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**Dr. JEAN ELJAY**

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Break through the unhealthy habits that are keeping you awake at night and the invasive worries, tensions and concerns caused by anxiety that disrupt your peace, calm, joy and happiness.

Dr. Jean brings his own step-by-step process to resolving these issues. A series of tools will be presented to end anxiety and stop restless sleep. Importantly, you will get thorough recommendations on how to successfully use them.

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—Dr. G. Braun

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Publisher Sharon Shaffery

Editors S. A. Chabonais  
Linda Sechrist  
Theresa Archer

Director of Operations Erika Williams

Design & Production Joe Steele

Digital Content Manager Nancy Siegel

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

letter from publisher

Hello Friends



Sharon Shaffery

Vibe high butterflies. There is so much happening on our beautiful planet. It is more important than ever to take care of our mental, emotional and physical health. The more we care for ourselves, the higher our vibration will be -- and the more our prayers will help those we pray for. So many need our powerful prayers right now.

To combat the challenges we are feeling from the supply chain issues resulting from global events – I strongly recommend identifying the key foods we enjoy eating. Even if you think you don't have a green thumb – give it a try, you may be surprised. I am growing all high yield crops – beans, peas, cucumbers, squash, tomatoes and lots of herbs. We have some helpful content this month to support your efforts so definitely check it out.

Worrying puts out the wrong vibration. Be aware of the atrocities and challenges raining down, but remember we are the lightworkers. We are the frequency umbrella protecting the earth and all of it's creatures and our power shields must be charged and strong from our gratitude and love.

Vibe high butterflies.  
Warm wishes,

Sharon



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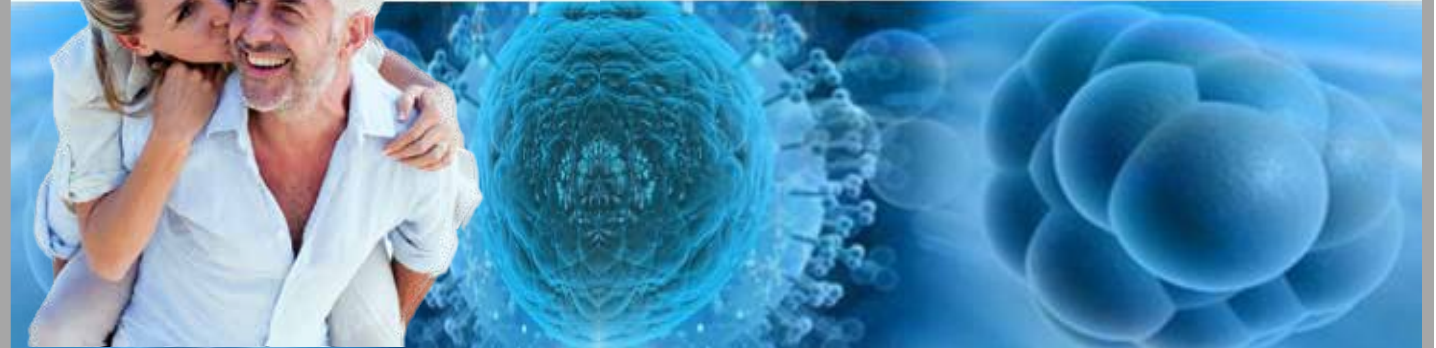
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Natural Awakenings is printed on recycled newsprint with soy-based ink.

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.



## ADVERTISING & SUBMISSIONS

### HOW TO ADVERTISE

To advertise with Natural Awakenings or request a media kit, please contact us at 732.230.7337 or email [advertise@NAjerseyShore.com](mailto:advertise@NAjerseyShore.com). Deadline for ads: the 7th of the month.

### EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: [LocalPublisher@Sharon@NAjerseyShore.com](mailto:LocalPublisher@Sharon@NAjerseyShore.com). Deadline for ads: the 5th of the month.

### CALENDAR SUBMISSIONS

Email Calendar Events to: [Sharon@NAjerseyShore.com](mailto:Sharon@NAjerseyShore.com). Deadline for ads: the 10th of the month. Cost is \$10/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](http://NaturalAwakenings.com).

