



HEALTHY LIVING | HEALTHY PLANET

FREE

natural awakenings

How to Start a
Meditation
Practice

If Only our
Dogs
Could Talk

The
Interoception
Buzz

Acid Reflux
No More



MAY 2024 | MONMOUTH • OCEAN | NAJERSEYSHORE.COM

Have you ever asked, “Will I ever get better?”

Dear Friend,

That’s exactly what Daryle said when we met him. You see, Daryle had a heavy piece of equipment fall on him 3 years ago. He broke his back, herniated discs and was left with severe pain and numbness in his hands and feet. His legs would spasm involuntarily which would knock him out of bed or cause him to fall often. None of the doctors could help. After a few months of Upper Cervical care in our office he is working, fishing and playing catch with his daughter.

Twenty-four years ago something happened that changed my life forever, and in turn, changed many other lives, too.

In 2000, I was a first year student in chiropractic school. Having played high school football at Manalapan high school, I experienced a neck injury. But I was now in chiropractic school and I wasn’t worried...I knew that I would receive chiropractic care and the pain would be gone in a matter of weeks.

I received traditional chiropractic care three times per week but it didn’t help me. This led me to question my decision to become a chiropractor and I was even considering leaving chiropractic school for another profession. Even worse, I thought I was going to have to live like this forever.

That’s when I took matters into my own hands (or God’s) and that’s when I found the answer. But I’ll get back to that in a minute...

When someone asks me what it is that I do, I tell them that “I get sick people well, and I do it without drugs or surgery.” Often they give me a puzzled look. When they ask further, I tell them that I am an Upper Cervical Chiropractor, and it’s the best job in the world.

Oh, back to my story. A fellow classmate of mine introduced me to an Upper Cervical Chiropractor that helped people suffering like me. The Doctor did an exam, took some films and then “adjusted” my spine. He didn’t pop, crack or twist me but rather lightly removed pressure from my spine and nerves. The adjustment didn’t hurt, it actually felt good. With the help of this gentle care, I immediately felt relief, and for the first time in years, I felt “right” again. I decided to stay in school and train under this doctor.

I owe my whole life to Upper Cervical Chiropractic. This experience made such a difference

in my life that I vowed to help others through Upper Cervical care.

In 2003, I returned to New Jersey to open a practice that solely focuses on Upper Cervical chiropractic technique. Since then we’ve delivered over 300,000 spinal adjustments.

Now let’s talk about Elissa, my beautiful wife. Since high school, she has utilized chiropractic as part of her wellness lifestyle. She especially found our gentle form of health care to help her through both of her pregnancies.

Jayde and Easton are my beautiful children that have been checked and adjusted from



birth. It’s strange how life is, because now people come to see me with their health problems, aches and pains.

Also they come to me with their headaches, migraines, chronic pain, Fibromyalgia, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, vertigo, numbness in limbs, athletic injuries such as post-concussion syndrome just to name a few.

Here’s what my patients had to say:

Upper cervical was the only place able to help me after 4 years of suffering with TMJ, neck pain, migraines and muscle spasms. I was taking ibuprofen almost everyday and muscle relaxers for my muscle spasms. I was very nervous to try chiropractic care because of the twisting and popping they traditionally do. At upper cervical the adjustment is very gentle without any twisting and popping of the neck. Within a few weeks of starting care, I was free of headaches and painful back spasms... I recommend his practice to my patients every chance I get. I cannot imagine how my problems would have progressed without seeking help. I’m now living a pain free life without any medication! -Talia.

I was in extreme pain and unable to do the simplest things around the house. I thought my options were either back surgery or many expensive drugs with unknown side effects. Not yet in my forties, I felt my livelihood was slipping away. After only two months of treatment with Upper Cervical I was able to garden, carry laundry baskets, and work without pain! I got my life back. -Dee C.

Life is so much more enjoyable after my headaches disappeared... No more pinched nerves! -Marina

Each day in my office, and in the offices of chiropractors around the world, miracles happen. And, we get to see them! Each day people thank me for “curing” them, and proclaim that I performed a “miracle” with them or their children. But, I don’t take the credit. I can’t. The body performs the real miracle, and when a chiropractor removes pressure from the nerve system, the body does what it knows how to do best... heal itself.

You Benefit from an Amazing Offer. Look, it shouldn’t cost you an arm and a leg to correct your health. When you bring in this article, you will receive my entire new patient exam for \$59. That’s with x-rays (if indicated), nerve testing and thermal imaging... the whole ball of wax. This exam would normally cost you up to \$340. But, please call right away because this offer expires on **May 31, 2024** and I don’t want you to miss out. By law, this offer excludes Medicare/Medicaid/PIP patients.

Great care at a great fee. I’m a Magna Cum Laude graduate of Logan Chiropractic College, a published author and I am an active board member and instructor for the Upper Cervical method that we utilize in our office. I’ve been entrusted to take care of tiny babies to 90 year olds. For the past 22 years, I’ve been taking care of people from across the U.S.

My assistants, Kara and Imani are really great people. Our office is both friendly and warm and we try our best to make you feel at home. Our office is called **Upper Cervical Chiropractic of Monmouth, LLC**, 280 Route 9 North (Shop Rite Shopping Center) Marlboro, NJ. Our phone number is **732-617-9355**. Call us today for an appointment We will do all we can to help you. Thank you

— **Larry Arbeitman, D. C.**
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Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

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

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

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



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

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Hello Friends,
Happy Earth Day!



Hello Friends,

Welcome Springtime! Everything is so lush and green, it's so cheerful! I started my seedlings in late February, and they are just about ready to go in the ground. I'm looking forward to a bumper crop with lots of variety this year. To naturally deter pests, I studied what flowers to plant near what plants to naturally repel pests. Protecting the bees, the butterflies, and my fur and feather babies is very important to me, so I never use any pesticides in my garden or on my lawn. It was a good education to explore ways to naturally repel them.

I learned another important lesson this past month that I would like to share with you. Practicing gratitude isn't just important when everything is great. Sometimes when things aren't great, and you find yourself in a situation that is not ideal, it's important to be grateful for the gifts the universe does deliver, even if they aren't what you want right now. My current state reminds me of the story of the young hero in *The Alchemist* by Paulo Coelho. Whatever situation he found himself in, he did his best and was grateful for every small triumph. I don't know if I would be able to look at life through that lens right now if I hadn't read that book. This was an excellent reminder of how important it is to continue educating myself and reading profound material.

As always, I am always grateful to all of you - our readers, our advertisers, and our team. I love being able to bring *Natural Awakenings* to Monmouth and Ocean counties, and without you, it wouldn't be possible. Thank you from the bottom of my heart. And I hope you have a magical springtime.

Warm wishes, Sharon

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Email Calendar Events to: Sharon@NAjerseyShore.com. Calendar Deadline: 7th of the month. Cost: \$20/listing.

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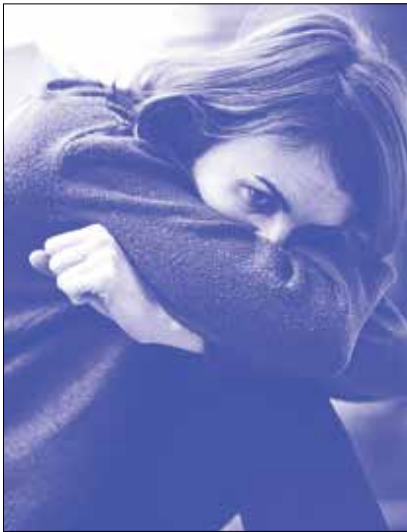
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Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.



Negative Self-talk and your Weight?



Do you ever walk past a mirror and think, "Ugh, I need to lose weight?" Many of us have a love-hate relationship with our bodies. We're happy if we look a certain way, but the moment we don't fit in a pair of jeans or don't stick to our diet, that inner dialogue turns against us, making it easy to indulge in negative self-talk.

When intense exercise routines and calorie restriction diet plans don't seem to be "working," there's probably a factor you haven't considered: your thoughts. "Mindset is deeply connected with our weight," said Clinical Information Specialist, Riley Carroll, who holds a B.S. in Neuroscience.

Unfortunately, most people don't think their inner critic is to blame for their stunted progress. "Having a negative mindset keeps us in a vicious cycle of inability to lose weight, even when we incorporate exercise and healthy foods in our routines," noted Carroll.

