

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

EATING TO
**IMPROVE GUT
HEALTH**

**THE MIND-BODY-
MOUTH CONNECTION**

**VIBRANT
LONGEVITY**
THE SCIENCE OF STAYING YOUNG

**HEALTHIER PETS
TOP SUPPLEMENTS**

EAT FOR YOUR GUT'S SAKE



Introducing: SoftWave Therapy



Relieve Pain, Decrease Inflammation, Stimulate Stem Cells, Increase Blood Supply and Increase Healing

SoftWave Therapy - TRT OrthoGold 100 is an exciting, breakthrough option in the field of regenerative medicine. It is a non-invasive treatment that utilizes shockwaves to rapidly reduce chronic pain and greatly accelerate recovery with sustaining results.

- COMMONLY TREATED CONDITIONS**
- Knee Pain
 - Shoulder Pain
 - Back Pain
 - Elbow Pain
 - Arthritis
 - Muscle Pain
 - Carpal Tunnel
 - Neuropathy
 - Ligament Damage
 - Plantar Fasciitis
 - Tendonitis
 - AND MORE!

- Increases Function and Mobility
- No Negative Side Effects
- Naturally Stimulates Healing
- Non-Invasive and Drug-Free
- Reduces Pain and Inflammation
- Regenerates Damaged Tissue
- Improves Blood Flow
- 10-Minute Treatment Time



Larry Arbeitman, DC | 280 US Hwy 9 Ste E, Morganville, NJ 07751 *(located between Home Depot and ShopRite)*

Ask about our \$49 new patient special! (Normally valued up to \$350)
Call Today: (732) 617-9355 SoftWaveNJ.com



New Patient Special!

FREE Exam & Radiographs

with a cleaning
\$115 (a \$320 value)
 with this ad.
 Offer expires 9/30/22

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

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. Dr. Berkowitz and Dr. Gary Braun D.M.D, AIAOMT have forged a partnership with the overall goal of integrating their combined knowledge and experience in the field of natural dentistry under the new practice name of Dental Healing Arts – The Office of Drs. Berkowitz, Braun, & Associates.

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



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

- Cosmetic Dentistry
- Basic & Advanced Ozone Therapy
- CBCT Scanning & Analysis
- Comprehensive Invisalign Treatment
- Porcelain Laminates
- Base-metal Free Crowns & Bridges
- IAOMT Protocols for Mercury Removal
- Ozone-based Root Canals
- Homeopathic Remedies for dental health
- Whitening
- Swiss Dental Solutions
- Natural Ceramic Implants
- Bio Compatibility Testing
- Oral Surgery
- Non Toxic Materials
- Nutritional Advice
- Non Surgical & Surgical Gum Treatments
- Early Interceptive Orthodontic Treatment and Habit Correction Through HealthyStart



732.591.1112

459 Hwy 79, Morganville, NJ (Marlboro Township)

Weekdays, Nights & most Saturdays • We Participate in Most PPO Insurance Plans



Publisher **Sharon Shaffery**

Editors **S. A. Chabonais**
Linda Sechrist
Theresa Archer

Director of Operations **Erika Williams**

Design & Production **Joe Steele**

Digital Content Manager **Nancy Seigle**

Distribution **Andria Criscuolo**
Al Foti

CONTACT US

P.O. Box 61
Leonardo NJ, 07737
732-230-7337
sharon@na@jerseyshore.com

ADVERTISING
732-230-7337

SUBSCRIPTIONS

Subscriptions are available by sending \$33
(for 12 issues) to the above address.

NATIONAL TEAM

CEO/Founder **Sharon Bruckman**

COO/Franchise Sales **Joe Dunne**

Production Designer **Gabrielle W-Perillo**

Financial Manager **Yolanda Shebert**

Asst. Director of Ops **Heather Gibbs**

Digital Content Director **Rachael Oppy**

National Advertising **Lisa Doyle-Mitchell**

Administrative Assistant **Kristy Mayer**

Natural Awakenings Publishing Corporation
4851 Tamiami Trail N., Ste. 200
Naples, FL 34103

NaturalAwakenings.com

© 2022 by *Natural Awakenings*. All rights reserved.
Although some parts of this publication may be
reproduced and reprinted, we require that prior
permission be obtained in writing.

Natural Awakenings is a free publication distributed
locally and is supported by our advertisers. Please
call to find a location near you or if you would like
copies placed at your business.

We do not necessarily endorse the views expressed in
the articles and advertisements, nor are we
responsible for the products and services advertised.
Check with a healthcare professional regarding the
appropriate use of any treatment.



Natural Awakenings is printed on
recycled newsprint with soy-based ink.

letter from publisher

Hello Friends,



Sharon

How did September get here so fast?! We hope you had a wonderful summer!

Thanks to YouTube and all of the amazing gardeners and cooks who freely share their knowledge, this was my best garden year yet. So I would like to share with you some of the things I learned.

#1 I love making pickles. I learned if you do not pick your cucumbers in a timely fashion your plant will feel like it has fulfilled it's duty and you will not get a large yield because it already did it's job. WHO KNEW - not me! Not until now.

My tomatoes hated where I planted them this year, so lesson learned there. More sun next year. My squash LOVED living next to the chicken barn yard so big win there. AND for next year - if you intend to harvest seeds, they must be heirloom - I didn't know that one either.

I also learned the magic of the food saving machine. I have been vacuum sealing like a maniac. I had no idea I could preserve my eggs by cracking them into a silicon baking sheet, popping them out and then putting them in a food saver bag. Mind blow - the world has changed. Never any more waste in this girls life.

I hope you find some of these tips helpful. Foodsavers are expensive but you can get a used one at a good price on ebay.

Vibe high butterflies and thank you for your continued support and love. We love you back :)

Warm wishes,

Sharon

Lawn Maintenance • Fertilization • Weed Control • Hedging & Pruning • Debris Removal

Lawn & Landscape Services

Happily Serving Eastern
Monmouth County, New Jersey

Fast &
Free
Estimate

CLEAN CUTZ

Call Chris Martin

Book Now @ 732-552-6760

Don't Operate... Regenerate!



Apex Center for Regenerative Medicine

Services:

- Bioidentical Hormone Replacement Therapy
- Stem Cell and PRP
- Non-Surgical body contouring & facial aesthetics
- EmSculpt NEO
- High Dose Laser Therapy
- EPAT
- Ultrasound Guided Procedures

Dr. Savarino believes most surgeries can be avoided. He uses the most advanced therapies and technologies to help you look and feel your best, without the need for surgery and the long recovery. Treatments offered by Apex Center For Regenerative Medicine help your body heal itself.

Dr. Daniel Savarino, DO, RMSK and his team have over 10 years of professional experience and use the latest medical technology, such as stem cell, platelet-rich plasma and various minimally-invasive procedures to help patients heal faster and get back to doing the things they love without the risks and prolonged recovery associated with surgery.

Dr. Daniel Savarino

5 STAR RATING



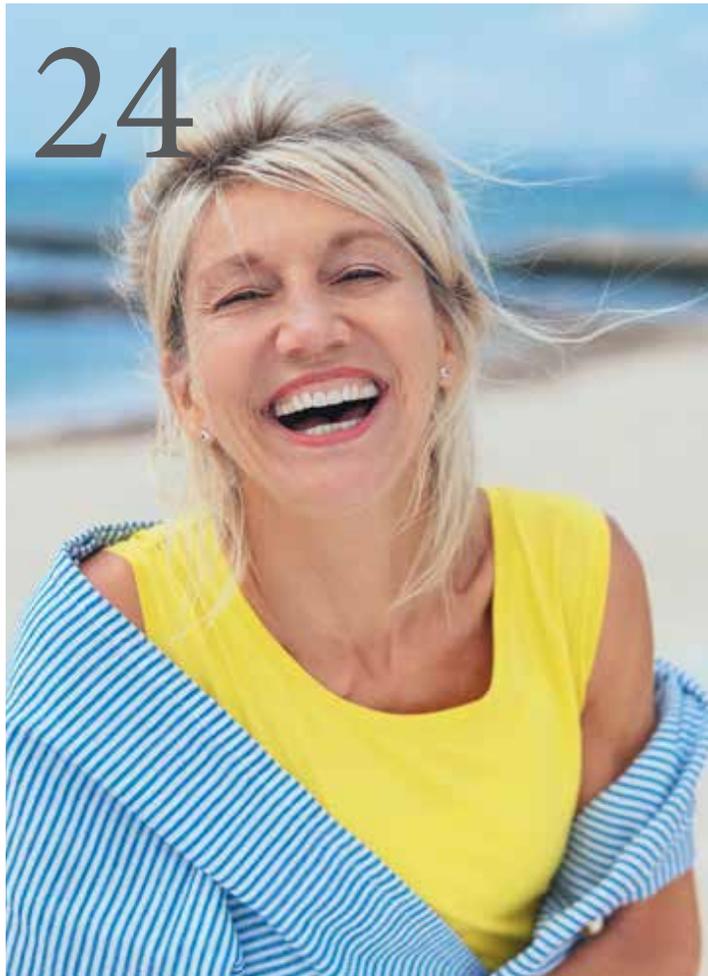
Call Today 732.385.APEX (2739)

RegenerateNJ.com
55 N Gilbert St Suite 1101
Tinton Fall, NJ 07701
info@regeneratenj.com



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

Contents



ADVERTISING & SUBMISSIONS

HOW TO ADVERTISE

To advertise with Natural Awakenings or request a media kit, please contact us at 732.230.7337 or email localadvertise@NAjerseyshore.com. Deadline for ads: the 7th of the month.

EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: LocalPublisher@Sharon@NAjerseyshore.com. Deadline for ads: the 5th of the month.

CALENDAR SUBMISSIONS

Email Calendar Events to: Sharon@NAjerseyshore.com. Deadline for ads: the 10th of the month. Cost is \$20/listing.

REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-434-9392. For franchising opportunities call 239-530-1377 or visit NaturalAwakenings.com.

16 THE MIND-BODY-MOUTH CONNECTION

18 MARK MINCOLLA
on the Healing Power of Our Superconsciousness

19 EATING TO IMPROVE GUT HEALTH

22 INTERMITTENT FASTING BASICS
How to Improve Health by Eating Less Often

24 GROWING YOUNGER
Longevity Strategies that Help Reverse the Aging Process

26 GREENS FLATBREAD

27 EAT FOR YOUR GUT'S SAKE

28 AGING GRACEFULLY
How a Yoga Practice Keeps Us Young

30 HEALTHIER PETS
Top Supplements for Dogs and Cats

DEPARTMENTS

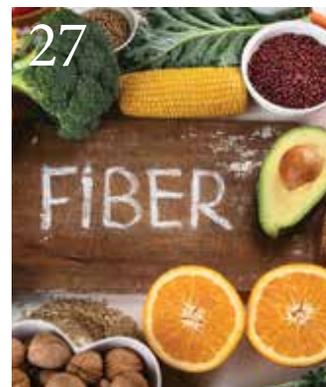
8 news briefs

12 health briefs

14 global briefs

18 wise words

22 conscious eating



28 fit body

30 natural pet

32 calendar

36 resource guide



balance
wellness center



Services

Chiropractic
Acupuncture | Massage
Nutrition & Weight Loss
Infrared Sauna
Psychology

Mind/Body Studio

Meditation Classes
Reiki
Restorative Yoga
Group Therapy

Wellness Shop

Medical Grade Supplements
Nutritional Cellular Detox
Crystals
Essential Oils
Balance Wellness Merch



We Accept All Insurance — In Network With Horizon BCBS

Specializing In: Pain Reduction • Stress Management • Brain Health • Gut Health
• Anti-Aging • Cellular Detoxification • Overall Happiness

BALANCE WELLNESS CENTER, 732-903-2222

Dr. Jeff Hurewitz, D.C. Chiropractor / Founder



1999 NJ-88 BRICK, NJ 08724, USA | www.mindandspine.com



Instagram @balancewellness & Facebook: Balance Chiropractic & Wellness Center

Holistic Health and Healing Expo



HOLISTIC HEALTH AND HEALING EXPO

Natural Awakenings of South Jersey is proudly sponsoring a one-day Holistic Health and Healing Expo from 11am to 5pm on Sunday, October 16 at the Westin Hotel, in Mount Laurel. Admission is free and the expo is open to the public.

The Holistic Health and Healing Expo is the go-to resource for natural wellness and green living in South Jersey. It is dedicated to empowering individuals to live a healthier lifestyle on a healthier planet, educating communities on the latest in natural health and sustainability, inspiring them to lead more balanced lives.

Leading-edge thinkers and practitioners in natural health will be on hand demonstrating products and services covering everything from alternative healing and sustainable living to organic and regenerative farming.

Visitors to the expo can expect inspiring workshops and valuable, up-to-date information on the latest in chiropractic medicine and yoga. Beautiful handmade items such as lotions, candles and personal care products will also be available. Everything from holistic coaching, homeopathy and integrative medicine to intuitive readings and energy work will be on display. Additionally, there will be organic vegan desserts and food vendors, cannabidiol vendors, as well as experts in pet nutrition and behavior.

Location: The Westin Hotel; 555 Fellowship Rd. To register for your free tickets or for vendor information, visit www.hhhExpo.com.

Qigong Classes

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

Two, one-hour Qigong classes make up this nine-week series held on *Tuesdays*, 1-2:30pm. For more details about Qigong and these classes please check the website www.qigongforgoodhealth.org. You may sign up online. UUCMC does require that you be vaccinated and wear a mask inside the building.



Qigong for Good Health

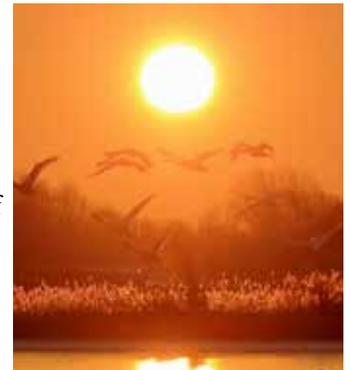


Fall is the time of harvest and gathering our inner resources. Qigong reduces stress, builds stamina, increases vitality and affects the immune system in positive ways. Benefits of practice are profound. Qigong is an ancient Chinese system of self-care that integrates physical postures, breathing techniques, and mind focus. Qi (Chee) is the vital life force energy that flows through all things in the universe. The practice is easy to learn and welcomes students with all levels of ability. Return and deepen your practice or join us as a beginner. Sign up early. These classes do fill. ALL are welcome!

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

Celebrate the Fall Equinox and New Moon

At The Yoga Loft, 462 Adelpia Road, Freehold, Monday, September 26, 6pm with Elena and Dee. Cost: \$40. We gather to celebrate the Fall Equinox ... the time of balance when there is an equal amount of day and night, a time of balance.



