfy clothes, bring a yoga mat. Space is limited. Pre-registration is required at hello@adawnricci.com or call/text 732.433.7094. Cost: \$20 via Venmo or PayPal.

TUESDAY, MARCH 7

Psychic Circle with Dawn Ricci: 7-9 pm, 1540 Route 138, Unit 206, Wall. (located between New Bedford and Marconi roads). Bring an open mind and learn how to tap into your very own psychic abilities. Everyone has them! It's a matter of becoming open enough to receive the information. Learn to tap into that part of yourself that you never knew you had. Or, if you already do, come expand your gifts! Pre-registration is required at hello@adawnricci.com or call/text 732.433.7094. Cost: \$20 via Venmo or PayPal.

Full Moon Circle: 7:30-9pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Enjoy experiencing the Worm Moon with us. At the time of this Moon, the ground begins to soften enough for earthworm casts to reappear, inviting the return of robins and migrating birds—a true sign of spring. Roots begin to push their way up through the soil and the Earth experiences a rebirth as it awakens from its winter slumber. Along with blessings, Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$20.

WEDNESDAY, MARCH 8

Seal Monitoring at Sandy Hook: 8am-2pm, Sandy Hook. Join Waterspirit Program Manager, Anne Price, as we monitor seals at Sandy Hook National Recreation area. Did you know there are several species of seal who visit New Jersey? The seals feed and then haul out to rest and digest. We will watch the seals and record data to report. While we are

there, we will discuss all of the wildlife around us. Meeting at Spentaceti Cove parking area. For more information or to register, please visit our website <https://www.waterspirit.org/events-calendar>

Free Drumming Circle: 3-5pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Drumming 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. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371.

Dancing with Dragons: 8-9:30pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Dragons are ancient celestial beings that are here to help guide, protect, and work with us as we go through life. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. This event will include a guided meditation as well as an opportunity to power dance to celebrate our new connection to these magical companions. Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$20.

THURSDAY, MARCH 9

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! Pre-quisite Reiki I and pre-registration are required. Go to ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$225 and includes materials.

SATURDAY, MARCH 11

Beach Cleanup Project: 10am-12 pm, Monmouth Beach. Bathing Pavilion, 29 Ocean Avenue North, Monmouth Beach. Every time you see trash on the ground, such as a plastic bottle or bag, you can be sure it will make its way to a wetland, estuary and/or ocean. Unless, someone picks it up! Waterspirit is inviting you to be the person and join us as we work together to make difference. Help Waterspirit protect water and protect wildlife. For more information or to register please visit our website <https://www.waterspirit.org/events-calendar>.

SUNDAY, MARCH 12

Sunday Circle: 12pm. The Yoga Loft, 462 Adelphi Road. Topic this month—Give Yourself Some Love. Join Dee and Elton with us one Sunday a month to explore a new topic that will focus on enhancing your well-being to assist you in leading a better, fuller life. March, we will discuss how the wheels we use impact our lives and we'll create a positive mantra and mission statement that will support how you want to live your life. We begin with a guided meditation and candle lighting to set the intention for the Sunday Circle. Please bring a journal and a pillow or bolster to sit on. Please register at info@thevocalofc.com. Include your phone number if registering by email or call/text 732.229.2333. Cost: \$40.

Free Drumming Circle: 1:30-3. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Drumming 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. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371.

TUESDAY, MARCH 14

Learn Basics of Tarot & Oracle Cards: 7-9pm, 1540 Route 138, Unit 206, Wall. (located between New Bedford and Marconi roads). Join Dawn Ricci, Psychic Medium and Spiritual Advisor and learn how Spirit has many ways to communicate. The use of Tarot and Oracle cards have been used for thousands of years. Learn the significance and meaning of Tarot cards and what messages they hold for you directly from Spirit. Learn how to use the cards as a tool for in your own readings or for yourself. Pre-registration is required at hello@adawnricci.com or call/text 732.433.7094. Cost: \$20 via Venmo or PayPal.

THURSDAY, MARCH 16

Wicca 101 Class: 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 magical 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. Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. \$25 per person/class.

FRIDAY, MARCH 17

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. Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$10.

SATURDAY, MARCH 18

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! Pre-quisite Reiki I and pre-registration are required. Go to ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$225.

Monmouth County Organic Fruit and Veggie Co-op: Curbside pickup in Lincolnton - Full shares are \$67 /Half Shares \$39 We run all year! Accept PayPal or Venmo. Pick up every other Saturday (mostly). We are much more like a community of like-minded folks into healthy deliciousness, we

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2 PM - 3 PM Sacred Spiritual Movement - Vicki Mapes
3:25 PM - 4:30 PM Meditation Soundbath - Dan Heise

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MONDAY, MARCH 20

Spring Equinox Celebration: 7 pm, 4 East River Road, Rumson or livestreamed on Waterspirit's YouTube Channel. <https://www.youtube.com/channel/UCP2dK6CUCU22HfmoLm4Q> Daylight is lengthening, temperatures are warming, trees are blooming and we are celebrating. Join Waterspirit and musical guest Andrew Fegan as we celebrate the arrival of Spring. The Spring Equinox is a time to reflect on the freshness and excitement of the rebirth of nature. We look forward to the April showers which will water our gardens and bring forth new life. Bring your family and friends and join in the celebration!