While thoughts may be in your head, your body can still feel what you're thinking. "Negative thoughts put your body in physical stress, creating a metabolic state where losing weight becomes very challenging," explained Dr. Crystal M. Gossard, DCN. In addition, negative self-talk about "slipping up" and eating a cookie may lead you to abandon your diet entirely and even overeat (forget exercising after that second slice of pie).

Call/text Larisa at 732.996.6963 or email: larisa@stepbystep-wellness.com for a Free 20 minute Consultation.

Welcome to Joy (Journey of Yoga)

Inspired to try your first yoga class, but have no idea what to expect? Join Michele for 6-week beginners' series designed for those brand new to yoga, you'll learn the benefits of yoga with step by step directions for each posture. Discover the benefits of your own breath and the peace of meditation.

You'll leave class smiling, radiant and relaxed while building a solid foundation of yoga poses, conscious breathing and meditation that will allow you to safely enjoy a vast array of yoga classes. All fitness levels welcome. Please bring your own mat to class.

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



Soul Drawings

At The Yoga Loft, 58 Main Street, Farmingdale, May 19, 1pm with Donna Russo. Donna is a professional Illustrator and Intuitive who has been called to combine her gifts to be of guidance and healing to others. Starting with your birth date and a question for your Soul, we journey to your higher self.

She then "talks" to your Soul (and possibly your Guide/Angel) and gets a "message" for you. She combines this message with a custom drawing of the vision she is shown, containing your Soul's energy vibration. Illustrations are done on 11x14 bristol art board in professional colored pencil.



A session takes approximately 1:15 hours. Each drawing is original and uniquely yours, containing only your Soul's energy. There are only 5 slots available. Reserve your spot-call/text 732.239-.2333. Cost: \$150.

Dawn Ricci is the Beach Bench Medium



All along our boardwalk at our beautiful Jersey Shore, there are thousands of benches that are made to tribute to family members. If you have a bench, then Dawn Ricci wants to talk to

you! Dawn is a resident of Spring Lake who walks the Boardwalk almost every day. As she would pass by, she would read each plaque, and the essence of that tribute comes alive. Don't miss out. Check out Beach Bench Medium episodes from Spring Lake, Manasquan, Point Pleasant, Asbury Park, and Atlantic City on YouTube. Production is scheduling filming for the 2024 season. If you are interested in having a reading - sitting at your bench with Dawn, then here's your chance! She's offering a free reading and an appearance on the show. Happy, loving memories of your family and dearly departed await. If you are interested in participating, email hello@dawnricci.com for details. Or call us at 732.433.7094.

Interested in participating, email hello@dawnricci.com or call 732.433.7094.

Paint In-person or from Home

Join our growing community of painters for a much needed respite where you can reduce stress and connect to the creative community of women you've been looking for. Wild and Free Painting is an indulgent and nourishing Process Painting Art

Studio for self-care and personal growth. We focus on the act of painting itself and your experience while painting rather than the final art product. We celebrate your creativity in all of its authentic form and return to the idea that creative expression can serve as a tool to heal, connect, de-stress, reclaim and discover. Experiencing this process helps women feel a deeper connection within themselves and in turn feel more satisfied, centered and peaceful. Absolutely no prior art experience is necessary to enjoy the benefits of this process.

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

Meditation With Reiki



Please join Reiki Master, Energy Healer, and certified Meditation Teacher Dorian Cattani for a 20-minute meditation and 20 minutes of group and individual Reiki on Thursday, May 9th, 5pm and Tuesday, May 21st 7:45pm (National Meditation Day) at Boho Yoga in Asbury Park, NJ.

Dorian will lead the group in a guided meditation and then come around to each person for a personal reiki session.

Allow your mind, body and soul to relax and recharge with energy healing. While Dorian offers each participant Reiki, she may receive a spiritual message for you.

We do require you to pre-register as space is limited. Cost: \$25.

Register at www.BohoYogaAP.com. If you have any questions, please call or text Dorian at 201. 892.5242. For class, we ask for an open mind and heart. Mat and blankets provided. All meditation levels are welcome. Street parking and parking lot available.

Did you Know

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

I'm Beth from Beyond Holistic Healing and I use a combination of Chinese and Western medicine to help you get to the root cause of an issue and finally release it. I can naturally help with things like anxiety, sleep problems, brain fog, energy and mood. I help you become the best version of yourself. Mention this magazine for \$25 off your first session!

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



Berry Season is Starting in May!

Growing Season has begun again for Farmingdale's Merrick Farm. For over 100 years, Merrick Farm has been part of the Monmouth County farm community. Owners Sue and Juan have striven, over the last 30 years, to grow healthy food, food you should be pleased to eat that is USDA Organic and Certified Naturally Grown.

Last season Merrick Farm added a high tunnel to help naturally increase their yield of fruit and vegetable. Early to mid May starts you-pick berry season. Strawberries will be ripening in mid-May. We will also have honey from our farm, garlic, heirloom vegetables and culinary and medicinal herbs.



Follow [OrganicFresh2023](https://www.instagram.com/OrganicFresh2023) on Instagram or Merrick Farm on Facebook to stay updated on current offerings and events. Also check our website at TheMerrickFarm.com 98 Merrick Rd, Farmingdale, NJ

Grief Circle

An opportunity to share your grief story with others who can hold space for you and understand your loss. Every individual experiences loss differently, but the significance of each person's loss is equally valid and important.

Through each person's contribution in the group, we can bring ourselves to a powerful healing place. Come share or just listen.

Join me, Dorian Cattani, Wednesday, May 15th at 7pm for my 2nd Grief Circle. Held at my office space at 501 Grand Ave in Asbury Park. Free. Limited space. Please text or call Dorian at 201.892.5242.

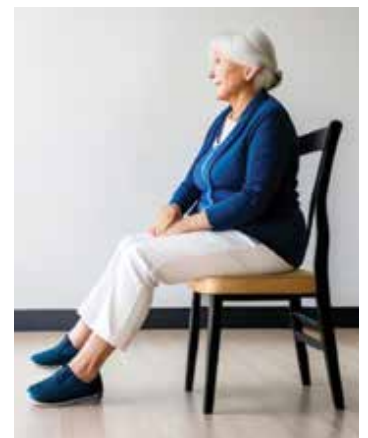
Five Minute Daily Yoga for Arthritis

If you suffer from joint pain or joint inflammation try the following anti-rheumatic yogic exercises that help lubricate the joints by releasing synovial fluid, active circulation by releasing trapped gas and improve joint mobility. Practice 10 rotations on each direction. These can be practiced seating or laying down.

- Wrist rotations
- Ankle rotations
- Bend & extend the knee
- Shoulder rotations (seated)
- Hip circles
(best laying down)

Try doing these movements every morning and or night to improve your circulation and mobility.

Author: Lili Avery 800hr ECYT, Coba Yoga LLC, Little Silver NJ.



Cultivate Health and Longevity

At Frome Physical Therapies, Tai Chi and Qigong practice combine movement and meditation to cultivate health and longevity. These gentle, yet challenging exercises will help you to develop strength and flexibility. Practitioners of Tai Chi and Qigong experience a deepening of breath and a heightened sense of relaxation.

The Tai Chi form consists of a sequence of 81 moves and three chapters. It takes about a year to learn the basics of the complete form. Students report feeling benefits after the first class. As mobility and alignment improve, it is common to feel more energized. Classes meet on Friday mornings between 7:30 AM - 8:40 AM indoors in their Loch Arbour studio.

Rebekah and David Frome are students of The Society of Nanlaoshu, a NYC Tai Chi, Qigong, and Meditation center committed to the



preservation of the teachings of Master Koo. They have been teaching in Asbury Park for the past 5 years and have a small but devoted following. You can learn more and sign up for our Tai Chi and Qigong classes at our website www.fromept.com, or contact rebekah@fromept.com.

This Month's Monmouth County Co-op Corner

SALAD OF THE SEASON:



Check out the vibrant colors in this springtime salad. 'With a little of this and a little of that all provided by our wonderful Monmouth county organic produce co-op. Don't forget to join our Facebook group!

Your Salad Recipe:

Chop Your Greens- such as:

Fresh spinach
Green leaf lettuce
Kale
(or any other dark leafy greens)

Add Accoutrements:

Mushrooms
Onions (both red and yellow)
Spring Peas
Grape tomatoes
(or any other salad innards)

Garnish with Sprouts:

Pea shoots
Alfalfa sprouts
Micro-greens

Nuts, Seeds & Healthy Fats-Like:

Sliced almonds
Crushed walnuts
Hemp seeds
Chia seeds
Avocado

Fruity Dressing- Whisk together:

Balsamic vinnegar with olive oil, minced garlic, dijon mustard, salt and pepper, and fruit jam of choice (I choose strawberry!)