Come celebrate this glorious season as we join the earth in balance and harmony, along with ourselves. This is a time of introspection for releasing and letting go. There will be a one work blessing with candle lighting ceremony as we call in the directions. We'll gather for a ceremony to release the things we are no longer willing to have or hold onto and then create our intentions. We'll partake in a moon water ritual that has been Reiki charged, followed by a guided meditation and a brief Reiki healing.

Each student will leave with a special Reiki charged gift. Please bring your own mat or pillow to sit on and your journal.

Preregistration is required, please email info@theyogalofnj.com or call/text 732.239.2333 to reserve your spot.

Expanding your Healing Gifts

Second Degree Reiki Training offered at The Yoga Loft, 462 Adelpia Road, Freehold, Sunday, September 25, 12-4:30pm, with Elena Slade. Cost: \$180 (\$50 non-refundable deposit due Sunday, September 18.)

The Second Degree Reiki Training builds on the energy healing process taught in the First Degree Reiki Training and is intended for individuals who would like to further their abilities and receive the enhanced power of Reiki as well as learn how to practice "Distant Healing."

Second Degree Reiki Training includes:



- Second Degree Reiki Attunement
- Three Reiki symbols and three Christian symbols
- Several more hand positions for specific purposes
- Supervised practice sessions
- Procedures for an Absentee Reiki Treatment; "Distant Healing"
- Reiki for animals and plants
- Guidelines for establishing a Reiki Practice
- Ways to expand & balance your energy

- Second Degree Reiki Certificate
- Prerequisite: First Degree Reiki Training

Please bring a vegetarian snack and refrain from alcohol or meat the night before the training. Space is limited; please email info@theyogalofnj.com or call/text 732.239.2333.

Free Happy Hormones Health Seminar

Back by popular demand! Learn about the hidden, underlying causes of thinning hair, infertility, weight gain, hot flashes, painful/heavy menses, irregular periods and how it can be handled naturally. This event will be held on 9/30/22 at our office in Oakhurst.



Email shoreholisticnutrition@gmail.com or call 732.314.1851 to sign up. Space is limited so reserve your spot today!

UUCMC: Unitarian Universalist Congregation of Monmouth County



We are a welcoming, diverse, non-creedal religious community seeking spiritual growth and a just and peaceful world. Our mission is to create community, transform ourselves and transform the world.

This may be the home for you if you...

- Are open-hearted and curious.
- Want to be of service.
- Seeking spiritual & intellectual growth for you & your family.
- Value the support of a caring and inclusive community.

Reclaim Your Ultimate Health with Nutrition Response Testing®



Alyssa Siegel

At Shore Holistic Nutrition & Wellness we get to the root cause of your health problems using a non-invasive technique called Nutrition Response Testing®. Nutrition Response Testing® is a system that is used to find out exactly what is going on in your body and exactly what's going to heal it.

Conditions we can help with:

- Autoimmune issues
- Migraines/chronic headaches
- Depression & anxiety
- Digestive issues
- Brain fog
- Infertility
- Eczema
- Asthma

And many more without the use of traditional medicine.



shoreholisticnutrition@gmail.com
or Call 732-314-1851

1806 NJ-35, Suite 205E Oakhurst, NJ 07755



Growing Season is Here!

Enjoy seasonal farm products from our field, no "middle farmer."
We grow for you.
Farm fresh and chemical free.
Please check I.T. sources for for availability and hours.

Fresh Culinary Herbs
are a great addition to summer meals!
We have many tasty varieties.



732-919-0391
98 Merrick Road
Farmingdale, NJ 07727

CHECK OUR WEBSITE
merrickfarm.net



Follow us on Facebook & Instagram for weekly updates!

UUCMC is located at 1475 West Front Street in Lincroft, NJ. We gather every Sunday morning at 10:30am to create sacred space and time for reflection and celebration. With diverse, vibrant music and inspirational messages taken from many traditions, the community learns to grow in love and spirit. Services last approximately one hour and are livestreamed on our YouTube channel www.youtube.com/c/UnitarianUniversalistCongregation-ofMonmouthCounty. You can find previous services there also.

Children and youth are invited to our family ministry program, regardless of religious background or present beliefs. We strive to create an atmosphere that respects and values individual differences.

For further information, please visit uucmc.org or email the UU Congregation's office at uucmc@uucmc.org. We welcome you to this place of love & hope!

Reiki Usui Training



Roseann Petropoulos, Reiki Master/Teacher is offering private, individual Reiki Training in a safe space. Previously, Reiki trainings were designed and held in a group setting over a couple of days. The group would then have the opportunity to share the teachings of the Reiki principles and hands-on experience.

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

Most times groups are formed without the consideration of who and where one is on their personal spiritual journey. Each will first have the opportunity to discuss the spiritual nature of their understanding of universal consciousness. A personalized class will be arranged to further develop growth and expansion based on the Reiki teachings.

Training will include: the history of the Usui Reiki method, functions of the various levels of Reiki, the Reiki Principles, the Chakra system, clearing energy blocks, distant Reiki, use of pendulums and an efficient on self-care as one is a channel of healing. Each will receive Reiki attunement upon completion.

Reiki 1, \$150 and Reiki 2, \$175. For more information, call Roseann 732.894.3197 or Belmarwellness.com.

Paint from Home or In-person!

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

Wild and Free Painting is an indulgent and nourishing Process Painting Art Studio for self-care and personal growth. We



focus on the act of painting itself and your experience while painting rather than the final art product. We celebrate your creativity in all of its authentic form and return to the idea that creative expression can serve as a tool to heal, connect, de-stress, reclaim and discover.

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

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

Free Workshop-Weight Loss and Hormones

Are you suffering from weight loss resistance due to hormone dysregulation? Do you feel like you have tried every type of diet and detox and the weight just does not come off? Those last 10 pounds ... the scale just will not budge! Your body is screaming for HELP!

In this integrative workshop you'll learn how your hormones impact your weight and body function. Discover how to balance hormones with food and other natural modalities. Understand how our lifestyle affects our sleep and cravings. If you still wondering what is the Real reason why you still can't lose weight after all that you have done, you must attend this workshop!

Workshop Date: Wednesday, September 28 at 7:30pm. Workshop is led by Larisa Belote, Health Practitioner & Certified Detox Specialist on Zoom and/or in person at 700 Ocean Avenue, Long Branch, NJ. Registration Required. Call/Text 732.996.6963 or email larisa@stepbystep-wellness.com.



Support Group helping Eating Disorders

Healing on Hudson, a therapeutic group practice specializing in eating disorders, based in Hoboken and Manasquan presents, "Summer Bodies" Therapeutic Support Group. The group will run Wednesdays at 7pm on our virtual HIPAA secure platform.

"Summer Bodies" therapeutic body image group, will be led by Samantha Renfree LAC, and the group will focus on emotion-

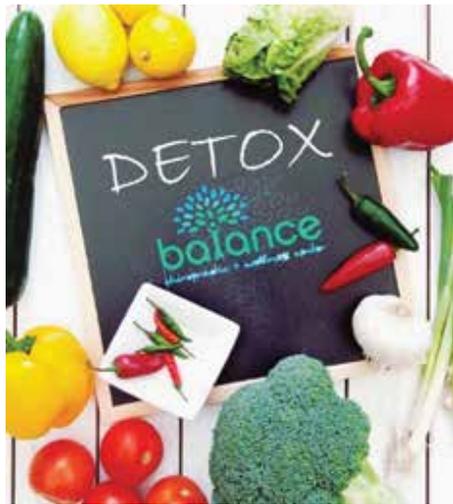
al support as we navigate Summertime and all- year- round body image, establishing body respect and enhancing positive self-esteem. Other topics such as anxiety, depression, and perfectionism will be discussed.

Sessions are \$80 with a minimum six-week commitment, and members must be residents of NJ! If you are not already a client of Healing on Hudson, joining the group also requires a brief \$100 assessment to determine group readiness and fit.

Dr. Cassandra Lenza, LCSW, CEDS, RYT Founder, Healing on Hudson LLC

Balance Wellness Detoxification Program

Detoxification is a continuous physiologic process that your body depends on for survival. There are complex cellular detoxification mechanisms that are constantly at work for you all day, every day. Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a virtually constant barrage of toxic material.



In the human body, the liver and kidneys function as a filter for harmful substances. This natural filtration system needs to be properly supported to ensure that the body's detoxification process is functioning effectively and that toxins are being properly eliminated. We offer a program which is designed to gently and slowly support the process of metabolic detoxification.

Toxins are any substance that can be poisonous or cause negative health effects. Toxins can and often do become trapped in the body's organs and tissues, which over time can negatively impact health, vitality, and overall wellness, and may contribute to the development of chronic illness. There is no practical way to protect you from all the toxins in the environment. Fortunately, there are ways to counteract some toxins and pollutants.

Your body's natural detoxification processes exist to deal with the ones we can't avoid. You can help your body perform these processes with the help of regular cleansing. The art of detox is so important in assisting the body's natural elimination processes. The Balance Detox Program will help with healthy energy and vitality, proper weight management, healthy skin and hair, restful sleep, clear thinking and the establishment of healthy habits for optimal long-term health.

The Balance Detox Program is a 14-day step-by-step program that is designed to support the body's natural two-phase process of detoxification, allowing toxins to be safely cleansed from the body. This program combines an organic protein

powder of nutrients, antioxidants, and herbs with whole foods. In addition, there are capsules that support the liver in balancing both Phase 1 and 2 detoxification pathways and insuring proper protein digestion. This program is an excellent reset for the body and is recommended to be done twice a year.

For more information call Balance Wellness Center, 1999 Route 88, Brick NJ. 732.903.2222 or visit their website at mindandspine.com. STAY BALANCED

Lose Weight and Keep it off for Good!

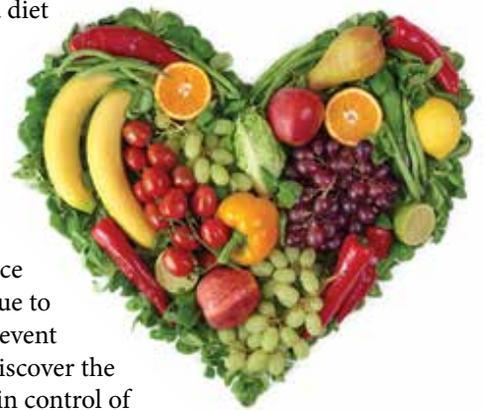
Beating obesity can feel impossible. It isn't a disease most people can overcome through willpower alone. But whether you need to lose 20, 40, or over 100 pounds, Balance Wellness Center can help. Our Weight Loss Program combines grocery meals and protein supplements. These protein supplements come in a variety of flavors and are typically used as in-between meal snacks or as meal replacements. The weight loss phase is designed to help you lose weight with the proper support from our wellness coach. Through weekly check-ins, our coach will help you make the lifestyle changes necessary to not only lose the weight but keep it off... for good!

Phase 1

During step 1 you will lower your carbohydrate intake, which encourages your body to use fat for fuel (instead of carbohydrates). To do this, your weight-loss diet will consist of our scientifically advanced, delicious protein shakes combined with some grocery store foods. This simplifies your weight loss — minimal meal preparation. And don't worry, the meal replacements are only temporary. Once you reach your goal weight, you'll transition to healthy grocery store food.

Phase 2

Once you reach your goal weight or have lost weight that you want to keep off, you will then continue with our wellness coach to provide accountability and support. During this phase you will gradually return to a diet of all grocery foods, while the protein supplements are slowly phased out. Some people choose to utilize one or two protein supplements daily as a maintenance tool. You will continue to learn strategies to prevent weight regain, and discover the experience of being in control of your own eating habits.



For more information call Balance Wellness Center, 1999 Route 88, Brick NJ. 732.903.2222 or visit their website at mindandspine.com. STAY BALANCED

Fermented Dairy Helps Sidestep Depression



Nuruddin Bhamali/Pexels.com

Sales of fermented dairy products like yogurt and kefir have been steadily rising in the U.S., and a new study from Australia's Deakin University might accelerate that trend. Researchers examined 24 years of nutritional and health data from 2,603 Finnish men between 42 and 60 years old. They

found that men that ranked in the top third of consumption of non-fermented dairy products such as milk and cream had double the risk of depression, while those in the top third of consumption of fermented dairy products like kefir, yogurt, cottage cheese, sour cream and butter-milk enjoyed a 45 percent reduced risk of depression.

Vitamin E Enhances Cancer Immunotherapy



ready-made/AdobeStock.com

In a study published in *Cancer Discovery*, researchers at The University of Texas MD Anderson Cancer Center reported that vitamin E can enhance immunotherapy responses in cancer patients by stimulating the activity of dendritic cells in tumors. Combining the records of patients with melanoma,

breast, colon and kidney cancers that were being treated with immunotherapy, they found that taking vitamin E improved survival times and boosted treatment responses. In laboratory work, the researchers demonstrated that vitamin E directly binds and blocks the activity of the SHP1 checkpoint protein in dendritic cells, which primes T cells for an anti-tumor immune response. "This study broadens our understanding of factors that can influence responses to immunotherapies," says author Dihua Yu, M.D., Ph.D. Unlike chemotherapy, which acts directly on cancerous tumors, immunotherapy treats patients by revitalizing their immune system and "teaching" it how to identify and destroy cancer cells.

Nettle Root Improves Prostate Symptoms



svehtik/AdobeStock.com

An enlarged prostate, known as benign prostate hyperplasia (BPH), afflicts half of men by age 60 and 90 percent of men by age 85. Although it isn't cancerous, treatment can involve medications and surgery. European doctors often prescribe the herb nettle root, and Iranian researchers tested its effectiveness in a study that divided 80

BPH patients into two groups. One was given 300 milligrams of nettle root extract twice a day for eight weeks; the other group received a placebo. The researchers found the nettle root significantly improved urinary frequency, urinary urgency and night urination compared with the placebo group. It was not effective in modifying prostate volume, the feeling of incomplete emptying, intermittency, urine stream and straining.

Revised Supplement Formula Slows Macular Degeneration



Camille Richter/Pexels.com

Age-related macular degeneration (AMD), the most common cause of blindness in older Americans, became less of a threat in 1996 when the national Age-Related Eye Disease Study (AREDS) verified that certain nutrients—beta-carotene, vitamin C, vitamin E, copper and zinc—slowed its progression. But after other

studies showed a link between beta-carotene and lung cancer, it was removed from the formula. Two carotenoids found in the retina—lutein and zeaxanthin—were added, and the formula was rebranded as AREDS2. In a new, 10-year, follow-up study by the National Eye Institute (NEI), AREDS2 was found to reduce late AMD symptoms an additional 20 percent compared to the original formula. "This 10-year data confirms that not only is the new formula safer, it's actually better at slowing AMD progression," says Emily Chew, M.D., lead author of the study and director of the NEI Division of Epidemiology and Clinical Application.