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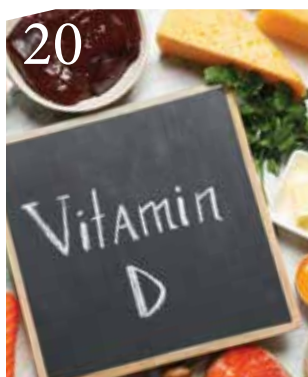
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Join Transform Your Life Program and lose 10 pounds or more like many others did including myself and keep it off. Push through weight-loss plateau and unstick your weight. This Group Program begins on Sunday, May 17 and will be led by Larisa Belote, Health

Practitioner/Certified Detox Specialist, who is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools.

For more information, call/text 732.996.6963 or email [larisa@stepbystepwellness.com](mailto:larisa@stepbystepwellness.com) Information you learn will be invaluable and the tools you will take with you can be used for a lifetime!

## Can I Heal My Skin Naturally?



**D**o Learn about the hidden, underlying causes of skin issues such as, eczema, acne, rosacea, psoriasis, dandruff, dermatitis, hives, rashes, dry skin and how it can be handled naturally.

This event will be held virtually via Zoom on Thursday, May 26 at 7:30pm.

Email Alyssa Siegel, Shore Holistic Nutrition, [shoreholisticnutrition@gmail.com](mailto:shoreholisticnutrition@gmail.com) or call 732.314.1851 to sign up. Space is limited so reserve your spot today!

## Invest in Yourself to Help Others

**O**rganizational Meeting: Thursday, May 24 or Wednesday, June 1. Contact hours will be determined by the consensus of the group. Participation is limited on a first-come, first-served basis.

The International Association of Counselors and Therapists® (IACT) <https://www.hypnosisalliance.com/iact/index.php> sponsored certification course includes at least 110 hours of classroom and 110 hours of homework, videos, guest lecturers, readings, handouts, books, potential field trips and study materials. Even while you are learning, all the resources of IACT will be available to you. Once certified, you can immediately begin your exciting career in cognitive behavioral hypnosis.

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David Spiegel, M.D., is Associate Chair of Psychiatry at Stanford University, where he is known for his research into breast cancer. He directs the Stanford Center on Stress and Health and is "one of the nation's most respected experts in the clinical uses of hypnosis".

All classes will be virtual. To join now or for more information contact Dr. Jean Eljay at 484.574.1144, [drjean@hypnobiosis.com](mailto:drjean@hypnobiosis.com) or visit the Website @ [Hypnobiosis.com](http://Hypnobiosis.com)



## Find Balance Wellness with Dr. Frank Fuscaldo

**D**r. 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. With more than 25 years of clinical experience, Dr. Fuscaldo uses a unique scientific-based, holistic approach to creating individualized plans of care in response to the patient's health needs. He believes that every patient is unique and deserves individualized attention. He will take the time to review every patient's health history, current symptoms, and discuss the patient's goals before recommending specific blood testing.

Dr. Fuscaldo is clinically trained in caring for Autoimmune Diseases, Cardiovascular disorders, Insulin Resistance or Diabetes, Thyroid conditions including Hashimoto's Hypothyroidism, Brain Function, Gastrointestinal Disorders, just to name a few. He is committed to maintaining the highest level of proficiency and attends continuing education seminars to stay current on the latest healthcare breakthroughs.

Call our office today to schedule an Initial Consultation if you or a family member are looking to achieve optimal health using dietary and supplement support, as well as lifestyle recommendations. Contact Balance Wellness Center @ 732-903-2222

## May is Women's Empowerment Month at Jersey Shore Arts Center

**C**elebrating women's creative achievements in the visual and performing arts fields is the focus of the Jersey Shore Arts Center this May.

The goal of the May programming centers on celebrating and inspiring women to be creative and follow their passions in art, music, and writing. We hope to inspire and engage women of all ages and backgrounds to create and be creative. The "Can Do" Rosie the Riveter statue will serve as the inspiration for the month. The Jersey Shore Arts Center will be collecting donations from the community on GoFundMe.com to cover the expense of installation. Other events may be scheduled as the month draws closer, please visit [JerseyShoreArtsCenter.org](http://JerseyShoreArtsCenter.org) for program updates, tickets and pre-registration.

## Good News from our Friends at A Year and a Day Mystical Shoppe



**W**e are growing! A Year and a Day Mystical Shoppe is pleased to announce our expansion which includes the addition of the space next to us at 415 Bond Street in Asbury Park.

This represents so much for our spiritual family and for us to better serve our community. Our new space allows us to host our workshops, classes, psychic readings, aura photography and energy healings in a dedicated space and offer a greater array of services.