Berries On Top:

Strawberries
Blueberries
Raspberries

and ... Magnifico! Enjoy this mouth-watering refreshing salad as we head into even warmer months ahead. We have ALL these delectable ingredients and more! Want in on the action? Text the Monmouth County Organic Co-op at 732.500.4949 to amplify your meal game. Oh the places you'll go!

*Lincroft pod of Purple Dragon Co Op

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Giving Back to Mother Earth

by *Marlaina Donato*

Most of us can remember the first time we felt soft, cool grass under our bare feet or noticed sweet ozone in the air after a wild thunderstorm. The sometimes-incompressible wonders of Gaia sustain our existence, boggle our minds and inspire us to contemplate our place in the great universal order. Our love affair with this beautiful planet begins early, but it is easy to forget this sacred partnership in the mundane whirlwind of adult life. Like any other vital relationship in our lives, it is all too easy to take it for granted and allow ourselves to put forth minimal effort.

Whether we till the soil in our backyards, pick up trash along a hiking trail, choose eco-friendly cleaning products or simply pause to witness a glorious sunset, we are all custodians of the Earth. Fighting the good fight to decrease our toxic impact, preserve our woodlands and clean up our oceans can seem overwhelming, and like most dedicated caregivers, sometimes we feel weary.

We can gain a second wind by setting aside the alarming to-do lists and focusing on what is being accomplished daily. When we choose to weave simple tasks into the tapestry of ordinary days, our children learn by example, and the chain remains unbroken. Most importantly, fulfilling our part in the whole need not be boring, too serious or time-consuming—it can be downright joyful.



Trade Latin from Getty Images Signature/CanvaPro

Ways to give back to the planet:

- Plant a pollinator-friendly backyard or patio flower garden.
- Buy local produce and farm products whenever possible.
- Post short, informative social media posts about our allies: the bees, bats and opossums.
- Use less plastic.
- Go paperless when paying bills.
- Nix lawn chemicals, leave a portion of grass to go to seed and opt for green lawn care.
- Plan a local family vacation and support the neighboring economy.
- Learn creative ways to reuse, recycle and upcycle.
- Get more exercise and save on gasoline by walking to local businesses when possible.

Marlaina Donato is an author, visionary painter and composer. Connect at BluefireStudio.art.

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A Rise in Adult Seasonal Allergies

Seasonal allergies are not just a concern for children and can develop or worsen as we age. According to Dr. Gailen Marshall, president of the American College of Allergy, Asthma and Immunology, the prevalence of seasonal allergies among adults has increased, with about a quarter of U.S. adults reporting allergies compared to 19 percent of children.

Allergies occur when the immune system mistakenly identifies harmless substances such as pollen or grass as threats, leading to symptoms like sneezing, runny nose and itchy eyes. Moving to a different region with different pollen seasons can also trigger adult-onset allergies. Societal and environmental shifts such as climate change, globalization and air pollution have contributed to the increased prevalence of allergies among individuals of all ages.

While it is possible for children to outgrow their allergies, it is more challenging for adults to do so. Lifestyle changes, such as spending more time indoors or moving to another region, may help some individuals see improvement in their symptoms. Immunotherapy, which involves gradually exposing the person to small amounts of their allergen, is known to be an effective treatment for allergies regardless of when symptoms start.



Svetlana Parnikova from Getty Images/CanvaPro

Trends in Non-Alcoholic Drinking Habits

A 2023 Gallup Poll found that 62 percent of adults aged 18 to 35 say they drink alcoholic beverages, down from 72 percent two decades ago. The poll noted that young adults also drink less frequently and are less likely to drink to excess. As a result, bars like Happy Accidents, in Albuquerque, New Mexico, are increasing non-alcoholic options to cater to young consumers. The bar offers five mocktails that use ingredients such as matcha, garam masala and capsaicin oils to create complex and flavorful alcohol-free alternatives.

Mingle Mocktails was created by a recovering alcoholic looking for a way to feel included during social outings while choosing not to drink alcohol. Mingle offers flavors such as Key Lime Margarita and Cucumber Melon Mojito that are available in ready-to-drink cans, as well as in bottles for more premium mixing. NielsenIQ reports consistent double-digit growth in the non-alcoholic beer, wine and spirits market. The movement toward non-boozy alternatives is praised by experts for its positive impact on health and well-being, including improved sleep, energy, mental clarity, immunity and mood.



Olga Kochina 5PH/CanvaPro

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Hypertensive disorders of pregnancy, which include preeclampsia, complicate 2 to 8 percent of pregnancies and are estimated to cause 45,000 maternal deaths annually worldwide. These disorders are also associated with an increased risk of preterm birth, the leading cause of death among children worldwide.

Calcium supplementation of 1500 to 2000 mg per day, divided into three doses, during pregnancy has been recommended by the World Health Organization (WHO) since 2011 to reduce the risk of preeclampsia in populations with low dietary calcium intake. Previous trials of high-dose calcium supplementation of at least 1000 mg per day reduced the risk of preeclampsia by more than half and the risk of preterm birth by 24 percent. However, only a few countries have implemented routine high-dose calcium supplementation in pregnancy due to adherence concerns and high cost.

The findings of two independent, randomized trials conducted in India and Tanzania to compare the efficacy of low-dose calcium supplementation (500 mg per day) to high-dose calcium supplementation (1500 mg per day) in reducing the risk of preeclampsia and preterm birth was recently published in *The New England Journal of Medicine*. In each trial, 11,000 first-time pregnant women were enrolled. The results indicate that low-dose calcium supplementation was as effective as the high-dose in terms of the risk of preeclampsia. The trial in India, but not the one in Tanzania, showed that the low-dose calcium supplement was as effective as the high-dose with respect to preterm birth.



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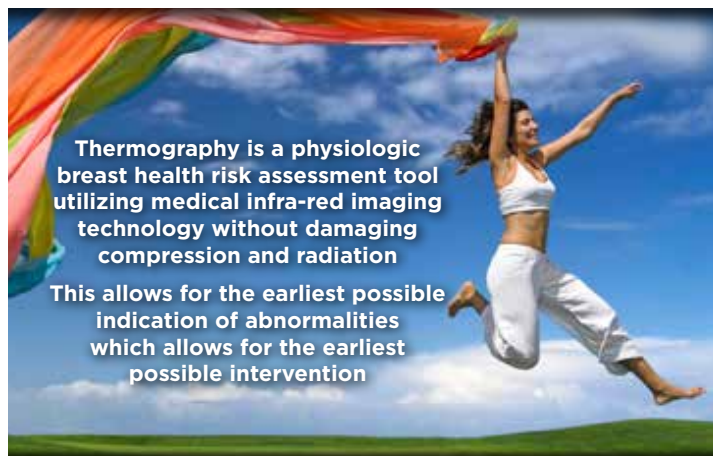
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CLIMATE CHANGE MAY EXPOSE BURIED NUCLEAR WASTE

During the Cold War, American activities caused radioactive contamination in three countries, and the U.S. Government Accountability Office (GAO) recently issued a report about the status of these sites.

In the Republic of the Marshall Islands (RMI), the U.S. conducted 67 nuclear tests at the Bikini Atoll and Enewetak Atoll between 1946 and 1958. Rising sea levels caused by climate change could mobilize the radioactive contamination, posing risks to fresh water and food sources. According to the GAO, RMI officials (and residents) believe the U.S. Department of Energy is downplaying the current risk to human health posed by climate change-induced disturbances. Improvements in communication and environmental remediation strategies are recommended.

In Greenland (part of the Kingdom of Denmark), the contamination stems from a closed nuclear reactor that powered a U.S. military research base. Radioactive liquid is frozen in ice sheets, which Denmark is monitoring, as there is concern that climate change could release the contamination. While some studies suggest that much of the waste has decayed and will be diluted by melting ice, others highlight the presence of chemical waste such as polychlorinated biphenyls that could pose health risks.

In Spain, two U.S. defense aircraft collided in 1966, spreading radioactive debris on the town of Palomares. The countries worked together to remediate the area after the accident, but some radioactive contamination remains. Both countries signed a 2015 statement of intent to further clean up the site, but they still have not reached a final agreement.