Childhood Adventures and Team Sports Boost Well-Being



Adrià Crehuet/Canal Unsplash.com

The pandemic has challenged both children's learning environments and their emotional well-being, but new research shows that playing adventurously outdoors and participating in team sports can help lower their mental health risks. Researchers from the UK University of Exeter surveyed nearly 2,500

parents of 5-to-11-year-olds in the UK and Northern Ireland. The study found that kids that climbed trees, rode bikes, jumped from high surfaces and had other outdoor adventures without adult supervision experienced a lower incidence of anxiety and depression, and were more upbeat during the COVID-19 lockdown. In another study, researchers from California State University, Fullerton, found that kids in team sports like volleyball and soccer, but not others in individual sports like gymnastics and wrestling, did better emotionally and mentally. Analyzing data from 11,235 kids between 9 and 13 years old, they found that compared to kids that did not participate in sports, those that were on teams had a lower incidence of attention issues, social problems, anxiety, depression and withdrawal. Kids that participated in individual sports had higher levels of those mental health challenges.

global event

Peace Day Addresses Global Racism

Established in 1981, the United Nations-sanctioned International Day of Peace, or World Peace Day, is a holiday observed around the world on September 21 each year. The 2022 theme is "End racism. Build peace." To that end, the General Assembly has dedicated this day to observing 24 hours of non-violence and cease-fire.



Secretary-General António Guterres says, "But achieving true peace entails much more than laying down arms. It requires the building of societies where all members feel that they can flourish. It involves creating a world in which people are treated equally, regardless of their race."

Stress Relief Services, LLC

Begin the healing process and move toward greater well-being today.

- | | |
|-----------------------|----------------------------------|
| <i>Psychotherapy</i> | <i>Solution Focused Therapy</i> |
| <i>Biofeedback</i> | <i>Cognitive Focused Therapy</i> |
| <i>EMDR</i> | <i>Counseling Services</i> |
| <i>Guided Imagery</i> | <i>Mindfulness</i> |
| <i>Hypnotherapy</i> | |

Lauren Salani, LCSW, BCB

Services are provided in a warm, welcoming and caring environment.

Please call for a **FREE CONSULTATION** today

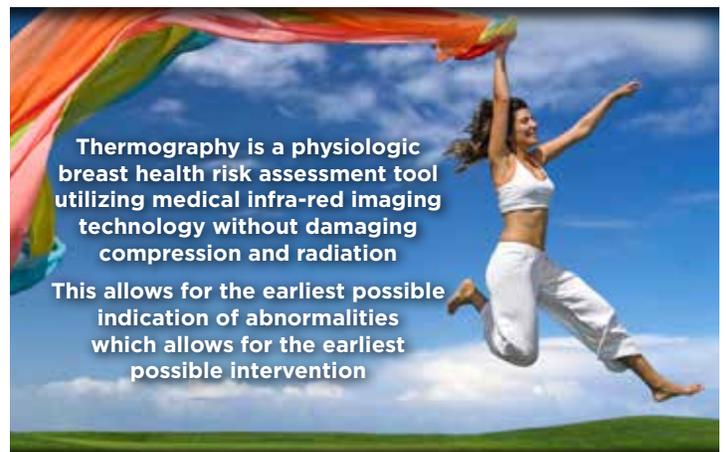
732-542-2638

www.StressReliefServices.com

107 Monmouth Rd, West Long Branch, NJ 07764

WELLNESS SERVICES FOR NATURAL BALANCE

TDI Thermographic Diagnostic Imaging & Health Through Awareness



Thermography is a physiologic breast health risk assessment tool utilizing medical infra-red imaging technology without damaging compression and radiation

This allows for the earliest possible indication of abnormalities which allows for the earliest possible intervention

Philip Getson, D.O.
Liesha Getson, B.C.T.T.
856-596-5834

Garden State Community Medical Center
100 Brick Road, Suite 206 • Marlton, NJ 08053
www.tdinj.com

Bring in this ad at the time of your thermogram and receive a \$25.00 discount!
This discount cannot be combined with any other offer
Testing sites throughout NJ and PA including Spring Lake Heights NJ and Red Bank NJ.

Seattle Providing Electric Vehicle Chargers on Utility Poles



Marcio Isensee e Sá/AdobeStock.com

As people switch to electric vehicles (EV) to reduce their emissions, some homeowners and apartment dwellers without charging infrastructure are at a disadvantage. The city of Seattle set a goal to reduce transportation emissions 83 percent below 2008 levels by 2030, and to make things easier, they will install chargers on lo-

cal utility poles on demand. Seattle City Light will conduct the project as part of a more extensive portfolio of transportation electrification investments and services to help the utility service area transition to zero-emission electric transportation options. Residents can accomplish some emission reductions with public transit, biking, walking and other options, but many still rely on personal vehicles for some trips.

The Curbside Level 2 EV charging program is available to anyone on a first-come, first-serve basis. The person making the request must own or plan to own an EV within the next 12 months, and their existing address must not offer off-street parking (where they could buy their own). Once a request is made, the utility will evaluate the area and ask for input from neighbors before installing a new EV charger. If more than 50 percent of neighboring property owners oppose the chargers, they will not be installed.



Australian Office Building to Feature Solar Facade

A rooftop solar array and 1,182 solar panels on the sides will adorn an eight-story, \$40 million, high-rise planned for West Melbourne, Australia, to provide the office building with most of its power. Avancis, a German firm producing glass panels containing solar cells, will supply the solar skin. Architect Pete Kennon says, "These things are possible, and the fact that a building can harness the sunlight from its own skin, it sounds like something you dreamed of, or you saw in a cartoon." Generating 50 times as much power as a typical home rooftop solar array, the solar skin will save an estimated 77 tons of CO₂ emissions each year.

Although this will be the first in Australia to use the panels, several projects in Europe have been built with the technology, including the world's largest wooden skyscraper in Skellefteå, Sweden. "It feels urgent to innovate our building technologies to more sustainable methods," says Kennon. "Collecting solar is a natural trajectory on our large-scale projects, particularly in locations that have great access to sunlight."

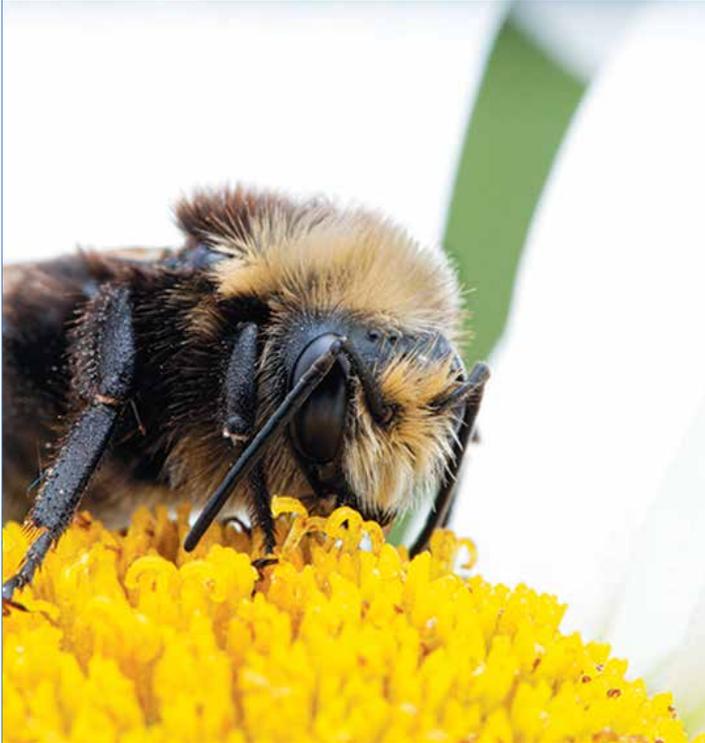
Carbon Labels Cut Environmental Impact of Dining

Making changes while shopping at supermarkets, restaurants and with delivery apps can change minds about sustainable options and garner public support. Psychologist Ann-Katrin Betz and her colleagues at Germany's University of Wurzburg studied the design of restaurant menus and tested how adding carbon labels indicating the greenhouse gas emissions per dish and changing the most prominent menu items to foods with a lower impact on the climate affected the choices people might make when dining out.

When people were given menus with the low-emission option as the default, the share of high-emission choices decreased by an average of 31.7 percent. When given menus with carbon labels, the emissions associated with their dish choices averaged 13.5 percent lower per dish. Combining carbon labels with prominent placing for low-emission options appears to have the greatest effect.

Other strategies might include increasing the availability of plant-based options; making them more prominent elsewhere (the meat aisle); and renaming veggie options to make them sound more appealing (slow-roasted, butternut squash and seasonal vegetable lasagna versus vegetarian lasagna). Multiple practices are needed to persuade people to adopt sustainable diets, so all of these methods are just the beginning of a shift away from high-emission food by overcoming unconscious barriers.

Common California Bumble Bees Go Missing



Ernie Cooper/AdobeStock.com

The Western bumble bee, once easily spotted in California, could not be found in a recent survey led by the University of California-Riverside (UCR). The first state-wide census of California bumble bees in 40 years found several other species absent, as well. UCR entomologist Hollis Woodard's research group collected bees from 17 sites representing six different ecosystems previously known to host a large variety of bumble bees, as documented in the journal *Ecology and Evolution*. One of the missing species, the Western bumble bee, is an important pollinator of wild plants and crops. "We didn't find it, even once," says Woodard.

This study was an effort to document changes in bumble bee populations across large geographic areas in California since the last one in the 1980s. Smaller-scale studies have documented significant declines in bumble bee populations around the world due to climate change, development of wild habitat and the use of bee-killing pesticides, so it is important to have data that documents bee health. Bumble bees can fly in cooler temperatures and lower light levels than many other bees, helping to pollinate crops worth \$3 billion annually in the U.S., including tomatoes, peppers and cranberries.

Happily we bask in this warm September sun,
which illuminates all creatures.
~Henry David Thoreau

TAKE BACK YOUR HEALTH

We work with you to identify the root cause and create personalized Nutrition and Detox Programs to reset your health and correct your body's imbalances. We use state of the art testing to measure cellular inflammation, oxidative stress in different body systems, nutritional deficiencies and neurotoxicity.

**Gut Health * Autoimmune Disorders * Diabetes
Thyroid Imbalance * Weight Loss**

Testimonial: "I am a marketing executive and needed help. I joined Larisa's Detox program due to weight gain, no energy, insomnia and joint pain. I lost 42 lbs in 4 months without exercising. Now I sleep better, and have no more headaches, stomach aches, bloating or joint pain. Larisa made the program easy even when I thought it was not doable. She's there every step of the way! Loving my new active lifestyle with restored energy with my kids." Marcella A.



Call/text or email for a
FREE 20-minute consultation
Larisa Belote
Health Practitioner/Detox Specialist
732-996-6963
larisa@stepbystep-wellness.com

Consultations available in person, zoom or telephone



Owned & Operated by the Saker Family

NUTRITION CENTER

Our in-store Nutrition Centers feature an assortment of natural, organic, gluten and allergen-free foods, all guaranteed to be offered at our best prices everyday. Our Nutrition Centers are here to help you meet your health and wellness needs!

- Organic
- Non-GMO
- Gluten Free
- Allergy-Friendly Foods
- Paleo Foods
- Vegan
- Natural Beauty
- CBD Oil Products
- Vitamins & Supplements
- Sports Nutrition

The Mind-Body-Mouth Connection

by Shoshanna Katzman



There is no way to get around the fact that nutritious food and drink provide a strong foundation for creating optimal health.

Today chronic, diet-related disease has reached epidemic proportions in the US with almost 900,000 people dying each year – all related to chronically unhealthy eating habits. One out of every three Americans die of heart disease, stroke, cancer, some combined with Type II diabetes.

Fortunately, our physical body has the innate ability to nourish itself through food and drink – a natural process that begins with birth. Yet, for many people achieving this goal is often easier said than done. The Chinese medicine approach to health provides methods for establishing more constructive (versus destructive) ways of nourishing oneself. The ultimate goal is to strengthen the body-mind connection through removing energetic blockages and establishing proper flow of Qi.

This ancient paradigm helps one deal with stressful situations along with reducing cravings and the tendency to binge on sugary, salty or fatty foods. It heals the split between one's physical and energetic counterparts resulting in a greater sense of inner peace, while establishing a strong mind-body-mouth connection.

Chinese medicine dietary recommendations are based on both the physical and energetic components of the foods and drinks consumed. Qi potency depends on both their quality and quantity combined with efficient digestive and metabolic function. The spleen and stomach energetic systems are primarily responsible for transformation and transportation, while the heart and lungs establish the unimpeded flow of blood and Qi required for effective delivery of nourishing energy to all parts of the body.

The following food and drink choices lead to depletion of Qi:

- Those lacking vital quality such as processed, overcooked or containing coloring agents, preservatives and other artificial additives
- Those too rich and overpowering to the overall Qi system such as heavy sauces and organ meats
- Those causing “spleen dampness” due to being too cold or wet (such as too much raw food or ice cream) along with excessively fatty, fried or sweet foods

- Foods and drink that lead to “excessive heart fire” due to being too stimulating such as those containing caffeine or spicy hot
- Drink interfering with energetics of the liver and causing “damp heat” (such as excessive alcohol)
- Eating the same foods over and over
- Food and drink consumed in the wrong amounts, at the wrong time of the day (such as right before bed or when feeling really upset about something)

Modalities such as acupuncture, Chinese herbs, Chinese food therapy and Qigong exercises are highly effective for ensuring an abundant amount of Qi derived from food and drink. They build energetics of key vital organ systems and forge a stronger mind-body-mouth connection resulting in greater inner trust, happy spirit, clear mind and balanced physical body. For example, Qigong integrates movement with deep breathing and balances the upper, middle and lower Dantians (energy centers) of the body. This calms the mind and spirit, activates proper metabolism, builds digestive function and promotes circulation of body fluids.

Chinese medicine can help you discover what is “eating at you” and then “change what you are eating.” Seeking help from a psychotherapist is also a great addition for many people. By listening attentively to the physical needs of your body, you begin to empower your physical body to make more constructive, healthier choices. Know that there is hope and there is a way to bring change into the way you deal with food and drink.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ approaching thirty-five years where she provides acupuncture, Chinese herbal consultation and classes in Taiji and Qigong. She is author of Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy and co-author of Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness. Shoshanna will soon be releasing Center of Power: Life Mastery through Taiji – a comprehensive curriculum with over 130 videos. For more information call or text 732.758.1800 or email info@healing4u.com.