TUESDAY, MARCH 21

Psychic Circle with Dawn Ricci: 7-9 pm, 1540 Route 138, Unit 206, Wall. (located between New Bedford and Marconi roads). Bring an open mind and learn how to tap into your very own psychic abilities. Everyone has them! It's a matter of becoming open enough to receive the information. Learn to tap into that part of yourself that you never knew you had. Or, if you already do, come expand your gifts! Pre-registration is required at hello@adawnricci.com or call/text 732.433.7094. Cost: \$20 via Venmo or PayPal.

WEDNESDAY, MARCH 22

Native American Drumming/Journeyming: 7:30-9:30pm. 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? Join Shamanic Practitioner, Lauren for this event which 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. Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$45

THURSDAY, MARCH 23

Reiki Level Workshop and Certification: 11am-3:30pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury 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 1 attunement. Pre-registration required at ayearandadaymysticalshoppe.com. For more information, call 848.217.2371. Cost: \$195.

FRIDAY, MARCH 24

Special Event: 4-9pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park. Medium readings with Cherise. 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 so many messages from the other side. Session is 45-60 minutes. Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$125

SATURDAY, MARCH 25

Ancient Wisdom of Plants: 12-3pm. The Yoga Loft, 462 Adelphi Road, Freehold. Join Parry Turner and enter the enchanting world of plants for a small peek at how they nourish body and soul as well as a few of their secrets and magic. We'll participate in a special tea ceremony and take home some healing tea bags to create your own ceremonies. This spring session we will be observing the Celtic Wheel, Imbolc and Ostara, the vernal equinox. Exploring their effects on the plant kingdom, we will make some special creations that can aid our practices. Remember to bring your journal. Please register at info@theyogaloft.com. Include your phone number 1 registering by email or call text 732.239.2333. Cost: \$40

Garden State Film Festival: 2-4:30pm. Continental Ballroom, Berkeley Hotel, 1110 Highway 35, Ocean Township. Watersprint has entered a video to the 2023 Garden State Film Festival and we have been accepted! Our video, Watersprint's Mindfulness Moment, will be screened at the festival. Go to <https://www.gstff.org/tickets>. Have you seen our Mindfulness Moment videos on social media? Program manager Anne Price creates a weekly video to help our friends center their minds and replenish their energies. Mindfulness practices simple techniques to help us all show up more fully. Follow Watersprint on Facebook, Instagram, Twitter or LinkedIn to watch them all!

Introduction to Taij: 3-5pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park. Taij has been a source of insight and mystery for centuries. Explore its complexities and facets at our monthly six-session class! 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 lead you not only what Taij can do, but also the meanings and ways you can incorporate it into your everyday life. Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: First class \$75 (includes Taij Deck), subsequent classes.

SUNDAY, MARCH 26

Special Event: 1-5pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury 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. Session is 45-60 minutes. Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$125

TUESDAY, MARCH 28

Messages with Spirit: 6-4:50pm, 1540 Route 138, Unit 206, Wall. Included between New Bedford and Marconi roads. Live and in-person. Dawn Ricci, Psychic Medium will bring in those special memories and messages for your loved ones. Sign up today, space is limited to 20 people. Not everyone who attends is guaranteed a reading. 18-year-old and up may attend. Entertainment purposes. Pre-registration is required at info@evantroni.com or call/text 732.433.7094. Cost: \$25 via Venmo or PayPal. Refunds given if event is cancelled and not rescheduled.

WEDNESDAY, MARCH 29

Rain Barrel Workshop: 6-7:30pm, 4 East River Road, Rumson. Watersprint invites families and friends to gather for this special workshop and learn how to make and use a rain barrel of your own. Whether you make one for your home or as a gift for a friend, you'll learn the value of water. Water Is Life. Pre-registration is required, go to <https://www.watersprint.org/events-calendar>. Friends, families and teams can work on one or multiple barrels. Cost: \$35.

FRIDAY, MARCH 31

Working with Stones and Crystals: 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury 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 two stones crystals. Pre-registration is required at ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$60

on going events

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

MONDAYS

Loving Kindness Meditation Free Event: 11am-1:30pm, Belmont Library, 510 10th Avenue and East Street, Belmar or on Zoom. - Meditation benefits everyone, whether you are new to meditation or have a personal practice. We welcome all to join our circle. At Loving Kindness Meditation, ask for blessings for ourselves, the ones we love and all of mankind. Zoom link Meeting #996-9047-0435 password 0396462. Library phone 732.681.0775. web: www.BelmarPublicLibrary.org. Facilitator - Roseann Petropoulos has been practicing meditation most of her life. Her belief is that all peace comes from within. For more information: www.Belmarwellness.com or call 732.994.3197.