DEBOVE SOPHIE from Getty Images/CanvaPro

THE LOST CONTINENT OF ZEALANDIA

According to a recent study published in *Tectonics*, scientists have completed the mapping of Zealandia, a largely submerged continent located below the Pacific Ocean roughly between New Caledonia and New Zealand. Zealandia covers an area of approximately 1.9 million square miles, nearly half the size of Australia. Only 5 percent of the continent is above water. The continent was first discovered seven years ago, but this study has provided a comprehensive map of its boundaries.

By analyzing rock samples and magnetic maps, researchers were able to gain insights into how Zealandia formed and separated from nearby landmasses. The granite samples collected from the northern portion of Zealandia contained zircon crystals, which hold valuable information about the continent's geology. Through radiometric dating, scientists determined that these crystals formed around 100 million years ago, coinciding with the breakup of the supercontinent that once contained Zealandia.

Magnetic mapping was also used to provide a broader understanding of Zealandia's shape and structure. The researchers found that highly magnetic rocks were aligned with fracture zones in the oceanic crust, indicating the stretching of the supercontinent's crust prior to the breakup. This analysis helped confirm Zealandia's geological connection to Antarctica and Australia.



lanm35 from Getty Images/CanvaPro

GRAY WHALE SPOTTED IN THE ATLANTIC

The New England Aquarium reported an aerial sighting of a gray whale 30 miles off the coast of Nantucket Island. Gray whales, which lack dorsal fins, have not been seen in the Atlantic Ocean for more than 200 years, having been hunted out of existence. This is the fifth sighting in Atlantic and Mediterranean waters in the last 15 years. Scientists believe that the melting of Arctic ice caused by global warming may be at play.

According to the aquarium, “The Northwest Passage, which connects the Atlantic and Pacific through the Arctic Ocean in Canada, has regularly been ice-free in the summertime in recent years, partly due to rising global temperatures.” Without the sea ice that usually limits the range of gray whales, they can “potentially travel the Passage in the summer, something that wouldn’t have been possible in the previous century.”

Orla O’Brien, an associate research scientist in the aquarium’s Anderson Cabot Center for Ocean Life, said, “These sightings of gray whales in the Atlantic serve as a reminder of how quickly marine species respond to climate change, given the chance.”



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—Dalai Lama

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The Interoception Buzz

by Shoshanna Katzman



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The brain is constantly receiving signals from the body such as hunger, fear, or any number of internal sensations both positive and negative.

These signals are transmitted via a process known as interoception, whereas those coming from outside of the body are processed through exteroception. Interoception operates on both conscious and subconscious levels and has a direct impact on perception, cognition, and emotion.

Such information turns out to be critical to self-awareness, experience of emotion, and maintenance of bodily homeostasis. Interoception stems from the brain integrating signals relayed from the body via a diversity of neural pathways to subregions (including the brainstem and thalamus). It strengthens the brain's ability to predict and anticipate internal needs as it seeks to fulfill them to regulate the body's processes.

On the other hand, disconnect between the brain and body signal or misrepresentation of internal states are believed to be an underlying root cause of conditions such as anxiety, depression, panic, attention deficit, and obsessive compulsive behavior. This is precisely what grabbed the attention of neuroscientists prompting a multitude of research studies beginning in the 1950's and 60's known as the "biofeedback blip".

Studies on animals were conducted that applied Pavlovian conditioning finding that interoception may be important for learned behavior and emotion. Many researchers also examined the ability for humans to gain control over their autonomic function as a way to treat various conditions. Scientific studies have most commonly investigated interoception and the cardiovascular system by evaluating sensations of the heartbeat during various tasks.

Interoception is a unifying factor of mind-body interventions and practices becoming more and more in vogue each day. Practicing deep breathing techniques helps a person to become more aware of their internal body process thereby enhancing their perception, cognition, and emotional state. We can also learn to meditate and become more mindful of our heartbeat, thereby working toward "calming our heart and spirit".

The brain-gut connection is another example, whereby becoming more aware of their impact on each other opens up a whole new way of linking physical and psychological experience. Or having acupuncture which inserts thin hair-like needles into the skin activating and balancing internal energies. This most certainly increases a recipient's awareness of the internal pro-



Image by chpgarcia from Pixabay

cesses of their body. The same happens throughout performance of the ancient exercises of Taiji, Qigong, and Yoga. Not to mention the more recent attraction to opening and balancing the vagus nerve through these ancient techniques in addition to specialized breathing and meditative practices.

Interestingly, many of these practices are currently under the scientific microscope today, with experimental results in support of theories that attach selfhood to interoceptive signals derived from our internal organs. Prime examples include deeper awareness of the steady and rhythmical pace of our visceral organs or the constant repetition and regularity of respiration of the lungs, beating of the heart, and peristalsis of the gut – thereby maintaining physiological homeostasis.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) in Shrewsbury, NJ for thirty-five years. She provides acupuncture and Chinese herbal consultation along with her associates Kelly Van Sickell and Heather Quinlivan. Shoshanna also offers private and group 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 recently released "Center of Power: Life Mastery through Taiji" a comprehensive online curriculum (www.yourcenterofpower.com). For more information call or text 732.758.1800.

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How to Start a Meditation Practice

by Beth Aitken



Starting a meditation practice can be a transformative journey toward mental clarity, emotional well-being, and overall inner peace. While the concept of meditation

might seem daunting or mystifying to beginners, it's actually a simple and accessible practice that anyone can incorporate into their daily routine. Here's a comprehensive guide to help you begin your meditation journey:

1. Understanding Meditation: At its core, meditation is the practice of training the mind to focus and redirect thoughts. It involves mindfulness, concentration, and relaxation techniques to cultivate a sense of awareness and inner calm.

2. Set Your Intentions: Whether it's to reduce stress, improve concentration, or enhance overall well-being, clarifying your intentions will help guide your

practice and keep you motivated.

3. Choose a Comfortable Space: Find a quiet and comfortable space where you can meditate without distractions. Ensure that the space is a place you want to spend time.

4. Select a Time: Choose a time of day that works best for you, whether it's in the morning before starting your day or in the evening before bed. Set a reminder in your phone to help you remember.

5. Start Small: As you become more comfortable with the practice, you can gradually increase the duration of your sessions.

6. Choose a Meditation Technique: There are various meditation techniques to explore, each with its own focus and benefits. Some popular options for beginners include:

- **Mindfulness Meditation:** Focus on the present moment by observing your breath, bodily sensations, or surroundings without judgment.

- **Guided Meditation:** Follow along with a recorded meditation led by a teacher or instructor, which can help you stay focused and relaxed.

- **Mantra Meditation:** Repeat a word, phrase, or sound (mantra) silently or aloud to anchor your mind and cultivate concentration.

- **Body Scan Meditation:** Scan your body from head to toe, bringing awareness to each part and releasing tension or discomfort.

- **Loving-Kindness Meditation:** Cultivate feelings of compassion and goodwill toward yourself and others by repeating loving-kindness phrases.

7. Get Comfortable: Find a comfortable seated position, either on a cushion, chair, or mat, with your spine upright and shoulders relaxed. You can also lie down if that's more comfortable for you.

8. Focus on Your Breath: Be mindful of the sensation of the breath as it enters and leaves your body, without trying to control it. Use your breath as an anchor to gently bring your mind back whenever it wanders.

9. Be Gentle with Yourself: Whenever you notice your thoughts drifting, simply acknowledge them without judgment and gently guide your focus back to your breath or chosen point of focus.



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10. Practice Consistently: Aim to meditate daily, even if it's just for a few minutes, to establish a habit and gradually deepen your practice over time.

11. Reflect and Adjust: Notice any thoughts, emotions, or sensations that arose during the practice. Use this reflection to adjust your approach as needed and continue to refine your meditation practice.

12. Seek Support and Guidance: There are plenty of books, apps, and community groups available to help you on your meditation journey.

By following these steps and approaching meditation with an open mind and heart, you can cultivate a rewarding and fulfilling practice that nourishes your body, mind, and spirit. Remember that meditation is a personal journey. With dedication and perseverance, you'll soon discover the profound benefits of meditation in your life.

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

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Acid Reflux No More!

by Larisa Belote



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Do you suffer with heartburn? Perhaps bitter or sour taste in the mouth? Chronic dry cough, trouble swallowing, hoarseness or even wheezing? Then you may have Acid Reflux!

Acid reflux is a condition sometimes related to diet and lifestyle in which stomach acid flows backward up the esophagus (the tube carries food from the mouth to the stomach), causing symptoms such as a burning feeling in the chest (heartburn) and a bitter or sour taste in the mouth. These symptoms usually last a few hours after a meal and then go away. When symptoms occur more than twice a week, it is a more serious condition called Gastroesophageal reflux disease (GERD), if left untreated, can lead to problems such as inflammation of the esophagus (esophagitis) and a precancerous condition called Barrett's esophagus. GERD can also worsen asthma, chronic cough, insomnia, and pulmonary fibrosis.