Bringing Smiles To The Holistic Community



0% Financing Available . Call Today! . Free Consultation



2095 Hwy 88 East
Brick, NJ

732.295.1616

www.holisticsmilesNJ.com

John J. Tortora D.D.S. Mina Farag D.M.D.

Mercury-Free

Amalgam Removal With Safe Protocol

Disease Prevention Program

Safe Digital X-Rays Reduces Exposure By 90%

Cosmetic Dentistry

Porcelain Veneers

Invisalign



Red Bank Acupuncture & Wellness Center

Acupuncture • Chinese Herbs • Therapeutic Massage
Taiji & Qigong Lessons

Shoshanna Katzman, L.Ac., M.S., Director
Kelly Van Sickell, L.Ac., M.S.

We are a caring group of practitioners dedicated to helping you heal naturally and balance your energy

Enhance Your Health Today by Calling : **732-758-1800**

830 Broad St. Suite A, Shrewsbury, NJ 07702

www.healing4u.com

Gift Certificates Available

Mark Mincolla on the Healing Power of Our Superconsciousness

by Sandra Yeyati

For 40 years, nutritional therapist and quantum energy healer Mark Mincolla, Ph.D., has integrated ancient Chinese energy healing techniques with emerging nutritional science in what he calls Electromagnetic Muscle Testing, an approach that zeros in on each individual's unique dietary needs. He has authored seven books, including *The Wu Way*, *The Tao of Ch'i* and *Whole Health*. In his most recent work, *The Way of Miracles: Accessing Your Superconsciousness*—and an accompanying documentary film of the same title—he shares his experiences, documented research and exercises to cultivate our natural ability to heal and create miracles.

How do you define consciousness?

Consciousness is the essence of presence. What we think is empty space in the universe is actually filled with consciousness. While we understand the presence of our physical stuff and our ego, we have a harder time understanding our reductionistic self, the stuff that is reduced to the essence of energy. That's what the soulful being of our consciousness is.

How do you define superconsciousness, and how does it help us experience healing and create miracles?

It's a trance state we can attain if we go deep within ourselves through meditation into the delta frequencies, and then visualize that we're blending that higher realm of consciousness into the universe like a raindrop entering the ocean. By doing this, you arrive at the place where miracles exist.



al:stgfwefkfjaskku

There's nothing to create. It's like being in a field of fruit. The abundance is there, you just have to go where the abundance is.

How can we develop and tap into our superconsciousness?

My book has exercises at the end of each chapter. One of my favorites is looking into the pupils of your eyes in the mirror for 10 minutes straight, uninterrupted. In doing that, you will feel the essence of your presence. That is your superconsciousness.

Do we cause our own illnesses?

I think we play a role in that process. Many people are cultivating ease and healing themselves. A lot of people are unconsciously cultivating "dis-ease". Your choices are to be consciously proactive, which is healing, or unconsciously reactive, which is disease-producing. There are two possibilities related to the energy of consciousness: flow or resistance. When we're in resistance, we can spend so much time in negative, reactive situations. The more negatively reactive we are, the less flow

and the more resistance we encounter and produce. The more consciousness that we proactively cultivate through deeper, more intentional meditation, the higher the consciousness we internalize and manifest. It boils down to what you're doing. Are you spending your time producing illness or producing wellness?

How did you cure yourself from Lyme disease?

It started the night I had a bad fall and was paralyzed on the bathroom floor for 14 hours. My spirit became really challenged and really elevated and engaged. It was time to take inventory and to confront myself about my quality of life. During that horrible process, that trauma, I made an unconditional commitment to write this book, make this film and do whatever I had to do to get my messages out there, which is the reason I was put on this planet. From there, I tapped into natural medicines and foods to help me recover. I've helped 60,000 people over the last 40 years, so I can help myself, you know? And I did.

What should more people realize about themselves?

That they have far greater power and far greater access to remarkable outcomes than they are aware of. You're born in this culture, automatically surrendering to the establishment. You surrender to the medical and pharmaceutical establishments. As a little kid, you get a sore throat, and your mom takes you to the doctor for antibiotics. There's a lot of doctoring and not enough healing in the world. As I say in the film, compassion is the key. My patients come to me and they're really heartbroken, sick and broken down, diseased. They've been so bottled up—so much depression, so much pain, so much suffering. The doctor makes it worse—doesn't help anything. So I feel like we're working at a very different, compassionate level for the patient to be whole, soulful, spiritual, emotionally tapped in. We strive to be concerned, to be loved and to both diagnose and treat at a high frequency.

Sandra Yeyati, J.D., is a professional writer and editor. Reach her at SandraYeyati@gmail.com.

Eating to Improve Gut Health

by Dr Frank Fuscaldo, Jr., MS DC, DCBCN, CNS CKNS

microbiome. One of the best ways to do this is to eat a wide variety of vegetables regularly and to try new vegetables so that you're not eating the same thing all the time. Some healthy options include kale, broccoli, spinach, asparagus, collard greens, cabbage, Brussel sprouts, bok choy, beet greens, Swiss chard, and arugula. You can also choose to eat a variety of berries such as blueberries, raspberries, and strawberries because they are high in fiber as well as being loaded with antioxidants and phytonutrients – compounds that help protect the cells of our body.

Prebiotic foods are also a great way to help diversify the gut microbiome. They are basically fiber-rich foods that can feed the healthy and beneficial bacteria in the gut which helps them grow and become more active, resulting in a healthier gut. These foods include onions, garlic, leeks, chicory root, dandelion greens, and certain mushrooms, just to name a few.

Many people will choose to take a probiotic supplement to improve the health of their gut without changing their diet. Unfortunately, this does not have the same benefits as also improving your diet. Although probiotic supplements contain a variety of healthy, beneficial bacterial species, their effect can be short lived and many of the bacteria never make it past the acid in our stomachs to populate the intestinal microbiome. This is especially true if your probiotic supplement is not made from

the best quality ingredients. It is therefore very important to make the suggested dietary changes while also taking a probiotic supplement.

Dr Frank Fuscaldo, Jr., MS DC, DCBCN, CNS CKNS is a Board Certified Clinical Nutritionist, Certified Nutrition Specialist, and Certified Ketogenic Nutrition Specialist and uses a Functional Medicine approach to healthcare. To schedule an Initial Consultation, contact Balance Wellness Center @ 732-903-2222



We've all heard the saying, "You are what you eat" and although that is a true statement, most people don't know exactly what

to eat to stay healthy. In fact, with all the fad diets and social media posts, choosing healthy foods can be more difficult than ever. The reality is that everyone has individual dietary needs based on their health history and current health status, so a personalized nutrition plan is the best option. However, everyone can benefit from eating foods that provide support for a healthy gut, and because the great majority of your immune system is in the gut, eating foods to support a healthy gut will ultimately help support a healthy immune system and overall health.

The first step toward improving the health of your gut is to remove inflammatory foods from your diet. Without giving your

intestinal tract relief from inflammation caused by inflammatory foods, you won't be able to make any progress in healing the gut. Some common foods that can cause inflammation include dairy products (milk, butter, cheese, etc.), grains and gluten (wheat, corn, rice, etc.), nightshade vegetables (eggplant, peppers, tomatoes, white potatoes, etc.), artificial colors, artificial sweeteners, and preservatives. Once you've removed these inflammatory foods from your diet, it is time to add a diversity of foods that can improve the gut microbiome.

Research has shown that one of the most common causes of people who are chronically ill is that they've lost diversity in the healthy bacteria in their gut. It is therefore important to diversify your diet to include foods that help to improve your gut



Nature's Virus Killer

Copper can stop a virus before it starts

By Doug Cornell

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

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



New research: Copper kills viruses in seconds.

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

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

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

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

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

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

with a tip to fit in the bottom of the nostril, where viruses collect.

When he felt a tickle in his nose like a cold about to start, he rubbed the copper gently in his nose for 60

seconds.

"It worked!" he exclaimed. "The cold never happened. I used to get 2-3 bad colds every year. Now I use my

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

He hasn't had a cold in 10 years.

Users say:

"It works! I love it!"

"I can't believe how good my nose feels."

"Is it supposed to work that fast?"

"One of the best presents ever."

"Sixteen flights, not a sniffle!"

"Cold sores gone!"

"It saved me last holidays. The kids all got sick, but not me."

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

"Best sleep I've had in years!"

After his first success with it, he asked relatives and friends to try it. They all said it worked, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of germs, like a tickle in the nose or a scratchy throat.

Longtime users say they haven't been sick in years. They have less stress, less medical costs, and more time to enjoy life.

Customers report using copper against:

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

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.

The EPA says copper works just as well when tarnished.

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

CopperZap® is made in the USA of pure copper. It has a 90-day full money back guarantee. Price \$79.95. Get \$10 off each CopperZap with code **NATA30**.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

Buy once, use forever.

Statements are not intended as product health claims and have not been evaluated by the FDA. Not claimed to diagnose, treat, cure, or prevent any disease.

ADVERTORIAL



massage

day spa

scrubs

wraps

facials

waxing

ayurveda

detox

KUR
Wellness Studios

Spa | Fitness | Yoga

412 Bond St, Asbury Park, NJ 732.361.8956 | www.kurstudios.com



HOLISTIC
HEALTH AND HEALING EXPO

Sunday,
October 16th
11am - 5pm

at
The Westin Hotel
555 Fellowship Rd.
Mount Laurel, New Jersey

Connect, Educate, Inspire!

The Holistic Health & Healing Expo is the go-to resource for natural wellness and green living in South Jersey.

100+ Holistic Health & Wellness Practitioners, Healers, Readers, Crystals, Organic/Vegan Food, Natural Pets, Healthy Kids, Mindful Movement, Eco-Friendly Sustainable vendors, workshops, and much more!

For your **FREE** tickets go to www.hhhexpo.com

Contact **Shae Marcus @ 856-797-2227**
or email info@hhhexpo.com

SPONSORED BY



Intermittent Fasting Basics

HOW TO IMPROVE HEALTH BY EATING LESS OFTEN

by Sheila Julson



Fasting has been part of religious and cultural practices since ancient times, but now it is entering into everyday American eating habits. Intermittent fasting (IF), which involves restraining from eating for periods ranging from hours to days, was the most popular dietary strategy among Americans in 2020, outpacing low-fat keto diets and “clean eating,” reports the International Food Information Council. About 10 percent of survey respondents reported that they were following IF diet procedures, usually for weight loss and better health.

“Intermittent fasting is a lifestyle,” says Jerron Hill, an anesthesiologist, in Plano, Texas, who has practiced it for two years and found himself with more energy. “Many metabolic syndromes and diseases can be avoided by making IF a way of life.”

Research on the health benefits of IF is ongoing, but Hill says that advantages include stabilized blood sugar levels, because insulin levels rise after eating meals. “In a fasted state, insulin levels fall, blood sugar stabilizes and fat stores can be utilized as a source of energy,” he says. Other benefits he cites include lowered blood pressure, decreased low-density lipoprotein, or “bad” LDL cholesterol, and lower triglycerides

There are several IF methods. The 16/8 method is most popular and involves fasting for 16 hours and eating within an eight-hour window each day. The 5:2 plan is for those that would rather fast twice a week and eat regularly the other five days. Another method

known as OMAD involves eating one meal a day. While most IF models do not restrict specific foods, they encourage the consumption of nourishing, satiating, whole foods. Snacking is discouraged.

Women’s Fasting Needs Differ

“In the United States, 90 percent of Americans are metabolically unhealthy. Fasting is one of many strategies that can help people improve their metabolic health. That translates to being a healthy weight and having balanced hormones,” says Cynthia Thurlow, a nurse practitioner in Washington, D.C., and founder of the Everyday Wellness Project, an online subscription plan. Her new book, *Intermittent Fasting Transformation*, integrates IF with women’s hormonal needs during every stage of life.

“Women need to fast differently,” Thurlow emphasizes. “A woman in peak childbearing years under age 35 has to account and fast for her menstrual cycle, meaning her body is much more sensitive to macronutrient depletion or changes than a menopausal woman. Younger women need to limit fasting if they are already lean. They need to avoid fasting five to seven days prior to their menstrual cycle and remain attuned to messages their bodies send them in response to sleep, stress, nutrition and exercise.” In general, once women reach menopause, they experience less hormonal fluctuation and thus more flexibility to fast on a daily basis, she says, although they, too, should keep an eye on

their experiences with sleep, stress, nutrition and exercise.

Planning for Success

The word “fasting” often conjures up thoughts of hunger and starvation, but proper planning will leave us full and satisfied while practicing IF. “When you’re eating a balanced diet and not necessarily following a particular fad or specific type of diet, you can enjoy nourishing meals without restrictions and still practice IF,” says lifestyle coach Laura Fuentes, of Madisonville, Louisiana, author of the e-book *Intermittent Fasting for Women*.

Fuentes recommends starting with the 16/8 model, because approximately half of the 16-hour fasting time is spent sleeping. “There’s also downtime in the evening while you’re preparing to sleep. In the morning, most of us are getting ready for work or getting kids off to school, and we don’t eat right away. Those hours are generally not focused on food.”

When it’s time to eat, fasts should be broken with satiating, nutritious food, not a light snack. The first meal of the day should be nutritious, with protein and healthy fats. Breaking a fast with just an apple, or carrots and hummus, will lead to hunger and eventual snacking.

A common misnomer is that we must eat ketogenic or low-carb diets while practicing IF. While carbs need to be considered, Thurlow emphasizes eating nutrient-dense, whole foods and fewer processed foods, whether they are part of keto, paleo, omnivore or vegetarian diets.

Some people practice “clean” fasting by consuming only water, black tea or other calorie-free beverages during the fasting time. Others prefer “dirty” fasting and might consume a handful of grapes, walnuts or other foods or beverages containing less than 50 calories during the fast. “I like patients to understand the value of a clean fast,” Thurlow says. “People might think 50 calories doesn’t count, but that is food, and that does break a fast.”

Sheila Julson is a Milwaukee-based freelance writer and contributor to Natural Awakenings magazines throughout the country.



You Can Also Become a Certified Hypnotherapist through The Institute of Hypnotherapy

Discover the Parts that Keep You Blocked!
Learn New Positive Behaviors!
Cure Phobias and Deep Seated Trauma.