Please continue to check our website for events and services. We will be adding additional meditations, classes and workshops and hope to see you there! Additionally, if you would like to co-host a spiritual or healing event with us, please reach out.

We invite you to contact us with questions, or to register for our events: A Year and a Day Mystical Shoppe, 413 and 415 Bond Street, Asbury Park, NJ 07712 Phone: 848. 217.2371 Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com).

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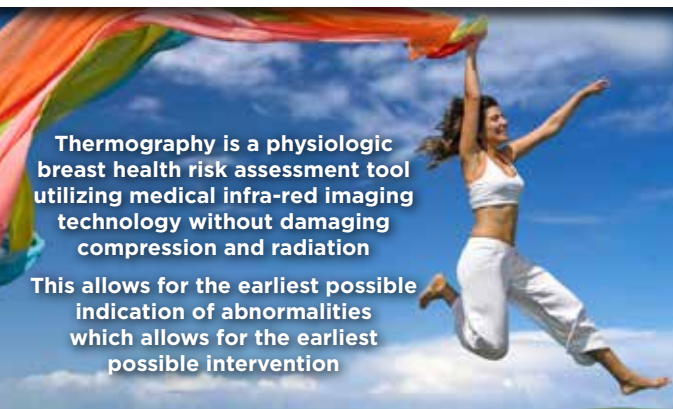
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## Check Out the Jersey Shore Arts Center Today!

The Jersey Shore Arts Center, is a nonprofit organization which produces special events and programming as part of its ongoing mission to provide accessible arts for the Jersey Shore communities.

Sponsorship opportunities are available to local businesses to assist with expenses associated with these events. For more information about the events, programs, and sponsorship options, please call 732.502.0050 or email the Jersey Shore Arts Center at [info@jerseyshoreartscenter.org](mailto:info@jerseyshoreartscenter.org).

Women's Empowerment Month's programs have been made possible by the New Jersey Symphony, Grounds for Sculpture, Inspired Girl Enterprises, community supporters, and grant funding from Monmouth Arts.

The Ellie Forsythe art exhibition and "Can Do" art unveiling ceremony is free to attend without registration. We ask visitors who plan to participate in other mentioned events to visit the [JerseyShoreArtsCenter.org](http://JerseyShoreArtsCenter.org) website to pre-register.

The Jersey Shore Arts Center, located at the entrance of the Ocean Grove gates at 66 South Main Street, Ocean Grove, New Jersey, supports local artists, arts educators, arts organizations, and community groups with low-cost work and venue space. This nonprofit organization, 501(c)3, is committed to providing affordable arts programs to Jersey Shore communities and restoring and maintaining the Old Neptune High School that serves as the location for the Jersey Shore Arts Center.

## Paint from Home or In-person

Join our growing community of women 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, go to <https://www.wildandfreepainting.com/womens-group> Individual Art Therapy sessions are 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](http://www.wildandfreepainting.com). Wild and Free Painting is located at 660 Tennent Road, Suite 106, Manalapan, NJ 07726, 347.804.8249.

## Reiki Training – Level 1 at the Yoga Loft



Reiki is a free-flowing, universal energy that facilitates transformation and supports the body's natural ability to heal by channeling energy at various frequencies. Reiki goes where the body needs it most, breaking up stagnant or blocked energy, and is complimentary to all other forms of healing or medicine. By improving the flow energy around the body, Reiki can induce relaxation, relieve pain, speed healing and relieve stress.

This One Day Level 1 Training with Elena cost \$165 and will be held on Sunday, May 1, 12 noon to 5pm. It will include:

- A sacred Level 1 ritual called an "Attunement"
- An overview of the meaning, purpose, benefits and history of Reiki
- Procedures for giving a complete and modified Reiki treatment to others
- Supervised practice sessions with each other Procedures for self-Reiki treatments
- Our inner space during Treatments
- A comprehensive Level 1 Manual
- First Degree Reiki Certificate

*Recommended: Receiving a full Reiki Treatment prior to completing this training. Wear comfortable clothes and bring a notebook. Please bring a light, (non-meat) lunch. Space is limited; register at [info@theyogaloftrnj.com](mailto:info@theyogaloftrnj.com) or call/text 732.239.2333.*

## Can Acupuncture and Chinese Medicine Help You?



With 20 years of experience as an acupuncturist and Chinese herbologist, Dr. James Yansick of Beam Healthcare and Sports Rehabilitation offers services for those suffering from acute and chronic pain.