Acid reflux and GERD can occur in people of all ages, including children. It is most common in people who are overweight, smoke, and eat poor diets, as well as in pregnant women.

Conventional doctors usually recommend some lifestyle changes and medications that are either H2 Blockers such as: Tagamet, Pepcid, Zantac, Axid which provide short-term relief of GERD by preventing production of stomach acid. The other favorite medications prescribed are Proton Pump Inhibitors (PPIs) such as Prilosec, Prevacid, Protonix and Nexium which block stomach acid production more effectively than H2 blockers. All these drugs are just a band aid and not really treating the root cause. In addition, when stop taking them, they can cause "rebound" reflux and then the stomach acid may return worse than ever before. These drugs should really be taken for only a short period of time, but most end up taking them long term which causes an array of serious health issues.

Some natural remedies that may help temporary:

- 1) DGL (deglycyrrhizinated licorice)
- Slowly chew two tablets or take a half-teaspoon of the powder before or between meals and at bedtime. Taper your dose down after your symptoms are under control.
- 2) Slippery elm – Take as directed. It can heal irritated digestive tract tissues.

Six Lifestyle changes to Stop Acid Reflux:

- 1) Stop smoking and drinking alcohol. If you do drink, drink with meals
- 2) Avoid stimulants like caffeinated beverages, coffee (including decaffeinated coffee), that can irritate the gastrointestinal tract.
- 3) Eat a diet rich in fiber – at least 40 grams a day – including whole grains, fruits and vegetables.
- 4) Stay hydrated, drink plenty of water.
- 5) Practice a relaxation strategy. Stress & anxiety can worsen reflux symptoms.
- 6) Wait 3 hours after eating to lie down

Acid Reflux is not pleasant, but can be treated if lifestyle changes are implemented. Don't wait until you are diagnosed with GERD, take action NOW!

Larisa Belote, Health Practitioner & Certified Detox Specialist is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Get to the root cause of Acid Reflux not only to get a temporary relief but to stop it for good! Call/Txt 732.996.6963 or email:larisa@stepbystep-wellness.com; Website: www.stepbystep-wellness.com.



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Purple Cauliflower Salad

This salad is full of cruciferous vegetables, including cauliflower, broccoli and Brussels sprouts, which have a nutrient called diindolylmethane (DIM) that helps process estrogen in a healthier way. Pumpkin seeds are a great source of zinc, which supports progesterone production, and magnesium, which can help with period cramps. Avocado and olive oil are rich in hormone-supportive omega-3s.

YIELD: 4 SERVINGS

- 1 head purple cauliflower
- ¼ head white cauliflower
- ¼ head broccoli or 1 cup Brussels sprouts
- 2 Tbsp canned red kidney beans (optional)
- ½ avocado, sliced
- 1-2 Tbsp pumpkin seeds
- 1 Tbsp olive oil or avocado oil
- Pinch of salt
- Dash of black pepper

Preheat oven to 320°F. Cut cauliflower and broccoli into florets (or slice Brussels sprouts in half) and add them to a baking tray. Drizzle the veggies with olive oil, season with salt and pepper, and place into preheated oven to roast for about 15 minutes. Stir the vegetables and roast for another five to 10 minutes until fork-tender and golden brown. Remove from oven and set aside to cool. Combine with other ingredients.

Recipe courtesy of Deborah Matthew.

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Autism Spectrum Disorder

Does CranioSacral Therapy Help?

by Rebekah and David Frome



Autism Spectrum Disorder (ASD), a neurodevelopmental disorder is often diagnosed in babies under the age of two. The symptoms of autism occur within a wide range from mild to severe. Frequently, people with ASD have challenges with learning, communicating, behaving, and interacting with others.

Children with autism often have speech and language delays. Social challenges often include temper tantrums and difficulty making eye contact. Autism can make functioning difficult. Self-stimulating behaviors also known as “stimming” are characteristic of ASD. Movements or mannerisms such as full-body rocking, flapping of the hands, or repetitive sounds or noises are common forms of stimming. Self-stimulation may help individuals with ASD manage sensations that are difficult for them to process.

There are no definitive biomarkers for ASD. Research indicates that the immune system plays a significant role. One common marker amongst children with ASD is elevated levels of proinflammatory cytokines in the cerebrospinal fluid.

Understanding CST and ASD
Craniosacral Therapy (CST) has been shown to help children with Autism Spectrum Disorder (ASD.) This gentle, hands-on therapy helps the body and brain move towards balance.

Dr. John Upledger found CST to be an effective, hands-on approach to reduce the symptoms of ASD. The Craniosacral system includes the brain, spinal

cord, surrounding soft tissue membranes (dura), spinal vertebrae, and cranial bones. Chronic tensions within the body can impede normal function within the central nervous system, inhibiting the flow of cerebrospinal fluid (CSF) and blood around the spinal cord and brain.

The practitioner of CST releases soft tissue and bony restrictions in the head, spine, sacrum, and tailbone. As the patterns of strain are released, the body moves towards balance and the client experiences a sense of well-being.

Craniosacral Therapy complements other therapies including Rolfing, Acupuncture, Sensory Integration, Neurodevelopmental Therapy, Homeopathy, and Speech Therapy.

In my 40+ years helping children on the spectrum, I have witnessed children becoming calmer, more engaged, and better able to communicate as a result of receiving Craniosacral Therapy.

Rebekah and David Frome are students of The Society of Nanlaoshu, a NYC Tai Chi, Qigong, and Meditation center committed to the preservation of the teachings of Master Koo. They have been teaching in Asbury Park for the past 5 years and have a small but devoted following. You can learn more and sign up for our Tai Chi and Qigong classes at our website www.fromept.com, or contact rebekah@fromept.com.

May, more than any other month of the year, wants us to feel most alive.

—Fennel Hudson



Footloose Fitness

The Joys and Benefits of Dance Classes

by Kelly Mercedes

Getting fit offers many health benefits, including stress management and better cardiovascular health, but stepping into a dance class can also increase levels of feel-good neurotransmitters that reduce pain and boost mood. From fusion dance to ballroom and hip hop, today's studios provide plenty of diversity in their class offerings; a welcoming, non-judgmental approach; and encouragement for all ages to try something new.

"These days, there are many entries into dance that are non-performance-based—dancing just for the joy of it, to feel the endorphin rush that happens when moving

your body to music," says Jessica Gleason, founder and lead instructor of Seattle Dance Fitness, in Shoreline, Washington. Aside from the perks of better balance and a stronger, more supple body, dancing can help us build solid social bonds, too. "Step into a dance fitness class at a gym, studio or community center, and you will definitely meet new people, foster relationships and feel like you're a part of a bigger community, all things that are positive for your mental health and well-being," Gleason adds.

Kelly Peckholdt, owner and director of Positions Dance Studio in Babylon, New York, champions the "emotional regulation due to

the release of serotonin when you are dancing. I personally always feel so much better after a dance class." She reminds us that we do not need to be born with a talent to boogie. "A lot of people believe that they must be flexible or have good balance in order to try a dance class, but we dance so that we can gain those benefits. Moving your body is for anyone at any age and any shape or size."

Benefits Abound

Taking up joyful swing or invigorating salsa can not only support muscle and joint health, but also get us to a healthier weight. A 2015 study led by Dr. Nick Smeeton, a UK lecturer at the University of Brighton



rynakhabluk / CanvaPro



Department of Sport and Exercise Science, revealed that many dance styles, including ballroom, ballet and contemporary, can burn more calories than running, cycling or swimming. The research team, which measured key biomarkers in adult dancers, found that up to 600 calories could be burned in one hour.

A 2017 meta-analysis of 18 studies involving ballroom, contemporary, jazz and cultural dance forms, published in *Alternative Therapies in Health and Medicine*, found significant improvement in stamina, muscular strength and balance in older adults, as well as improved psychological well-being. According to the Bone Health & Osteoporosis Foundation, dance can be a boon to the skeletal system. The brain is also positively impacted by doing a little cha-cha or line dancing. Research published in 2017 in *Frontiers in Aging Neuroscience* reports improved cerebral white matter—the part of the brain that governs thought processing and speed—through folk dancing.

Dance Class Options

“There is so much more to dance than classical ballet,” Peckholdt says. “I think that ballet, tap and jazz are very manageable for older adults, in perhaps a beginner-level class.”