Accredited Hypnosis Counseling
Dr Jaime Feldman
Doctor of Clinical Hypnotherapy
Chairman I.H.F. Medical & Dental Division

Free Phone Consultation: 732-446-5995

10 Darby Court
Manalapan, NJ 07726
DrJaimeF@aol.com

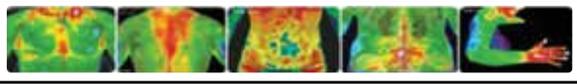
Training Available
Partstherapy.com

- Stop Smoking
- Lose Weight
- Eliminate Phobias
- Control: Stress, Anxiety, Depression, Pain & Anger



Thermography is “Health Discovery”
a very important part of your preventive wellness program.

Radiation Free Breast and Full Body Thermography for Both Women & Men

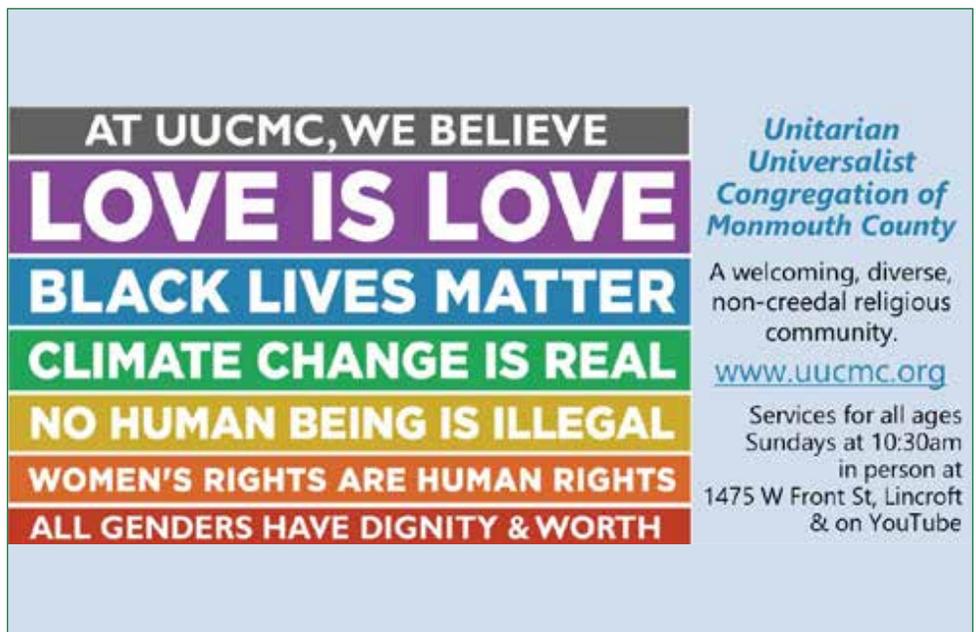


Find out if you have inflammation before it becomes a problem.
Non-Invasive-Pain Free Imaging
World class state of the art Infrared technology high quality images.
All reports approved and written by Board Certified M.D.s




FREE Dry Brush for new clients only

~ Visit Website for Test Locations in NJ, NY & PA ~
Call for your appointment today! **855-667-9338**
Lisa Mack, CCT, HHC • LisasThermographyAndWellness.com



AT UUCMC, WE BELIEVE

LOVE IS LOVE

BLACK LIVES MATTER

CLIMATE CHANGE IS REAL

NO HUMAN BEING IS ILLEGAL

WOMEN'S RIGHTS ARE HUMAN RIGHTS

ALL GENDERS HAVE DIGNITY & WORTH

**Unitarian
Universalist
Congregation of
Monmouth County**

A welcoming, diverse,
non-creedal religious
community.

www.uucmc.org

Services for all ages
Sundays at 10:30am
in person at
1475 W Front St, Lincroft
& on YouTube

GROWING YOUNGER

LONGEVITY STRATEGIES THAT HELP REVERSE THE AGING PROCESS

by Marlaina Donato

Longevity, a human quest through the ages, is now a hot topic among scientific researchers that assert there has never been a better time to maximize our potential for metabolic renewal. Biological age—the state of our health at the cellular level—is in the spotlight, as are the anti-aging benefits of science-supported phytonutrients, cell-rejuvenating foods and safe, non-surgical, stem cell procedures. Functional medicine, with its focus on the biology-based root causes of disease, is also a rising star in the arena of age reversal.

No matter which path we follow to aging vibrantly, the most inspiring takeaway is that lifestyle, not genes, determines destiny. “On average in the United States, the last 16 years of life are spent with multiple diagnoses and on multiple medications. We are giving our hard-earned money to pharmacies, hospitals and nursing facilities,” says Kara Fitzgerald, a naturopathic doctor in Newtown, Connecticut, and the author of *Younger You: Reduce Your Bio Age and Live Longer, Better*. She and other researchers contrast “lifespan”, the years from birth to death, to “healthspan”, the years spent in good health free of age-related disease and disability. “Lifespan is not necessarily healthspan, and we can change that,” she says.

Age Is Not Just a Number

Until recently, age was determined by the year on our birth certificate, but “bio age” is the new number to pay attention to. It might not only predict health outcomes down the road, but also add years to our lives. In groundbreaking work in 2017, anti-aging researcher Steven Horvath at the University of California, Los Angeles, used algorithms to calculate biological age on the basis of how extensively our genome is modified by a process called DNA methylation. Researchers are now understanding what factors can turn on positive gene expressions and turn off those that may activate life-threatening diseases.

“Bio age is how fast our bodies are aging, and aging is the main risk factor for all diseases, including Type 2 diabetes, cardiovascular disease, de-



mentia and neurodegenerative disorders,” says Fitzgerald, noting that only 10 to 20 percent of longevity outcomes are genetic.

Fitzgerald and her team drove this point home with the first randomized, controlled study on the power of lifestyle and diet to turn back the biological age clock. Based upon functional medicine, the program enrolled 18 healthy men between ages 50 and 72 in a target group and 20 in a control group. Those in the target group ate a nutrient-rich diet, slept seven hours a night, practiced relaxation techniques and took supplemental probiotics and phytonutrients. They ate only between 7 a.m. and 7 p.m., exercised for at least 30 minutes five days a week, avoided sweets and consumed two cups of dark, leafy, greens and three cups each of cruciferous vegetables and colorful vegetables daily, as well as six ounces of animal protein.

The results, published last year in the journal *Aging*, showed that three years of bio age were reduced in the target group in just eight weeks compared to the control group. “What we eat, our stress load and our response to it, the quality of the air we breathe and if we exercise are all drivers or reducers of our bio age. Knowing this, we absolutely need to take responsibility for our lives,” says Fitzgerald.

This bio age reversal is good news when we look at the grim statistics. According to the U.S. Centers for Disease Control and Prevention and the American Cancer Society, approximately 610,000 people die of heart disease in this country each year and more than 600,000 Americans are predicted to succumb to cancer this year alone.

Molecular Magic

Harvard genetics professor David Sinclair, author of the seminal *Lifespan: Why We Age—And Why We Don't Have To*, discovered antioxidant-rich resveratrol in grapes in 2003. Since then, he and other researchers have found additional compounds with the ability to activate longevity pathways. Nicotinamide adenine dinucleotide (NAD, or B₃), a coenzyme involved in many metabolic processes essential to life, has been shown to rejuvenate aging mice, increasing energy-producing mitochondria in the cells and fortifying muscle mass. The body makes less NAD as we age, but research suggests that intermittent fasting, exercise and heat saunas can stimulate this youth-preserving molecule. NAD-boosting supplements are also on the market, but consuming foods like naturally fermented sauerkraut, raw milk, nutritional yeast and pumpkin seeds is also a good strategy.

SIRT6, an enzyme in close relationship with NAD and responsible for many molecular anti-aging processes, including DNA repair, is abundant in seaweeds, especially the strain *Fucus vesiculosus*, commonly known as bladder wrack. Research published in the journal *Marine Drugs* in 2017 indicates bladder wrack's anti-inflammatory and anti-tumoral properties, as well as its potential to protect the liver and normalize high blood sugar and blood pressure.

Fisetin, a powerful flavonoid found in certain foods like strawberries, peaches, apples, persimmons, tomatoes, onions and cucumbers, rivals ever-beneficial quercetin. Research published

last year in the *European Journal of Pharmacology* cites fisetin's numerous potential benefits for neurodegenerative conditions such as Parkinson's disease, amyotrophic lateral sclerosis, Alzheimer's disease, stroke and vascular dementia.

The Trifecta of Acid, Inflammation and Stress

Chronic systemic inflammation is now understood to be the physiological springboard for most diseases ranging from cancer to depression, but its connection to uric acid is critical in producing free radicals that accelerate aging. “Unfortunately, most doctors look



upon uric acid solely as a risk marker for gout. We now recognize that uric acid serves as a powerful signal in the body to prepare for food and water scarcity,” says neurologist David Perlmutter, author of *The New York Times* bestseller *Grain Brain* and the recent *Drop Acid*, a guide to lowering uric acid in the body. “Uric acid levels above 5.5 milligrams per decilitre trigger the body to raise the blood pressure, increase the blood sugar, become insulin-resistant and increase the formation and storage of body fat,” he says. “Central to regaining metabolic health and reducing risk for metabolic conditions like Alzheimer's disease, coronary artery disease and Type 2 diabetes is reining in uric acid.”

Chronic, unmanaged stress is a major factor in physical and mental decline due to elevated levels of cortisol. “Stress threatens

the health and diversity of our gut bacteria, leading to increased gut permeability, a central mechanism underlying widespread inflammation, which is the cornerstone of all chronic degenerative conditions,” says Perlmutter. “Those conditions as a category are ranked by the World Health Organization as the number one cause of death on our planet today.”

Fitzgerald concurs, “Excessive inflammation—an imbalanced immune response—accelerates the aging process, and it increases with stress. Stress is the gasoline on the fire of aging.”

Eating to reduce inflammation is key, and there is power on our plates when we add some of Fitzgerald’s longevity boosters like turmeric, green tea, shitake mushrooms, wild-caught salmon, eggs, liver and sunflower seeds. A study last year in *Experimental Gerontology* reported that the amino acid L-theanine, found particularly in green tea, reduced oxidative stress, liver degeneration and inflammatory responses in aging rats.

No matter which path we follow to aging vibrantly, the most inspiring takeaway is that lifestyle, not genes, determines destiny.

Radical Renewal Without Surgery

In the daily survival game, the body’s stem cells generate specialized cells to replace those throughout the body that are damaged and dying. This ongoing repair process slows down as we advance in years, but cutting-edge procedures offer new hope for conditions ranging from arthritis to age-related brain fog.

“Stem cells improve DNA methylation and telomere length, and result in a reduced physiologic age compared to your chronologic age,” says Chadwick Prodrimos, a Chicago-based, board-certified orthopedic surgeon and the founder of the Prodrimos Stem Cell Institute, in Antigua. “Joint replacements are offered quite liberally nowadays, but most of our patients with severe arthritis who were offered joint replacements do well in our care without them for virtually any joint in the body.” Prodrimos and his team combine umbilical cord-derived stem cell treatment (non-embryonic/fetal) with specially selected nutritional supplements and in some patients, platelet-rich plasma and hyaluronic acid injections.

Even with exciting advances in the promotion of long life, experts are unanimous in stressing that going into our golden years disease-free begins and ends with individual lifestyle choices, starting with what we put in our mouths. “Diet is the most critical variable in terms of our metabolic destiny. It’s been said that a person can’t exercise away a poor diet, and there’s great wisdom in this statement,” says Perlmutter.

“While stem cell treatment has been quite effective, it is important to remember that avoiding chemicals in the environment, exercising vigorously and maintaining a low BMI [body mass index] are clearly the most important factors in good health,” advises Prodrimos.

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



This Month’s Monmouth County Co-op Corner

Our Monmouth County Organic Fruit and Vegetable Co-op shares ALWAYS have 1-2 dark greens, sometimes even more! What to do with all those greens?

GREENS FLATBREAD

By Monmouth County Organic Co-op member, Divya Kapur

- Wilt any variety of greens (kale, carrot tops, Swiss chard, etc),
- Wilt with a little water in pan sauteed, or even microwave!
- Pat dry.
- Blend in food processor/chopper/blender with a small amount of oil and salt
- Add flour of choice (Divya uses whole wheat flour) and a few drops of cold water until the dough consistency comes together, until you can make a ball
- Refrigerate for 2-3 hours and roll out (rolling pin)
- Cook flatbread in a skillet or on the grill.

What to top your flatbread with? Other Monmouth County Organic Fruit and Veggie Co-Op Members weighed in:

- Mary Ann Thomas uses fresh figs and/or fig jam, goat cheese, arugula and a drizzle of balsamic
- Danielle Wooley uses hummus, feta, arugula, olive oil, and everything seasoning
- Dan Anson uses marinated artichoke and spinach
- Irene Lathom uses Pear slices and arugula—bake 15 min at 350
- Yuri Harissan uses Kale and Sweet Potato
- Anthony Scarpelli uses tomato and white mushrooms
- Reese Varros uses tomato sauce, halved grape tomatoes, and fresh basil
- Gypsy Frangia uses fresh mozzarella, fresh basil, sliced tomatoes, and a drizzle of balsamic
- Jo Miranda uses kalamata olives, cucumber, feta cheese, and green onions
- Vince Lovarti uses fresh tomatoes, fresh garlic, olive oil, sauteed zucchini slices, fresh basil and ...
- Janice Grimaldi makes a flatbread 'rainbow' - line up your colorful veggies across the flatbread one color line at a time:

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

**Lincroft pod of Purple Dragon Co Op*

Eat for your Gut's Sake

by Larisa Belote



Millions of Americans today are living with chronic digestive issues such as heartburn, acid reflux, bloating, constipation, diarrhea or even IBS (irritable bowel syndrome) and colitis. These issues can cause uncomfortable and sometimes even debilitating symptoms. A simple change in diet can optimize digestion and heal the gut. Healthy digestion gets vital nutrients to the body, sends important signals to the immune system and helps the brain function. There is no feeling of bloating, no experience in any strain during bowel movements and no running to the bathroom after a meal. In addition, the immune system becomes more equipped to fight off any infections or illnesses brought on by invading pathogens or microorganisms.

1. Eat whole unprocessed foods

Eating foods like fresh raw vegetables and fruits are great for the digestion and work miracles in the gut. Raw foods contain living enzymes, easily digested and do not negatively affect the “good” intestinal flora. On the other hand, processed, fatty foods

do nothing but harm the body and hinder the gut's productivity. They make the digestive system sluggish, tired and vulnerable.