Dr. Yansick has a wide range of experience in both pain management and treatment of sports medical injuries. He implements many established eastern modalities into his treatment plans including qua

sha, cupping, electromagnetic therapy, mineral heating therapy and dietary guidance.

A graduate from the International Institute of Chinese Medicine, Santa Fe, NM, Dr. Yansick has completed a four-year post graduate curriculum of Oriental medicine alongside some of the most prominent names in the field of eastern medicine today. A seasoned lecturer, Dr. Yansick has also held numerous positions on integrative medicine boards at RWJUH.

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## Eat Prunes and Anti-Inflammatory Food to Reduce Bone Loss and Fragility



A popular staple since ancient times, prunes have long been esteemed for their culinary, nutritional and medicinal purposes, and a new review of research has found that they can also help counter the bone loss linked to fragility in postmenopausal women. After reviewing 28 studies, Penn State University researchers reported in the journal *Advances in Nutrition* that eating five to 10 prunes each day can help prevent or delay bone loss, lowering the risk of fractures. In one study, women that

ate 100 grams of prunes (about 10) per day for one year experienced improved bone mineral density in their forearms and lower spines. In another study, eating five to 10 prunes a day for six months was shown to prevent bone density loss and decrease TRAP-5b, a bone-loss marker. The nutritional benefits of prunes, including minerals, vitamin K, phenolic compounds and dietary fiber, may reduce the inflammation and oxidative stress that contribute to bone loss, said the authors.

In a separate study in the *American Journal of Clinical Nutrition*, Harvard Medical School researchers that studied 1,700 older adults for 12 years found that those that ate a highly pro-inflammatory diet rich in simple carbohydrates and saturated fats were more than twice as likely to develop fragility—increasing the risk of falls, hospitalization and death—as those eating the least amount of those sweet, fatty foods.

## Try Tai Chi to Boost Neurological Health

With its slow, rhythmic, controlled movements and synchronized, deep breathing, the ancient Chinese practice of tai chi has been shown to improve balance, reduce falls and enhance the quality of life for people with neurological challenges such as strokes, Parkinson's disease and multiple sclerosis. A meta-review of 24 studies by researchers at the University of North Texas Health

Science Center concluded that tai chi may be able to reduce pro-inflammatory contributors to cellular activity, increase anti-inflammatory cytokines that help regulate immune response, decrease oxidative stress factors and increase neurotrophic factors regulating neural health. Researchers pointed to its "potential effectiveness in neurorehabilitation," which aims to improve the functions and well-being of people with diseases, trauma or disorders of the nervous system.



## Avoid Living Near a Fracking Facility

The 17.6 million Americans living within one kilometer of one of the country's 100,000 hydraulic fracturing (fracking) facilities face a higher risk of heart problems, cancer and respiratory disease, recent research suggests. In the latest study from Harvard, statisticians found that living near or downwind from a fracking site contributes to earlier death among elderly people. Combining the Medicare records of 15 million people over age 65 with zip codes of fracking wells, they found that the closer to the wells people lived, the greater their risk of premature mortality. Those that lived closest had a statistically significant elevated mortality risk (2.5 percent higher) compared with those that didn't live close by, and those living downwind faced a higher risk of premature death than those upwind. The results suggest that airborne contaminants emitted by the wells are contributing to the increased mortality, the researchers write.



## Take Vitamin D to Protect from Autoimmune Disorders and COVID-19 Severity

As up to 50 million Americans can personally testify, autoimmune disorders (AD) defy easy treatment, but a new study from Brigham and Women's Hospital, in Boston, offers hope that vitamin D<sub>3</sub> supplementation can significantly reduce the risk of incurring these disorders in the first place. Researchers divided 25,871 older adults into four groups: the first took 2,000 IU of vitamin D<sub>3</sub> daily; the second took 1,000 milligrams a day of marine omega-3 fatty acids (fish oil); the third took both D<sub>3</sub> and fish oil; and a fourth was given a placebo. After two years, those that took vitamin D with or without the fish oil had a significantly lower rate of autoimmune diseases, such as rheumatoid arthritis, polymyalgia rheumatica, autoimmune thyroid disease and psoriasis, compared to the placebo group. While the fish oil alone didn't lower AD risk, there was some evidence that it had an effect over time. "Autoimmune diseases are common in older adults and negatively affect health and life expectancy. Until now, we have had no proven way of preventing them, and now, for the first time, we do," says first author Jill Hahn, Ph.D., an epidemiologist.