Gleason recommends four branded modalities that are popular these days: Zumba, a cardio workout with Latin-inspired dance moves; Jazzercise, a high-intensity workout that blends dance with Pilates, yoga, kick-boxing and strength training; REFIT, a dance

class that incorporates emotionally uplifting and community-building components to keep students motivated; and WERQ, a cardio-dance workout that incorporates trending pop and hip-hop music.

Toss Out Perfection

To find a class, Gleason suggests Googling “dance workout near me”. She also advises a healthy amount of patience when trying something new. “We always remind newcomers that it takes some time to learn the moves and that they aren’t supposed to look

and move like the instructor. They are supposed to move and look like themselves.”

For some, taking the plunge and walking into a studio is the hardest part. Gleason inspires us when she says, “So many people tell me it took them forever to try a class because they were nervous about trying, but once they did, they wished they’d done so sooner.”

Kelly Mercedes is a narrative journalist and contributor to KnoWEwell and Natural Awakenings.

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By Lauren A. Salani, LCSW, BCB



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Studies have demonstrated that dogs can identify the sudden onset of medical conditions in humans through their perceptive sense of smell. Trained scent dogs have detected drops in blood sugar level, seizure onset, certain cancers, Parkinson's and now even Covid-19. More recently, researchers have discovered that scent dogs might even be able to detect an on-coming PTSD flashback. Post-traumatic stress disorder (PTSD) can develop after experiencing a traumatic event. People's symptoms would include re-experiencing the event, a hyper-state of arousal, avoidance of any reminders of the event and sleep and mood issues.

Dr. Sherry Stewart's Clinical Psychology Lab and Dr. Simon Gadois's Canine Olfaction Lab, both at Dalhousie University paired up to determine if dogs could be trained to detect stress markers on people's breath, thereby alerting and possibly interrupting symptoms at an earlier stage. The researchers sought out 26 participants

who had experienced trauma. They were asked to wear a facemask while they first provided a calm breath sample. Then (with a new mask) they gave another breath sample as they recalled their traumatic experience. During this time, the researchers trained 25 pet dogs in scent detection. Only 2 dogs, Ivy and Callie were successful at detecting the target odors from the facemasks. They had the ability to detect differences between the stressed and non-stressed masks with 90% accuracy. In a secondary study, researchers presented Ivy and Callie with a series of samples, one at a time, to determine if they could still detect the differences in the samples. Ivy successfully detected 74% of the time and Callie achieved 81% accuracy. It was interesting that Ivy's performance correlated with anxiety and Callie's performance correlated with shame.

When an adverse event occurs, stress messages travel from the brain: to the muscular system for strength; to the autonomic nervous system, which raises blood sugar and pressure; to the adrenal

gland which secretes adrenaline into the bloodstream, as well as to the hypothalamus, which then sends a message to the gland that produces cortisol. These differing hormonal shifts produce volatile organic compounds (VOCs) that make up the human scent profile that Ivy and Callie have learned to detect.

The findings from this study demonstrate that dogs were able to discriminate between the breath samples of people who were calm and those actively experiencing a stressful situation. As with many animal scent studies, the results look promising, but more research is needed to establish the role of hormones affecting the breath and the ability of dogs to reliably detect VOCs in the breath of one person across different contexts.

Dogs can be a wonderful sense of comfort, as trauma affects; the need to be safe, the need to trust, the need to feel control over one's life, the need to feel value, and the need to feel close to others. Dogs can offer a psychological cushion to help calm us and cope with life's troubles. One day in the future, hopefully, they will be ready to provide even greater assistance in our well-being.

In the meantime, it may be time to check in with yourself and the symptoms you have been experiencing as healing is available for trauma and adverse experiences through psychotherapy. EMDR Trauma Therapy (Eye Movement Desensitization and Reprocessing) uses REM-like sleep waves to assist your brain in processing adverse events from the past, so the past is the past, and you can move on with your life. Remembering without the acute effects.

If you are ready and think you would benefit from EMDR therapy, please call my warm, inviting office at 732.542.2638. Lauren A. Salani, LCSW, BCB, Stress Relief Services, Atlantic Executive Center, 107 Monmouth Road, Suite 104, West Long Branch, NJ 07764, Website: StressReliefServices.com, LaurenASalani@gmail.com.



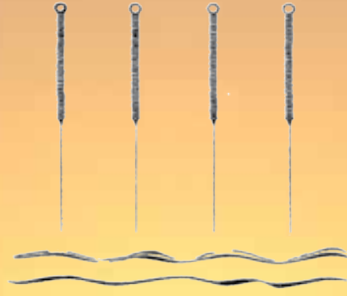
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Raising Puppies to Be Heroes

How to Foster Guide-Dog Candidates

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

Fostering puppies to become guide dogs or service animals can be a deeply meaningful endeavor. Beyond being loyal companions, these special pups profoundly impact the lives of people with disabilities by offering mobility and a newfound sense of freedom. They not only assist in navigation but also pave the way for social opportunities and contribute to the overall happiness and well-being of their owners.

In a 2019 study published in the journal *Animals*, Austrian researchers compared the quality of life and annual medical costs of 36 blind individuals with and without a guide dog by means of a standardized questionnaire. Although no significant differences in quality of life were noted, the guide-dog owners reported lower medical costs and expressed a firm belief that their canine companions facilitated social contacts and had a positive impact on their independence and health.

Critical Role of Foster Families

Breeds known for their intelligence and temperament, such as Labradors, golden retrievers and German shepherds, are preferred choices. Their guide-dog journey begins just days after they are born, when foster families take them in and expose them to new experiences, sounds and surfaces, along with early tutelage in body handling, kennel

training and wearing a puppy jacket.

At 8 weeks old, the pups begin to learn good manners and socialization skills. This period is pivotal in preparing them for formal service-dog training. Nearly half of the canines bred to become guide dogs fail before the end of their training because they are skittish and fearful. In a 2021 study, also published in *Animals*, French researchers sought to understand the nature and causes of such fears by observing and measuring stress biomarkers of 5-month-old guide-dog candidates as they were exposed to unfamiliar people, visual and sound stimuli, and physical handling.

The scientists concluded that the more time a puppy spent alone, the more likely it was to be afraid, underscoring the importance of early socialization and habituation to boost confidence and adaptability by exposing them to different people, animals and environments. The researchers characterized the early development period of puppies as “a decisive phase influencing their temperament in adulthood,” thereby enhancing their chances of success as guide dogs.

Fostering Tips

Caring for a guide-dog candidate during its formative first months can make or break the animal’s future performance. Here are a few tips for foster parents.

- **Offer positive reinforcement.** Celebrate small wins, maintain a positive attitude and apply consistent commands and routines when training a guide dog. This



FamVeld from Getty Images/CanvaPro

strategy not only builds a solid foundation but also speeds up the learning process and minimizes stress for both trainers and puppies.

- **Provide rewards and discipline.** Treats, praise and playtime encourage puppies to repeat desired behaviors. Simultaneously, it is important to set boundaries and enforce rules to guide their behavior, ensuring they grow into well-behaved guide dogs.
- **Ensure their health.** Regular veterinary check-ups, vaccinations and a balanced diet are crucial to keeping the puppy healthy and ready for training. A physically fit pooch is more capable of focusing and learning during training sessions.
- **Learn to let go.** Recognize that saying goodbye is part of the process when the puppy is ready to move on to specialized training or to be paired with their person. Focus on the incredible impact the dog will have on someone's life.
- **Communicate with the experts.** Always seek support and advice from the training organization and document the puppy's progress. This will help the foster family avoid missteps or make early corrections in caretaking and training. Future trainers or handlers will also benefit from the documentation.
- **Stay informed.** Keep up to date on new training techniques



and trends in the field of service animals to enhance the fostering experience.

Training Programs and Organizations

After leaving their foster families, usually around the age of 12 to 18 months, guide-dog candidates will enter a formal training program, such as the one offered by the nonprofit Guide Dogs for the Blind, the largest school of its kind in North America, with campuses in California, Oregon and Canada. Here, the young canines learn specialized skills needed to assist their future owners—a process that takes at least another year. All of the training and support is provided free of charge, made possible by donors and volunteers.

To learn more, visit Guide Dogs for the Blind (GuideDogs.com), Seeing Eye Dogs (SeeingEye.org) and Guiding Eyes for the Blind (GuidingEyes.org). There are numerous ways to help these organizations such as volunteering time, donating money, fostering puppies or assisting in awareness campaigns.