2. Consume a high fiber diet

Consuming a high-fiber diet has many benefits, but the most pivotal is how it can improve and boost the digestive health. Processed and refined foods such as meats and dairy especially are bound to lead to complications for the digestive tract. These foods with no fiber can cause constipation and at worst, Irritable Bowel Syndrome. Whole grains, beans, nuts, seeds and vegetables contain plenty of fiber and make sure to keep things moving in the gut. In fact, these foods contain soluble fiber which aids in slowing down digestion by attracting water and turning to gel. By helping to slow down the digestion process, it makes the body work harder and thus, speeds up metabolism and aids in toxin removal and weight loss. Therefore, regular, healthy bowel function is so crucial to overall health.

3. Get Moving

Exercise daily. It is so important to do any type of exercise for optimal digestion. Exercise does more than tone the heart and

muscles; it also tones the intestines and is essential to regular bowel movements. Even utilizing some type of relaxation technique daily, especially biofeedback, breathing exercises or yoga can help. These relaxation techniques can lessen stress that can interfere with relaxation of the whole body, including the bowels. Digestion is very important to the overall health.

With Live Blood Microscopy (nutritional analysis of the blood) through the use of Darkfield Microscope and video technology it is possible to see the shape, size and form of red blood cells that can tell a story about digestion function and whether nutrients are properly absorbed without

causing inflammation in the bowels and leaky gut syndrome. If the blood cells are not freely floating in plasma, but instead are sticking to each other, it is likely that there are undigested proteins from food in the blood stream after you had a nice meal. These sticky proteins are called Lectin proteins which form due to excessive consumption of cooked and processed foods. If these undigested proteins enter the blood, the immune system kicks in and helps out with digestion. When that happens, the other functions in the body get shut down and that is when you end up feeling fatigued and have brain fog. So, eat for you GUT'S sake and achieve optimal digestion!

Larisa Belote, Health Practitioner, Certified Detox Specialist and Blood Microscopist is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Call/Txt 732.996.6963 or email: larisa@stepbystep-wellness.com for an appointment for Live Blood Microscopy and discover the shape of your red blood cells and how active and protective your white blood cells are. Consultation and Blood Type Diet are included.

Aging Gracefully

HOW A YOGA PRACTICE KEEPS US YOUNG

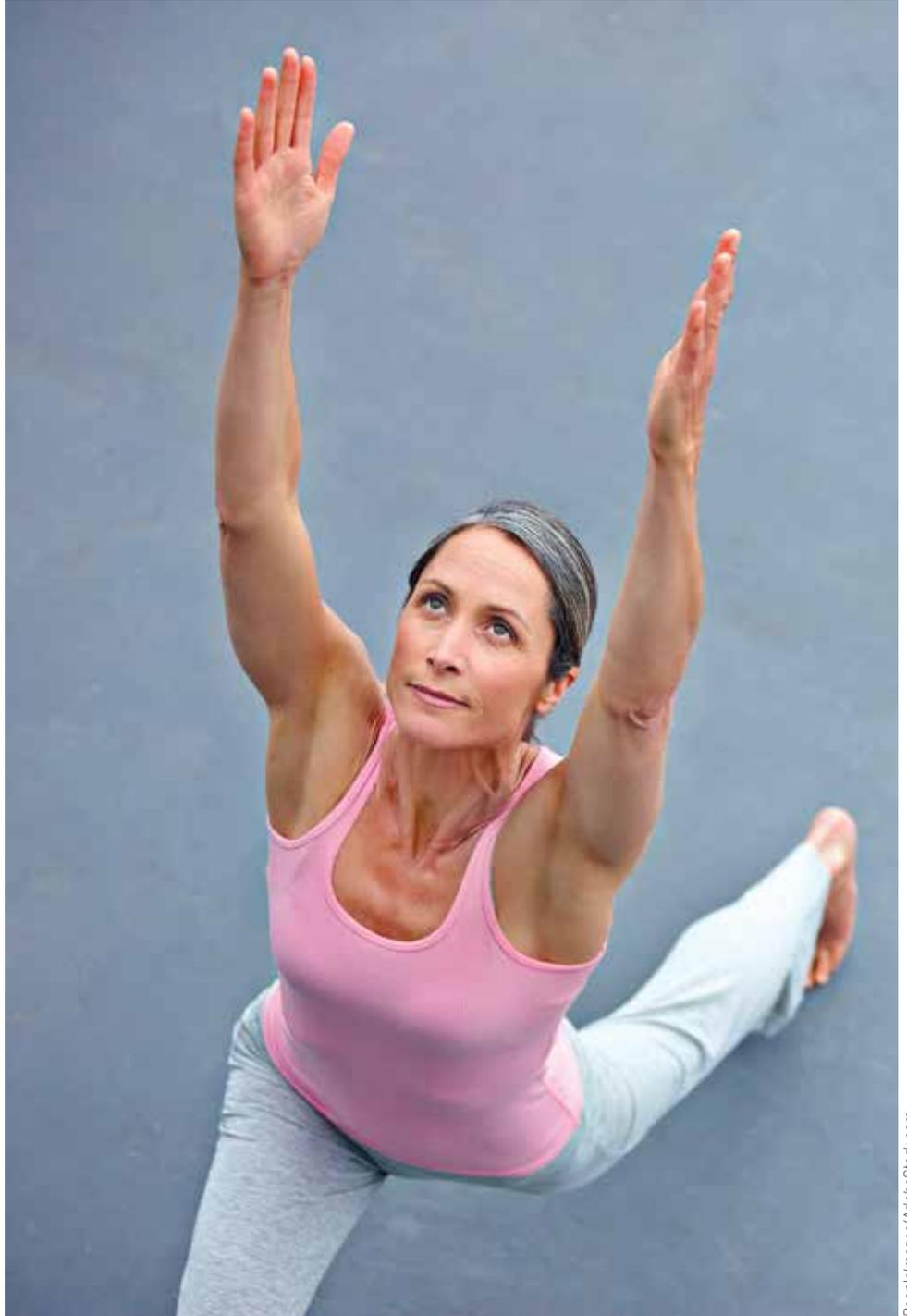
by Maya Whitman

In 1967, Tao Porchon-Lynch left a successful Hollywood career as a model and actress to become a full-time yogi in her 50s. At age 87, she added ballroom dancing to her list of passions and at 93, she landed in the Guinness World Records as the oldest yoga teacher on the planet. She continued to teach a weekly yoga class just days before her death at age 101. “I love seeing students realize what is possible,” Porchon-Lynch said in an interview, and her words are an added incentive to reap the many benefits of a regular yoga practice at any age.

Whether it involves getting down on a mat or practicing modified poses with the use of a chair, yoga helps us to stay nimble, manage stress, reduce symptoms of depression and tame high blood pressure. Yoga has been around for thousands of years for good reason, and health organizations like the Johns Hopkins Arthritis Center are now recommending the healing modality for a better quality of life.

Ancient Moves for Modern Life

“What I learned is that we need four essential physical skills to navigate through life as we age—strength, flexibility, balance and agility—and we get that from yoga. We can find independence in our everyday life, and we don’t need a vigorous yoga class to do that,” says Ruth Pipitone, a gentle yoga instructor at various studios and senior centers in Northeastern Pennsylvania. For those that only associate the practice with youthful bodies and hip yoga gear, yoga is a full-spectrum practice. “Anyone can do yoga—gentle yoga, chair yoga and even wheelchair yoga.”



PeopleImages/AdobeStock.com



YOGA AWARENESS MONTH
SEPTEMBER

BE INSPIRED IN SEPTEMBER BY TAKING A YOGA CLASS AND LEARNING MORE ABOUT HOW YOGA CAN IMPROVE HEALTH, UPLIFT THE MIND AND INVITE SELF-AWARENESS.

According to a 2016 study of 227 participants reported in the journal *Topics in Geriatric Rehabilitation*, just 12 minutes of daily gentle yoga over 10 years improved bone mineral density in the spine and upper legs. About four in five participants had osteoporosis or osteopenia (low bone density), indicating that yoga is a good strategy for the 10 million Americans over the age of 50 with osteoporosis and the 44 million with osteopenia.

For Terecita “Ti” Blair, yoga offered a new way of life after a catastrophic automobile accident in 2009. The Denver-based trauma and resilience educator and 2017 SilverSneakers Instructor of the Year says, “Virtually any style or type of yoga can appeal and work well for you today, but not tomorrow. Therefore real ‘yoga’ is about adaptability, and yes, those of us with compromised joints, immune systems, pain, disability and illness can absolutely benefit from yoga.”

Those with conditions ranging from cancer to Parkinson’s disease can reap benefits from an appropriate yoga environment. In 2021, a meta-analysis of 12 studies published in the *International Journal of Environmental Research and Public Health* found that yoga can increase muscle strength, mobility, balance and lower body flexibility in mature adults. An older study from Temple University showed that Iyengar yoga can improve balance and prevent falls in women over 65 years old.

The Breath of Now

The keystone of all yoga practice is working with the breath, an action that is naturally compromised by just getting out of bed and into the day’s challenges. “Most adults breathe from their chest. That’s where we activate the stress response of fight, flight or freeze. We need to use the lower lungs, too, so we can activate the parasympathetic nervous system to find calm,” says Pipitone.

Blair, who specializes in helping others to find emotional equilibrium after trauma, concurs: “The nervous system is symbiotic with the breath, and vice versa. A long, deep inhale and a long, slow exhale can act as an immediate elixir for the nervous system to recognize that, in that moment, we are okay.” She has taught groups of people, some in wheelchairs and hospital beds, and she “still experienced the entire room shift when breathing together. As long as we are able to consciously notice breath, we can do yoga.”

No matter how many trips we take around the sun, tapping into the life force can give us a new perspective. “I use *asana* (yoga poses) to examine my thoughts and feelings and to find introspection to examine what is happening with myself physically, as well as mentally and emotionally,” says Pipitone. “You become more mindful of what you need to carry with you and what you don’t need to carry with you.”

In essence, we deepen as we age, and yoga can meet us on a multidimensional level. “Yoga does not have to mean poses. Possibilities are infinite, and adaptations are unlimited, based upon our needs,” says Blair.

Connect with Maya Whitman at ekstasis28@gmail.com.

Cleanse your body...rejuvenate your life.

NEW JERSEY'S EXCLUSIVE DETOX SPA
Now Open in Red Bank!
Eliminate harmful toxins in a safe, clean, professional & friendly environment with our detoxification therapies.

WE CAN HELP YOU REACH YOUR WELLNESS GOAL through detoxification.

Colon Hydrotherapy	Infrared Sauna
Ionic Foot Detox	FIT Bodywrap
Lymphatic Drainage	Ear Candling

FIRST TIME CLIENTS...MENTION THIS AD FOR 20% OFF ANY SERVICE!
One discount per first time client. Can be used on one service only. Expires one month after publication date.

Cleansing CONCEPTS
THE FUTURE OF YOUR HEALTH BEGINS HERE

Located inside The Galleria
2 Bridge Avenue
Red Bank, NJ 07701 **732.741.2444**

visit online: www.cleansingconceptsworld.com

Qigong for Good Health

Maxine Forster Guenther, M.A.
Certified Instructor of Integral Qigong
Member National Qigong Association

Red Bank Area Classes
732-389-1419

www.qigongforgoodhealth.org
Qigongomi@yahoo.com

Mountain Dancer

Healthier Pets

TOP SUPPLEMENTS FOR DOGS AND CATS

by Shawn Messonnier



Enzymes and Probiotics

Digestive enzymes are used in supplemental form to improve or increase digestion and nutrient absorption. They can be derived from pancreatic, plant or microbial sources such as bacteria or fungi. Enzymes are important especially when the animal's digestive processes become exhausted or inefficient, such as during periods of stress or such gastrointestinal diseases as acute gastroenteritis, pancreatitis or either liver or inflammatory bowel disease. Enzymes may also be helpful for cancer, allergies and arthritis.

Probiotics are living, healthy bacteria and yeasts, many of which are a part of a dog's or cat's microbiome. They can assist with healing in a variety of ways, including producing

The market for pet products is awash with supplements, so it's not surprising that it can be challenging to figure out what a dog or cat really needs. The foundation of any healthcare program for dogs and cats, regardless of age and breed, is a healthy diet, well-chosen and appropriate supplements, minimal vaccines and medications, and veterinary check-ups.

Basic helpful additions to a pet diet include a vitamin-mineral product, an enzyme and probiotic combination, and a fatty acid. For older animals, a choline supplement may delay the onset of cognitive disorder. Any tweaking of diet and supplements should follow regular testing that may diagnose a disease in its early stages. Here's an overview of the top basic supplements every dog or cat should have.

Vitamins, Minerals and Joint Support

To provide immune and antioxidant support, and to bolster digestion, skin and coat health and overall wellness, a basic supplement should contain vitamins and minerals as well as small amounts of glucosamine and chondroitin for joint support.

healthy fatty acids; decreasing the attachment of harmful bacteria and yeasts to the intestinal walls; increasing antibody production; supporting immunity; restoring healthy GI flora; and reducing inflammation.

As a result, probiotics are useful for treating dogs and cats with a variety of medical problems, including leaky gut syndrome, acute non-specific gastroenteritis, antibiotic or other medication-induced diarrhea, allergies, stress, obesity, neurodegenerative disorders, high cholesterol levels, inflammatory and irritable bowel disorders, and GI and parasite infestations.

Probiotics may also be helpful for middle-aged and older dogs and cats, because GI microbial diversity diminishes with aging.

Fatty Acids

A good fatty acid fish oil supplement is also important. There are many brands on the market; some offer the flexibility of being administered either as a liquid (pump) or gel capsule. Phytoplank-

Under the guidance of a holistic or integrative veterinarian, supplements can add to a dog's or cat's health and longevity.

ton, which serves as a food source for fish, is the source of the active ingredients docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Fish oil tends to be derived from cold-water fish rich in EPA and DHA such as wild (not farmed) salmon, mackerel, sardines and herring.

This is beneficial for the treatment of heart disease and may reduce atherosclerosis, thrombosis (blood clots), coronary heart disease, arrhythmias, heart failure, sudden cardiac death and stroke. Due to its anti-inflammatory effects, fish oil is often used for dogs and cats for the treatment of skin problems, arthritis and cancer, along with heart, inflammatory bowel, autoimmune and kidney diseases. It may reduce the side effects of chemotherapy and radiation therapy in cancer patients, decrease cancer growth and metastasis, and reduce wasting in undernourished animals.

Choline

For dogs and cats 5 years old and up, a choline (phosphatidylcholine) supplement addresses aging changes that affect the brain and can lead to cognitive disorder. Choline is a component of several

major phospholipids that are critical for normal cell membrane structure and function. The body uses it to maintain water balance; to control cell growth and gene expression; as a component of lung surfactant; and most importantly, to produce the major nerve transmitter acetylcholine. It may reduce the risk of cardiovascular disease by lowering homocysteine levels.