Taiji Class taught by Shoshanna Katzman: 1pm, on Zoom. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

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

Flowing Qigong with Melinda: 9am on Zoom. - Qigong is an easy internal martial art that affords more power and potential in your life. Enjoy these moving meditations each morning as a way to both relax and energize in a fun way. Nourish your Qi. Contact Melinda Applegate at 707.357.4632.

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

Flowing Qigong in the Park: 8am - Qigong is an easy moving meditation. All levels welcome. Immerse in nature, surrounded by the energy of the trees. Nourish your Life force and relax. Call Melinda Applegate at 707.357.4632.

Meditation for Earth: 12:15pm - Join us in person, 4 East River Road, Rumson, or online on Watersprint's YouTube channel. Please join Watersprint for a "Meditation for Earth." We read an excerpt from Hal Borland's 12 Moons of the Year. Then we lead a simple meditation to music followed with silence. The meditation lasts approximately 30-35 minutes.

No matter where you are in the world, you can join us as we meditate for our Earth! Learn more about Watersprint! <https://www.watersprint.org>.

Tuesday Meditations: 6:30-7:30pm - Come join our weekly group guided meditations. De-stress from your hectic weekend and Marie Montoya, 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. \$10 per person. Pre-registration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848.217.2371. Email: ayearandadaymysticalshoppe@yahoo.com. Web: ayearandadaymysticalshoppe.com. 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

Flowing Qigong with Melinda: 9am on Zoom. - Qigong is an easy internal martial art that affords more power and potential in your life. Enjoy these moving meditations each morning as a way to both relax and energize in a fun way. Nourish your Qi. Contact Melinda Applegate at 707.357.4632.

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. Call or text 732.758.1800 or email info@healing4u.com.

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

Sound Healing/Meditations: 6:30-7:30pm - Join our weekly group sound healings and meditations. Enjoy unique sound healings and meditations. Sound, body and spirit. Using crystal bowls, guided sounds, singing and chanting we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. to maximize your experience. Cost: \$25 per person. Pre-registration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848.217.2371. Email: ayearandadaymysticalshoppe@yahoo.com. Web: ayearandadaymysticalshoppe.com. Ask us about private meditation sessions and Veteran Discounts.

THURSDAYS

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. It's gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. Call or text 732.758.1800 or email info@healing4u.com.

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

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

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. Call or text 732.758.1800 or email info@healing4u.com.

Friday Psychic Readings and Energy Healings: 2-7pm. - Get a 10-minute Reading or Energy Healing for \$30.00. Have a question about a decision you are looking to embark on? About a job, relationship, or move? Get a reading and we will advise you. Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848.217.2371. Web: ayearandadaymysticalshoppe.com.

Discover the Serenity of Tai Chi Chih: (Joy thru Movement Class) & so much more! 3:30pm. The Center for Health & Healing, 245 Atlantic City Boulevard, Beachwood - Need better balance, centered 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 Foster Guenther: 10:30-11:30am, Outdoor "Parking Lot Qigong," weather permitting in the back lot at UUCNC, 1475 West Front Street, Lincolnton. Email qigongnyc@yahoo.com to be on the reminder list. More info at www.qigongforgoodhealth.org.

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. I 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.watersprint.org/climate-pastoral-care>. This course was created by Watersprint (US) and Jessica Montmore Offette (Lat Eco-Awards (AUS)).

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Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes events that have happened in the past can effect behavior in the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy all can take the whole person into account. Please call 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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Jeff Ball is on a mission is to help clients navigate the financial services industry effectively. He is committed to educating clients about money and investments, helping to reduce money-anxiety and empowering clients to take control of their finances. His goal

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

HYPNOSIS

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

RETAIL

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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, works.

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Empower Natural Health By Mouth

"The Mouth is To Humans What Roots Are To Plants"



An AMD's Mission: To help you turn back illness and turn on wellness naturally through our evidence-based impaired Mouth diagnosis and Holistic Mouth solutions



Dr. Edna Lind, DDS

Your Pain, Fatigue & Chronic Illness May Be Rooted In:

1. Crowded Teeth & Deficient Jaws
2. Pinched Airway
3. Clicking/Popping Jaw Joints
4. Teeth Grinding
5. Tongue-Tie & Abnormal Swallowing
6. Weak Chin, Double Chin
7. Sunken Mid-Face, Flat Cheekbones
8. Teeth Pulled & Spaces Closed For Braces.

Impaired Mouth Symptoms Short List:

1. Aches & Pains in Head, Jaws, Neck Shoulders & Back
2. Fatigue, Brain Fog, Lack of Motivation
3. Post-Nasal Drip & Frequent Colds & Flu
4. Teeth Grinding & Jaw Joint Troubles
5. Snoring, Sleep Apnea, CPAP Intolerance
6. Anxiety, Depression, Irritability/Hostility
7. "Empty Tank" From Adrenal Fatigue, PMS/ED
8. Food Cravings, Caffeine, Sugar, Chocolate, Energy Drinks

"Get your airway back, get your sleep back, get your life back" - Angela, patient
"Impaired Mouth Diagnosis should have been the first course in dental school."

- Dr. J. Yelle, Monument, CO



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