Ruth Roberts is an integrative veterinarian and holistic health coach for pets, as well as the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.

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We Have a Choice

In times like today, when every aspect of society seems to be in chaos, one easy response is to escape—through drugs, alcohol, comfort food, non-stop entertainment or any other convenient mind-numbing practice. Many are defaulting to this “cure” for their discomfort. Others, feeling insecure, angry, and demanding change, agitate to take society back to what they remember as the “good old days.” They may not be clear about what exactly made the past better, but are more than willing to listen to people who place the blame for current troubles anywhere but where it actually belongs: on economic inequality and injustice.

A Major Transition

Most of us forget that another choice is possible. We can create a future completely different from the present or the past—one that expresses our most deeply felt desires to live together in peace, happiness, and prosperity. In fact, this choice is being reinforced, or perhaps stimulated, by the planetary energies now at play. We are currently in the midst of a major transition between two ages — moving from the Age of Pisces into the Age of Aquarius, and such transitions tend to create chaos as the energies of the two constellations involved compete with each other. The energies of Pisces support individuality and devotion to separate religions or causes, while Aquarian energies promote cooperation, group efforts, synthesis, and brotherhood. As our planet moves closer to Aquarius, the

polarization and divisions among people and ideas will diminish, and we will find more common ground.

So, now is the time to take advantage of the energies and to put forth visions of a world that would benefit all people—not just a few. In mundane terms, we need to expand the “Overton window”—the range of ideas that voters find acceptable—to include ideas that are not currently in the public eye—ideas that might at first be considered idealistic or even impossible to attain. For politicians to support policies outside of the window would be political suicide, as they would not be seen as legitimate options by society. Therefore, since it’s politicians who will be deciding the policies that will determine our future, we need to voice our desires for the kind of world we want, to make sure they are among the available options in the public discourse.

The Key: A Unified Vision of Sharing and Justice

How do we bring our ideas forward? The key is to have a unified vision, to voice it in large numbers, and to do so powerfully. Fortunately, we don’t have to do this alone. We have help in the form of the great spiritual teacher—Maitreya by name—who is here to accompany our transition into the Aquarian age, and we will see him soon. He has said that peace can be established and our societal ills transformed by simply sharing planetary resources more equitably, creating justice in every societal

preserving our environment. We can count on him to galvanize people of goodwill to champion these priorities when he appears publicly, but we can start now.

We can talk about the future we want to our friends and relatives, call and write the president and our Congressional representatives on a regular basis about it, and spread the ideas through our social media outlets. There is power in numbers, and the 99% of us non-wealthy are by definition the majority. We just need to project our vision of sharing and justice powerfully in as unified a way as possible everywhere, and together we can create a future that works for everyone.

For free information:
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In *The World Teacher for All Humanity*, Benjamin Creme discusses the extraordinary ramifications of Maitreya’s appearance and teachings. Awaken to a world of infinite possibility if we’re all willing to share!

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WEDNESDAY, MAY 1

Rain Barrel Workshop with Waterspirit – 6-7:30pm, 4 East River Rd., Rumson. Families and friends will gather for this special workshop to learn how to make and use a rain barrel of your own. At Waterspirit, we know the value of water. Water Is Life. Each ticket entitles you to one rain barrel. Barrels are in limited supply so get your tickets early. Registration required. Cost: \$35. www.waterspirit.org/events-calendar

FRIDAY, MAY 3

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

Friday Night Unwind with Dee & Elena – 6pm, The Yoga Loft, 58 Main St., Farmingdale. This evening is all about pampering and self-care. As we begin the evening with gentle breathing to set the mood for relaxation, we'll slowly begin to move through gentle yoga postures, pausing after a few postures to rest and receive Reiki and essential oils. And if that's not enough to unwind you'll be in for a treat with some Reflexology and we enter into savasana. Please bring your own mat, blanket and pillow. Cost: \$40. Space is limited to 9 students, please register at info@theyogaloftnj.com or call/text 732.239.2333.

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

SATURDAY, MAY 4

Reiki Level I Workshop and Certification – 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, she'll teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. Cost: \$195. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com.

The Ancient Wisdom of Plants with Patty – 12:30-2:15ishpm, The Yoga Loft, 58 Main St., Farmingdale. Spring is a very busy time in the plant worlds. Tap into their green energy of new life, growth and vitality by taking part in creating a special spring tea ceremony. As we sip our tea, there will be magical stories of the old ways from another time on distant shores. We will craft items to help us celebrate this special time on the Celtic wheel of life. There will be informational handouts and take away gifts as well. Cost: \$40. Register at info@theyogaloftnj.com or call/text 732.239.2333 to reserve your spot.

Shaman Class – 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Are you interested in Shamanism? Wanting to meet your primary guide? Join Shaman, Lauren Porter on a series of monthly classes: Introduction to Shamanism. Learn how to properly journey to meet your medicines and allies, clear and create sacred space, put together your mesa and medicine bag, work with the plant, animal and stone kingdoms, embrace your shadow self, dream work and much more. Classes will be held the first Wednesday of each month for 12 months. Cost: \$20. Preregistration is required. Phone: 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SUNDAY, MAY 5

Special Event: Akashic Records, Stone Path or Medium Reading - 1-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Akashic Records hold information about your soul's past, present and future. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Ancient stone readings can show you how your life has been thru each phase and where you are heading. Do you have a loved one who has passed that you would like to communicate with? Cherise can mediate your connection and help you convey what you would like to say and pass on to you any messages from the other side. Session is 45-60 minutes. Cost: \$125. Phone: 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

WEDNESDAY, MAY 8

Dancing with Dragons – 8-10pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Dragons are ancient celestial beings that are here to help guide us, protect us and work with us as we go through life. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. This event will include a guided meditation as well as an opportunity to power dance to celebrate our new connection to these magical companions. Cost: \$25. Preregistration is required. Phone: 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

Lament with Earth – 7:30-8:30pm. Zoom link shared upon registration. Waterspirit, The BTS Center, and The Many, invite you to Lament with Earth. This online event will include original music, poetry, rituals, images, scripture and videos to reflect different seasons of loss. The event is interactive, inviting you to pray and sing along and to bring your own sense of loss and sadness into this communal space. Registration required. www.waterspirit.org/events-calendar.

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

THURSDAY, MAY 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! Prerequisite Reiki. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$225.

Messages with Spirit PRIVATE READINGS – 12-2pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available Thursday May



9th at 12 pm, 1 pm, 2 pm, at the time of this printing. Upon payment, you will receive your Zoom link.

Reiki with Meditation -5pm, at Boho Yoga in Asbury Park, NJ. Please join Reiki Master, Energy Healer, and certified Meditation Teacher Dorian Cattani for a 20-minute meditation and 20 minutes of group and individual Reiki. May 21st 7:45pm (National Meditation Day) Register at www.BohoYogaAP.com. If you have any questions, please call or text Dorian at 201.892.5242. For class, we ask for an open mind and heart. Mat and blankets provided. All meditation levels are welcome. Street parking and parking lot available.

FRIDAY MAY 10

Messages with Spirit PRIVATE READINGS - 12-2pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today - Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for Friday May 10 at 12 pm, 1 pm, 2 pm at the time of this printing. Upon payment, you will receive your Zoom link.

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SATURDAY, MAY 11

Sacred Sister Circle with Andrea - 12:30-2pm, The Yoga Loft, 58 Main St., Farmingdale. This is the best gift you can give yourself for Mothers' Day! Gather with us in this woman's circle honoring the feminine energy - a place where like-minded women share their strength, struggles and support without judgment. Where a woman can come in and let herself soften and slowdown from all her responsibilities, a sacred space to be held, seen, and expressed in safe container of confidence and acceptance. Cost: \$40. To register, email info@theyogaloftnj.com or call/text 732.239.2333.

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

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

SUNDAY MAY 12

HAPPY MOTHER'S DAY

Mother's Day Special - 1-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing. Have a question about a direction you are looking to embark on? 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. Cost: \$30. Phone: 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

WEDNESDAY, MAY 15

Discovering Your Spirit Guides - 7:30-9:30pm, with Shamanic Practitioner, Lauren, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Looking to connect with the spirit of the drum and connect with your inner medicine and meet your guides? This event is for both those new to journeying as well as those experienced. Learn the importance of drumming, how drumming can help you heal spiritual wounds and be guided through a journey to help discover your spiritual allies and connect with your higher self. Cost: \$25. Preregistration is required. Phone: 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

Grief Circle -7pm, 501 Grand Ave in Asbury Park. Join me, Dorian Cattani, for my 2nd Grief Circle. This is an opportunity to share your grief story with others who can hold space for you and understand your loss. Every individual experiences loss differently, but the significance of each person's loss is equally valid and important. Through each person's contribution in the group, we can bring ourselves to a powerful healing place. Come share or just listen. Limited space. Please text or call Dorian at 201.892.5242. Free

THURSDAY MAY 16

Messages with Spirit PRIVATE READINGS - 12-3pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today - Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for Thursday May 16. 12 noon, 1 pm, 2 pm, 3 pm, are available at the time of this printing. Upon payment, you will receive your Zoom link.