Choline is used to treat high cholesterol, improve memory and protect the liver. It may prevent fatty liver syndrome (especially in diabetics), help prevent or treat cognitive disorder and support liver function. It may reduce insulin requirements in diabetics and can reduce seizure frequency.

Supplements other than these can be used as needed, based on the results of diagnostic testing and regular veterinary health exams. Under the guidance of a holistic or integrative veterinarian, supplements can add to a dog's or cat's health and longevity.

Shawn Messonnier, DVM, owner of Paws & Claws Animal Hospital and Holistic Pet Center, in Plano, Texas, is the author of several books on veterinary medicine.



- **Pool Service**
- **Pool Safety Covers**
- **Non-Chlorine Pool & Spa Systems**
- **Pool Heaters and more...**

A photograph of a large, rectangular outdoor swimming pool with a stone deck. In the background, there is a large, multi-story house with a tiled roof and a balcony. The pool is surrounded by greenery and a clear blue sky.

100% CHLORINE-FREE POOL

7 3 2 . 5 3 6 . 8 5 7 7

www.naturalwatersystems.com

A stylized logo of a blue dolphin leaping out of the water, with its tail curved upwards. The dolphin is rendered in shades of blue and white.

BLUE DOLPHIN
NATURAL WATER SYSTEMS

calendar of events

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



THURSDAY, SEPTEMBER 1

Chakra Workshop - 7-8pm - Join us for an eight-session journey of exploration through the Chakra system. This is the fourth installment of a bi-weekly course that includes chill sessions, meditations, energy work, herbology, crystals and more. This session will focus on the Solar Plexus chakra. We encourage you to wear the designated chakra color for the day (Solar Plexus chakra is Yellow). You're welcome to bring an expression of your own personal relation to each chakra, including crystals, gift from loved one, etc. We'll provide corresponding stones and herbal teas. Please bring a yoga mat. \$35 per person; Preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, Web: Ayearandadaymysticalshoppe.com.

SATURDAY, SEPTEMBER 3

Reiki Level I Workshop and Certification - 11am-3:30pm - Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You will learn how to nurture and heal the light within yourself and others. In this workshop, she will teach you the basics of the art of healing with Reiki including: What is Reiki? You will receive your Reiki Level I attunement. \$175 per person, preregistration is required. Private sessions are available by appointment. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com, Web: Ayearandadaymysticalshoppe.com.

WEDNESDAY, SEPTEMBER 7

Waterspirit 10-Step Eco-Anxiety Support Group Info Session 6pm, Zoom. Register for this informational meeting that will outline what this 10-week support group entails, explain the course's suggested donation, and answer any questions you might have prior to committing. The group will meet on Zoom from 9/14-11/16 at 6-8pm, Web: <https://waterspirit.kindful.com/e/10-steps-autumn-2022>.

THURSDAY, SEPTEMBER 8

Reiki Level II Workshop and Certification - 11am-4:30pm - This workshop is the second step on

your Energy Healing journey. Join Maria Martin to learn and practice Reiki. In this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Prerequisite Reiki I, cost: \$200 per person; preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371 Web: Ayearandadaymysticalshoppe.com.

SATURDAY, SEPTEMBER 10

Free Drumming Circle - 1:30-3pm and stay and get an aura photo with detailed report, a reading or energy healing from one of our gifted psychics or healers. Readings include, Tarot, Mediumship, Stones, Medicine Cards and Limpia (Egg Reading). Circle to be led by Shaman, Lauren. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, 848.217.2371, Web: Ayearandadaymysticalshoppe.com.

Full Moon Circle - 7:30-8:30pm, Enjoy and experience the Harvest Moon with us. September's moon is the time to manifest, or harvest what you have been sowing and growing. We'll have a sound bath, focus our intention and give blessings toward new beginnings in mind, body and spirit. \$10 per person; Preregistration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, 848.217.2371, Web: Ayearandadaymysticalshoppe.com.

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

SUNDAY, SEPTEMBER 11

"Wake Up" with Tai Chi in the Garden - The Yoga Loft, 462 Adelpia Road, Freehold, a three-week



series, beginning Sunday, September 11, 10am with Rachel Carney. In this "Wake-Up" series you will learn basic Tai Chi moves and principles that have been designed to open up your joints, gently wake-up the body and leave you ready and energized to start your day. ALL levels are welcome. NO prior experience is needed, just your willingness to learn, move and be present with your breath and body. ALL classes will be held outdoors in the garden. Please dress appropriately. If inclement weather, class will be held inside The Yoga Loft studio. Please contact The Yoga Loft via email, info@theyogalofnj.com or call/text 732.239.2333 to sign-up, cost: \$35.

Sunday Circle - The Yoga Loft, 462 Adelpia Road, Freehold, Sunday, September 11, 12 noon, with Dee. Gather with us each month in a circle of community. Now, more than ever, we need to come together to learn ways to navigate these changing times. We'll reply upon proven practices that will assist everyone to lead a better, fuller life. We begin with a guided meditation and candle lighting to set the intention for the Sunday Circle. September we'll become grounded and discover our roots. There will be handouts, meditation and essential oils. Please bring your journal and a pillow or bolster to sit on and don't forget your journal. Please email info@theyogalofnj.com or call/text 732.239.2333 to register, cost: \$40.

WEDNESDAY, SEPTEMBER 14

Native American Drumming/ Journeying with Shaman, Lauren Porter, 7:30-9:30pm. Looking to connect with the spirit of the drum and connect with your inner medicine? This event is for both those new to journeying as well as those experienced. Sign up for this class to help learn the importance of drumming, how drumming can help you heal spiritual wounds, and be guided through a journey to help discover your spiritual allies. See how a shamanic journey will help you connect with your higher self. Cost: \$45 per person, preregistration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com.

THURSDAY, SEPTEMBER 15

Chakra Workshop - 7-8pm - Join us for an eight-session journey of exploration through the Chakra system. This is the fourth installment of a bi-weekly course that includes chill sessions, meditations, energy work, herbology, crystals and more. This session will focus on the Sacral chakra. We encourage you to wear the designated chakra color for the day (Sacral chakra is orange). You are welcome to bring an expression of your own personal relation

to each chakra, including crystals, gift from loved one, etc. We'll provide corresponding stones and herbal teas. Please bring a yoga mat. Cost: \$35 per person, preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, Web: Ayearandadaymysticalshoppe.com.

Reiki Share – 6pm-8:30pm, \$20 - Reiki practitioners of all levels meet and practice their skills with Janet Woods, Reiki Master. Please call or text 732.598.8644 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick, Web: mindandspine.com Individual Reiki sessions with Janet Woods are available! Please call or text 732.598.8644 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick. Web: mindandspine.com. Stay Balanced

FRIDAY, SEPTEMBER 16

Friday Night Unwind - The Yoga Loft, 462 Adelpia Road, Freehold, Friday, September 16, 6-7:30pm, with Dee and Elena. The evening is all about pampering and self-care. This is a wonderful time to take care of you, to refresh and renew. We'll begin with some gentle breathing and yoga to set the mood for relaxation. We will begin to move into gentle yoga postures, after a few postures, we will pause to rest to receive Reiki and essential oils. This workshop of was created to treat yourself to gentle yoga, Reiki, Essential Oils and finally closing with savasana. Complete bliss. All levels of practice are welcome. Please bring your own mat, blanket and pillow. Space is limited to 9 students; please register at info@theyogalofnj.com or call/text 732.239.2333, cost: \$40.

Healing Circle - 7-9pm, 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 per person, preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com.

SATURDAY, SEPTEMBER 17

Reiki Level II Workshop and Certification - 11am-4:30pm – This workshop is the second step on your Energy Healing journey. In this level two workshop, in addition to getting your second attunement, Maria Martin will teach you the Art of healing with Reiki, including Hand positions for the healing of others, Level 2 Reiki Symbols meanings



and uses and more! You'll receive a free pendulum when you attend! Prerequisite Reiki I, cost: \$200 per person, preregistration required. Private sessions available. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, Web: Ayearandadaymysticalshoppe.com.

Psychic/Mediumship Workshop - 3-5pm with Cherise. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). We'll explore the levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit responsibly, foster our relationship with spirit and our team of guides in the spirit realm. \$45.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, 848.217.2371, Web: Ayearandadaymysticalshoppe.com.

WEDNESDAY, SEPTEMBER 21

Nutrition Information Session - 6pm-7pm. Dr. Frank Fuscaldo, Jr., DC, Board Certified Clinical Nutritionist, uses a functional medicine approach to healthcare. Complimentary information session on healing the gut to improve overall health and wellness. He will be discussing specific foods that will help reduce inflammation and improve the gut environment. If you're not feeling well and don't know where to start this is a great opportunity to get started on your wellness journey! Please text or call 732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick, Web: mindandspine.com. Stay Balanced

Dreamcatcher Making Workshop - 7:30-9:30pm with Shamanic Practitioner, Lauren Porter. Learn the history of the dreamcatcher and its native traditions, then, with the help Lauren, make your own personal, unique catcher of dreams. You can make one for yourself, or a loved one in this two hour workshop. Price includes cost of materials \$60 per person. Preregistration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com.

THURSDAY, SEPTEMBER 22

Reiki Level I Workshop and Certification – 11am-3:30pm - Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki

Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, she'll teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Cost: \$175 per person, preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, Web: Ayearandadaymysticalshoppe.com.

Reiki Level 1 Certification Class - Thursday September 22, 6pm-9pm, cost: \$150. Join Janet Woods, Reiki Master to learn and practice energy healing on yourself and others at the beginning level. Please call or text 732.598.8644 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick, Web: mindandspine.com, Individual Reiki sessions with Janet Woods are available! Please call or text 732.598.8644.

Waterspirit's Fall Equinox Celebration - 7-8pm, 4 E. River Road, Rumson. Please save the date for our fall equinox celebration! More information will be shared soon. Please join Waterspirit for a "Meditation for Earth." We read a short blessing, followed by an excerpt from Hal Borland's '12 moons of the Year'. Then we lead a simple meditation followed with silence, for a flourishing Earth. The meditation and silence is approximately 30 minutes. There are two ways to meditate with us: 1. In-person in the Sanctuary at Rumson Presbyterian Church and 2. Online on our YouTube channel. Visit <https://www.youtube.com/channel/UCFzJckCctU22hEjrmLitwQ> to meditate for our Earth together!

FRIDAY, SEPTEMBER 23

De-stress and Get into the Present Moment Workshop - 6-8pm at Align Yoga and Strength, 435 NJ Highway 34, Matawan. Based on the 2022 book, Knowing, authors Sandrine Baptiste and Rhonda Tremaine focus on awareness, something that leads to higher levels of consciousness, a greater understanding of the self, and inner peace. Free to studio members, \$30 for non-members. Call to reserve a spot 732.290.5174. For more information on the authors and their work, visit www.everythingnoetic.com.

Working with Stones and Crystals - 7:30-9:30pm - Whether you are new to collecting, or have been drawn to them for a long time, this workshop will help you to have a working knowledge and relationship with your stones and crystals. We will go over how to choose stones by vibration and feel, how to work with them in your everyday life, how to easily care for your collection and more! Class includes a Crystal Bible book and 2 stones/crystals. Cost: \$60 per person. Preregistration is



required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com.

SATURDAY, SEPTEMBER 24

Community Acupuncture - 11:30am-12:30noon.

Community acupuncture is the practice of treating patients together in a large room. This type of approach makes getting treatment more accessible and affordable. We welcome friends and family members to come in for treatment together. The community model harkens back to how acupuncture was originally meant to be practiced. Cost: \$40. Please text or call 732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick, Web: mindandspine.com. Stay Balanced

Eating Disorders Group Therapy - 1-2pm, with Cierra Clark, LAC, M.S. This is a recovery focused group for individuals healing from an eating disorder. Eating disorders recovery is a long journey that can be emotionally draining and scary and it is important to know that you are not alone. This group will focus on ways to cope with negative body image, awareness of thoughts and feelings, low self-worth, perfectionism, anxiety, and fears of relapse. Ages 18+ welcome. Cost: \$40. Please text or call 732.903.2222 to secure your spot. 1999 Route 88, Brick, Web: mindandspine.com. Stay Balanced

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

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



will always help each other out. Need it dropped off? Need someone to hold onto your delivery for a day or two? We got you! Must order one week in advance. Text 732.500.4949 for more information.

SUNDAY, SEPTEMBER 25

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

THURSDAY, SEPTEMBER 29

Crystal Bowl Sound Bath – 6pm-7pm, cost: \$15. Come relax and enjoy bathing in the healing vibration of crystal bowls with Janet Woods, Reiki Master. Please call or text 732.598.8644 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick, Web: mindandspine.com Individual Reiki sessions with Janet Woods are available! Please call or text 732.598.8644.

Chakra Workshop - 7-8pm - Join us for an eight-session journey of exploration through the Chakra system. This is the sixth installment of a bi-weekly course that includes chill sessions, meditations, energy work, herbology, crystals and more. This session will focus on the Root chakra. We encourage you to wear the designated chakra color for the day (Root chakra is red). You are welcome to bring an expression of your own personal relation to each chakra, including crystals, gift from loved one, etc. We'll provide corresponding stones and herbal teas. Please bring a yoga mat. Cost: \$35 per person, preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, Web: Ayearandadaymysticalshoppe.com.

FRIDAY, SEPTEMBER 30

Free Happy Hormones Health Seminar - Back by popular demand! Learn about the hidden, underlying causes of thinning hair, infertility, weight gain, hot flashes, painful/heavy menses, irregular periods and how it can be handled naturally. This event will be held at our office in Oakhurst. Email shoreholisticnutrition@gmail.com or call 732.314.1851 to sign up. Space is limited so reserve your spot today!

on going events

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

MONDAYS

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

Qigong Class taught by Shoshanna Katzman Qigong Class taught by Shoshanna Katzman every Monday morning at 11am on Zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. Call or text 732.758.1800 or email info@healing4u.com.

Loving Kindness Meditation Free Event 11am Meditation benefits everyone, whether you are new to meditation or have a personal practice, we welcome all to join our circle. At Loving Kindness Meditation, ask for blessings for ourselves, the ones we love and all of mankind. Sit in person or on zoom. Belmar Library 510 10th Ave & E ST, Belmar or zoom link Meeting # 996-9047-0435 password 0396462 library phone 732.681.0775 - www.BelmarPublicLibrary.org. Facilitator - Roseann Petropoulos has been practicing meditation most of her life. Her belief is that all peace comes from within. For more information: www.Belmarwellness.com or call 732.894.3197

Taiji Class taught by Shoshanna Katzman every Monday afternoon at 1PM on Zoom. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732-758-1800 or email info@healing4u.com.