FRIDAY, MAY 17

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



Six-Week Senior Series - 10:30am, with Tara, The Yoga Loft, 58 Main St., Farmingdale. Calling all active seniors! If you want to use yoga not only for balance and stretching, but also to build strength and endurance in all muscles of the body, then this series is for you. Students will be taught how to engage each muscle group in poses and in strength training moves. Students will also be shown how to utilize the wall and other props in order to adapt poses to fit their unique needs. Cost: \$70. Space is limited; email info@theyogaloftnj.com (include your phone number if registering by email) or call/text 732.239.2333.

Messages with Spirit PRIVATE READINGS - 12-2pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today - Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for Friday May 17, 12 noon, 1 pm, 2 pm, are available at the time of this printing. Upon payment, you will receive your Zoom link.

Yoga, Sound Bowls and Ear Seeds - 6-7:30pm, The Yoga Loft 58 Main St., Farmingdale, with Shore Points Acupuncture, Dee and Alissa. Shore Points Acupuncture & The Yoga Loft are teaming up again to bring you a night of serenity and restoration! Receive ear seed treatments before moving around on your mat and diving into a relaxing sound bowl meditation. Please bring your yoga mat and 2 blankets and a pillow to further assist in your comfort. Registration is required, space is limited to 15 students. Cost: \$60. Register: info@theyogaloftnj.com or Call/text:732.239.2333.

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. Cost: \$10. Preregistration required. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com.

SATURDAY, MAY 18

Reiki Level II Workshop and Certification - 10am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This workshop is the second step on your Energy Healing journey. In this level two workshop, in addition to getting your second attunement, Maria Martin will teach you the Art of healing with Reiki, including Hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Cost: \$225. Prerequisite Reiki I. Preregistration required. Private sessions available. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com.

SUNDAY, MAY 19

Psychic/Mediumship Workshop - 3-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, with Cherise. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). We'll explore the levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit

responsibly, foster our relationship with spirit and our team of guides in the spirit realm. Cost: \$65.00. Preregistration required. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web:Ayearandadaymysticalshoppe.com.

TUESDAY, MAY 21

Reiki with Meditation -7:45pm, at Boho Yoga in Asbury Park, NJ. Please join Reiki Master, Energy Healer, and certified Meditation Teacher Dorian Cattani for a 20-minute meditation and 20 minutes of group and individual Reiki on National Meditation Day. Register at www.BohoYogaAP.com. If you have any questions, please call or text Dorian at 201.892.5242. For class, we ask for an open mind and heart. Mat and blankets provided. All meditation levels are welcome. Street parking and parking lot available.

WEDNESDAY, MAY 22

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

THURSDAY, MAY 23

Reiki Level I Workshop and Certification – 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, she'll teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Cost: \$195. Preregistration required. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web:Ayearandadaymysticalshoppe.com.

FRIDAY, MAY 24

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

Wild Edible Walk – 10am-12noon, Plainsboro Preserve, 80 Scotts Corner Rd., Plainsboro. Ages: 18+ \$20. Join experienced naturalist Anne Price as she guides us through the Plainsboro Preserve in search of wild edibles. Participants will learn how to safely identify plants we can enjoy as well as plants we should avoid and collect some foods to prepare a meal. Foraging is a way to establish a deeper connection with the natural world. Registration required. www.waterspirit.org/events-calendar.

Monmouth County Organic Co-op – Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info.



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

SATURDAY, MAY 25

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

WEDNESDAY, MAY 29

Mental Health Matters – 6:30pm, Upper Cervical Chiropractic of Monmouth, LLC 280, US Hwy 9, Morganville. Dr. Gerard Perrella, D.C. and Dr. Larry Arbeitman, D.C. will be presenting the latest information about natural approaches to helping the body better adapt to everyday stressors; without the use of medications. Seminar is FREE and requires preregistration due to limited seating. Call 732.617.9355 Limited Seating. Call Today!

THURSDAY, MAY 30

Working with Stones and Crystals – 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Whether you're new to collecting or have been drawn to them for a long time, Maria will help you have a working knowledge and relationship with your stones and crystals. You'll learn how to choose stones by vibration and feel, work with them in your everyday life, how to care for your collection and more! Includes a Crystal Bible book and 2 stones/crystals. Cost: \$65. Preregistration required at least two weeks prior to event. Phone: 848-217-2371. Web: Ayearandadaymysticalshoppe.com.

FRIDAY, MAY 31

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

Ongoing Events

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

MONDAYS

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

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

TUESDAYS

Tea and Tarot Tuesday Meditations: 7-8pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join our weekly group guided meditations and enjoy connecting with a different plant (tea) each week. We'll go on a weekly journey of discovery together! Then receive a message from Tarot just for you. Call ahead for what plant will be provided and advise us of any allergies. For all levels: Beginners to Advanced. Bring along a meditation mat, pillow, etc. Cost: \$15. Preregistration required. Phone: 848.217. 2371 Web: Ayearandadaymysticalshoppe.com**Private sessions and Veteran Discounts available

Meditation For Earth – 12:15pm, in-person Sanctuary at the Rumson Presbyterian Church, 4 East River Road. Or, livestreamed on Waterspirit's YouTube channel <https://www.youtube.com/channel/UCFzJckCCtU22hEjrmLitwQ>. Please join Waterspirit for a 30 minute "Meditation for Earth."

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



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

WEDNESDAYS

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

Intermediate Taiji Class taught by Shoshanna Katzman – 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. The Taiji path is filled with many life-enhancing movements, enlightening discoveries and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this intermediate group are learning the third section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

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

THURSDAYS

Flowing Qigong Vitality Series with Melinda Applegate – 9am, Spring Lake POTTER'S PARK. Drop-in classes. All levels welcome. Qigong brings more power and potential in your life. It is a mov-

ing meditation that relaxes mind body and spirit. Join us every Thursday. Text Melinda Applegate at 707.357.4632 on questionable weather days for indoor location. (starting in May we begin at 8am)

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

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

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

Prenatal Yoga – 12:15-1:15pm, Coda Yoga, Little Silver, NJ. www.codayoga.com

Beginner Taiji Class taught by Shoshanna Katzman – 2pm, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Practicing Taiji helps you to discover internal peace, enliven energy and achieve overall wellness – while building strength, flexibility, stability and endurance. It provides palliative support for many types of injuries and health conditions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is learning how to perform the first part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Psychic Readings and Energy Healings – 2-7pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing for \$30. Have a question about a direction you are looking to embark on? About a job, relation-

ship, or move? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. Phone: 848.217.2371. web: Ayearandadaymysticalshoppe.com.

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

SATURDAYS

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

SUNDAYS

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

SAVE THE DATES

WEDNESDAYS, JUNE 5, 19

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

FRIDAYS, JUNE 7 & 21

SATURDAYS, JUNE 8 & 22

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

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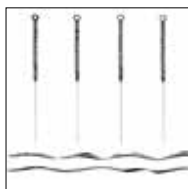
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Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as; guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy all

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

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



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

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

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

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



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

RETAIL

A YEAR AND A DAY MYSTICAL SHOPPE

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I have been practicing reflexology over 20 years and I'm passionate about my work! Reflexology is a science, there are reflex areas in the feet and the hands that correspond to all of the glands, organs, and other parts of the body. The practice also offers access to an Infrared Sauna, which allows a higher percentage of toxin removal due infrared waves being absorbed more deeply in the body's cells. Benefits include improved circulation, energy, and skin tone. It eliminates joint & muscle pain, & relieves tension.worlds.

REIKI/ENERGY HEALING

DORIAN CATTANI LLC

501 Grand Ave. Asbury Park, NJ
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Instagram @spirituallyrescued
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Dorian Cattani is a Reiki Master, Energy Healer and Meditation Teacher. She is now offering private Reiki sessions in her beautiful new office. Group Meditation sessions coming soon.

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