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

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.

Guided Meditations every Monday 7pm-8pm. Join Julie Egbert, Chopra Center trained meditation guide, for Primordial Sound meditation. She will guide you through mindfulness, meditation using a mantra, and manifesting so you can de-excite your nervous system and leave feeling rejuvenated and refreshed. All welcome. \$15. Please text or call

732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick. web: mindandspine.com Stay Balanced

TUESDAYS

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

Meditation for Earth Tuesdays from 12:15-12:45 pm Please join Waterspirit for a "Meditation for Earth." We read a short blessing, followed by an excerpt from Hal Borland's '12 moons of the Year'. Then we lead a simple meditation followed with silence, for a flourishing Earth. The meditation and silence is approximately 30 minutes. There are two ways to meditate with us: 1. In-person in the Sanctuary at Rumson Presbyterian Church from 12:15-12:45 every Tuesday! 2. Online on our YouTube channel. Visit <https://www.youtube.com/channel/UCFzJckCCU22hEjrmoLitwQ> to Meditate for our Earth together! No matter where you are in the world, you can join us as we meditate for our Earth! For more information email: water@waterspirit.org

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

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

Guided Meditations every Tuesday 7pm-8pm. Join Julie Egbert, Chopra Center trained meditation guide, for Primordial Sound meditation. She will guide you through mindfulness, meditation using a mantra, and manifesting so you can de-excite your nervous system and leave feeling rejuvenated and refreshed. All welcome. \$15. Please text or call 732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick. web: mindandspine.com Stay Balanced

WEDNESDAYS

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

Taiji Class taught by Shoshanna Katzman every Wednesday morning at 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury or on zoom during inclement weather. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire be-



ing. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

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

Summer Bodies: Healing on Hudson - A therapeutic group practice specializing in eating disorders based in Hoboken and Manasquan presents "Summer Bodies" Therapeutic Support Group Wednesdays at 7pm on our virtual HIPAA secure platform. Led by Samantha Renfree LAC, the group will focus on emotional support as we navigate summertime and all-year-round body image, establishing body respect and enhancing positive self-esteem. Other topics such as anxiety, depression, and perfectionism will be discussed. Sessions are \$80 with a minimum six-week commitment, and members must be residents of NJ! If you are not already a client of Healing on Hudson, joining the group also requires a brief \$100 assessment to determine group readiness and fit. Dr. Cassandra Lenza, LCSW, CEDS, RYT Founder, Healing on Hudson LLC

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

THURSDAYS

Qigong Class taught by Shoshanna Katzman every Thursday evening at 5:30pm on zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. Call or text 732.758.1800 or email info@healing4u.com.

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

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

FRIDAYS

Taiji Class taught by Shoshanna Katzman every Friday morning at 9:00am at Red Bank Acupuncture & Wellness Center in Shrewsbury. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732-758-1800 or email info@healing4u.com...

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

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

SATURDAYS

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

save the date

MONMOUTH COUNTY ORGANIC
FRUIT & VEGGIE CO OP SATURDAYS*

OCTOBER 8 & 22
NOVEMBER 5 & 19
DEC 3 AND 17 & 31

Must order a week in advance
Text 732.500.4949 for more information

*Lincroft pod of the Purple Dragon Co-Op

community resource guide

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

ACUPUNCTURIST & HERBALIST

RED BANK ACUPUNCTURE

Shoshanna Katzman & Kelly Van Sickell,
Shrewsbury
732.758.1800
www.healing4u.com



Acupuncture, Therapeutic Massage, Chinese Herbal Medicine Taiji & Qigong group classes and private sessions available

BIO FEEDBACK/STRESS MANAGEMENT THERAPIST

LAUREN A. SALANI, LCSW, BCB

Senior Fellow, Advanced Board Certified in Biofeedback by the BCIA, Biofeedback Certification International Alliance, Member of Association for Applied Psychophysiology and Biofeedback. Trained in EMDR. Stress Relief Services - 107 Monmouth Rd, Suite 104, West Long Branch, NJ 07764. 732-542-2638 LaurenASalani@gmail.com



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.

CHIROPRACTOR

DR. JULIE PAGE

Page Chiropractic & Wellness Center
51 Memorial Pkwy, Atlantic Highlands, NJ
PageWellness.com 732-291-5575



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

COLON CLEANSE

CLEANSING CONCEPTS

Location in Red Bank
CleansingConceptsWorld.com



Private, safe, comfortable. Lose weight, gain energy, improve skin and sleep, help with digestive issues and help reduce the risk of disease. Spa-like atmosphere. Feel completely relaxed!

CREATIVE SERVICES

DESIGN & PRODUCTION FOR NA

Joe Steele,
Advertizing Copywriting, Art Direction,
Web & Print Production
917.753.3390 steeledesign@yahoo.com



Just tell me what you'd like to say and choose the size in Natural Awakenings. Rates start at \$45 for a Biz Card to \$260 for a Full Page. That includes the initial layout & 2 rounds of comments. Changes after that will be \$25 / 15min of design time. See my work at: steeledesign-ny.com

FINANCIAL SERVICE

JEFF BALL, CFP, FINANCIAL ADVISOR

RBC Wealth Management
328 Newman Springs Road
Red Bank, NJ 07701
732-576-4634
Jeffrey.ball@rbc.com or jeffballrbc.com



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

HYPNOSIS

DR JAIME FELDMAN, DCH

Chairman, Medical & Dental Division,
International Hypnosis Federation
10 Darby Court Manalapan,
New Jersey 07726, 732.446.5995
DrJaimeF@aol.com PartsTherapy.com



Dr. Jaime Feldman, a pioneer in an advanced technique called "Advanced Parts Therapy," has been able to unlock the subconscious and remove unwanted behaviors: stop smoke (guaranteed), weight loss, stress, depression, pain and anger management, and more. Outstanding success in curing phobias and deep-seated trauma, and treating the immune system to put cancer into complete remission.

MASSAGE

MELINDA APPLIGATE, AOBTA CMT

Acupressure and
Intuitive Massage & Bodywork
AVON INTEGRATIVE HEALTH CENTER
508 Main Street, Avon-by-the-Sea, NJ
www.flowingqigong.com
(707) 357-4632



Practicing for 25+ years, Melinda Applegate offers an array of disciplines including: Acupressure, Shiatsu, Hawaiian Lomi Lomi, Swedish and Deep Tissue massage, Chi Nei Tsang, abdominal body work.

MYOFASCIAL RELEASE

Nancy Rutherford RN, LMT
Brick NJ 732-773-2728



Practicing John Barnes Method of Myofascial Release combined with corrective exercise. I can assist you to release fascial restrictions, and teach you to gently retrain your body into less pain, more ease. Relax. Release. Realign. Bodywork for lasting change.



MINDFUL HYPNOSIS/REIKI

BELMARWELLNESS

Roseann Petropoulos
1814 South N St. WBelmar, NJ 07719
www.Belmarwellness.com 732 894-3197



Break old habits. Create a lifestyle that brings you happiness and peace in your body, mind, heart and soul. Visualize your life as you want it to be. Know it in your minds-eye. Feel it come to life each day. Roseann is a certified Hypnotherapist and Reiki Master/Teacher. Private sessions combines various modalities with the vibrational energy of the client to allow healing and well being. All sessions are private and confidential. Reiki training for all levels. Individual training is available.

NON-CHLORINE POOL & SPA SYSTEMS

BLUE DOLPHIN Natural Water Systems

Blue Dolphin Pool Service
732-536-8577, 1-888-540-2709
www.naturalwatersystems.com
info@naturalwatersystems.com



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

NUTRITION & WELLNESS

BALANCE WELLNESS CENTER

1999 NJ 88 Brick, NJ 08724
Mindandspine.com
732.903.2222



At Balance Wellness Center, we strive to provide the overall care you need. From your mental health to your physical well-being, our services provide care from the tip of your head to the soles of your feet. Some of the services provided are: Chiropractic, Counseling, Weight loss and nutrition, yoga, meditation and more. Visit our wellness shop at Mindandspine.com Please call us to set up an appointment. Stay balanced.



HEALING ON THE HUDSON

Cassandra Lenza
(973) 264-9423
www.healingonhudsonllc.com
200 Atlantic Ave, Suite Q,
Manasquan, NJ, 08736
Social media: @healingonhudson @healingonhudson_jerseyshore
Email: healingonhudsonllc@gmail.com



Healing on Hudson has opened its 2nd location in Manasquan and is a boutique group therapy practice with specialized therapists for eating disorders, body image, anxiety and depression.

SHORE HOLISTIC NUTRITION & WELLNESS

ALYSSA SIEGEL MSN,RN,FNP-C, CPEN
1806 NJ-35, Suite 205E
Oakhurst, NJ 07765
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

413 Bond Street, Asbury Park,
NJ 07712 (848)217-2371
www.ayearandadaymysticalshoppe.com
Facebook.com/ayearandadaymysticalshoppe



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

POSITIVE PSYCHOLOGY

GEMMA HEALTH COACH, LLC

Gemma Nastasi, NBC-HWC, ACC, CAPP,
CHNC. 227 East Bergen Place, Suite 4
Red Bank, NJ 07701
732-245-2556. Gemmahealthcoach.com
gemma@gemmahealthcoach.com



Do you feel stuck in life without the motivation to make permanent changes? If you are like most people, you may be finding it difficult to make changes on your own. How can I help?. As a National Board-Certified Health Coach, an accredited coach with the International Coaching Federation, and a Posi-

tive Psychology Practitioner with additional certifications in holistic nutrition and life coaching, I am trained and experienced to support and guide you to achieve success in all areas of your life. Contact me to schedule a complimentary phone consultation and prepare for success with Coaching for Change. Packages for Individual, Couples, and Group Coaching.

PSYCHIC READINGS MEDIUMSHIP

MOONSTRUCK PAMELA FURLONG

The Galleria, #2 Bridge Ave,
Red Bank, NJ 07701 moonstruckusa.com
732-936-1889



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

REFLEXOLOGY

MICHELE LIPARI REFLEXOLOGY AND HOLISTIC COUNSELING

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



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

WELLNESS STUDIO/SPA

KUR WELLNESS STUDIOS

412 Bond St. Asbury Park, NJ
732.361.8956



Award-winning studio of services including massage and skin care with a unique fitness studio for yoga and personal training. Kūr offers more than 100 traditional and Ayurvedic treatments and services, and fitness options.



YOGA

THE YOGA LOFT

462 Adelphia Road, Freehold
TheYogaLoftNJ.com
info@theyogaloftnj.com
732-239-2333



We are nestled in the farmhouse at Calgo Gardens, surrounded in the beauty of plants, trees & water features. We provide a space to practice yoga and meditation. There are no goals or judgments, instead you'll find

compassionate, caring teachers, a place where you can connect your body, mind & spirit.



coming in the
october issue

HEALTHY PLANET

natural
awakenings

Aligning values and investing

Jeffrey D. Ball, CFP®
Senior Vice President –
Financial Advisor

328 Newman Springs Road
Red Bank, NJ 07701
(732) 576-4634
jeffrey.ball@rbc.com
www.jeffballrbc.com

Investment and insurance products: • Not insured by the FDIC or any other federal government agency • Not a deposit of, or guaranteed by, the bank or an affiliate of the bank • May lose value

© 2021 RBC Wealth Management, a division of RBC Capital Markets, LLC, Member NYSE/FINRA/SIPC. All rights reserved. 21-FN-01626 (07/21)

Bob & Joy

WWW.BOBANDJOYCOMICS.COM

WE'RE ON OUR WAY UP TO THE CAMPER. I'M EXHAUSTED FROM PACKING. I'M GOING TO HANG UP NOW MOM, I WANT TO CLOSE MY EYES FOR A BIT.

WHAT IS BOB DRIVING?

NO, I AM.

The Online Self-Paced
"Armor" Meditation
Course

Empower yourself

— with an —

Armor

of **Clear, Calm**

Energy ...

in just 10-20 minutes.

OJAYA is the first and only
method that I can actually feel
the effects when I meditate.

— Zoe Gordon,
Hoover, Alabama



OJAYA Deep Meditation — the Ancient **Anti-Stress**, **Anti-Anxiety** Meditation . . . for Healthy, Youthful Aging

PROFOUNDLY easier and far more potent than guided meditations, mindful practices, or any tedious efforts to "watch your breath," the ancient **OJAYA Deep Meditation "Armor"** technique quickly settles you down into a calm state of deep, blissful, **rejuvenating rest**. It's totally effortless, and so powerful that you do not need to meditate long hours. Just 10-20 minutes **attacks** and **dissolves** the deep roots of anxiety, lethargy and stress. Brain fog evaporates and your vital energies get recharged in

mere minutes — the perfect antidote to the fatigue and frenzy of life in the real world . . . and a rare ancient beauty secret for healthy **youthful aging**.

OJAYA makes you strong from the inside — so you can get out there to do something even greater.

Closely guarded for generations, these classic secrets of the **OJAYA "Armor"** technique are now revealed to you on our exquisitely beautiful videos — produced with love in the Earthborn Rainforest.

Learn OJAYA on our site — start now free.

Empower your core inner strength at:

— **OJAYA.COM** —

The not-for-profit School of OJAYA Deep Meditation in the Earthborn Rainforest / US Tel. 641-472-3300



25 years of Holistic Dentistry at the Jersey Shore

DR. PIELA

HOLISTIC DENTISTRY

Specializing in:

- VIVOS DNA Sleep Apnea Appliances
- Myofunctional Orthodontic Appliances
- VIVOS Child Dentistry
- Zirconia Metal-Free Holistic Implants
- Safe Mercury/Silver Amalgam Filling Removal
- BPA-Free Biocompatible Ceramic Composite
- White Fillings
- Mercury & Fluoride-Free Dentistry
- Ozone / Oxygen Administration
- Laser Treatment
- Nonsurgical Gum Treatment
- Frenectomy/Tongue-Tie Release
- Homeopathic & Herbal Protocols



Dr. Elizabeth Piela, DDS is dedicated to taking a whole-body approach to achieving total wellness through holistic dental care in children & adults. She prioritizes eliminating toxins in dental materials, healing teeth naturally to avoid fillings, extractions, or braces, choosing natural remedies for pain, and using proper nutrition to prevent and reverse dental disease.

She has been trained by **Dr. Hal Huggins** and the International Academy of Oral Medicine and Toxicology (**IAOMT**) for safe mercury amalgam removal.



HOLISTIC CLEANING



MERCURY SAFE

732.280.9700 Appointments Monday-Friday 10am-6pm

1717 Main St. Lake Como (South Belmar) ● drpielaholisticdentistrynj.net