Vitamin D may also protect against COVID-19 severity, report Israeli researchers in the journal *PLOS One*. Examining the records of 1,176 patients admitted to a hospital with COVID-19-positive PCR tests, they found that those with a vitamin D deficiency (less than 20 nanograms per milliliter in their blood) were 14 times more likely to have a severe or critical case of COVID-19 than those with levels higher than 40 nanograms per milliliter. Mortality among patients with deficient vitamin D levels was 11 times higher than those with sufficient levels—25.6 percent compared to 2.3 percent.

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## Crispy Critters

### Western Megadrought Surge Continues



courtney.smith/Unsplash.com

A megadrought is a dry spell that lasts for more than 20 years, and the Southwestern U.S. endured the worst occurrence since at least 800 A.D. in the period from 2000 to 2021. So says research based on evidence embedded in tree rings from 1,600 sites in the North American West

published in the journal *Nature Climate Change*. University of California-Los Angeles climate scientist and lead author Park Williams says, "The results are really concerning, because it's showing that the drought conditions we are facing now are substantially worse because of climate change ... but there is quite a bit of room for drought conditions to get worse."

Temperatures in the Southwest have averaged 1.6 degrees higher since 2000, and the megadrought has depleted California's reservoirs, shrunk the Utah Great Salt Lake to record lows and fueled destructive wildfires. University of Michigan climate scientist Julie Cole, not involved in the research, says it shows how temperature can make more of a difference than precipitation alone when it comes to prolonging a drought. "The air is basically more capable of pulling the water out of the soil, out of vegetation, out of crops, out of forests, and it makes for drought conditions to be much more extreme." Unless climate change is mitigated, there is no end in sight.

## Prescription Problem

### Pharmaceutical Pollution is Out of Control



A new study by the University of York, "Pharmaceutical Pollution of the World's Rivers," in the journal *Proceedings of the National Academy of Sciences*, has determined that pharmaceutical drugs polluting the world's rivers pose "a global threat to environmental and human health." Research leader Dr. John Wilkinson says, "What we know now is that even the most modern, efficient wastewater treatment plants aren't completely capable of degrading these compounds before they end up in rivers or lakes."

Biologically active compounds cause harm to wildlife such as the feminization of fish, and the presence of antibiotics in the environment increases the risk of drug resistance. The survey sampled 258 rivers in 104 countries and more than a quarter were regarded as unsafe for aquatic organisms. The most extensive global study to date found that the most polluted rivers were in Bolivia, Pakistan and Ethiopia. In the U.S., Dallas ranked in the top 20 percent. Those in the Amazon rainforest, Iceland and Norway had the least amounts of pharmaceutical pollution. Wilkinson advises, "The World Health Organization and UN and other organizations say antimicrobial resistance is the single greatest threat to humanity; it's a next pandemic."

## Sundown Showdown

### Trouble in Solar Paradise



Sixty miles from Las Vegas, the unincorporated town of Pahrump, Nevada, has plenty of sunshine to generate solar power, but residents are upset that San Francisco-based Candela Renewables wants to build a large-scale solar field across approximately 2,300 acres. Candela Manager of Development Dewey Klurfield discussed plans for the Rough Hat Nye County solar project at a meeting of the Pahrump Public Lands Advisory Committee, and many residents criticized the company for encroaching on their land.

Although Nevada is striving to be a leader in renewable energy, around 80 percent of the state is public land, mostly maintained by the U.S. Bureau of Land Management. Residents and conservationists fear that the project could destroy thousands of miles of delicate cryptobiotic desert crust—a thin layer of bacteria-rich soil that retains water and nutrients, and slows erosion—at the expense of local ecosystems. Large-scale solar fields also run the risk of displacing native plant and animal life, and contributing to dust storms. Nels Johnson, North American director for renewable energy at The Nature Conservancy, states, "We need to recognize that any form of energy is going to have some impacts. The question is how do we try to avoid and minimize those impacts?"

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## Buzz Kill

### More Bad News for Bumblebees



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A joint Emory University and University of Washington study published in *Proceedings of the Royal Society B* indicates that streptomycin, an antibiotic sprayed on

orchard crops to combat bacterial diseases, slows the cognition of bumblebees and reduces their foraging efficiency. Laura Avila, first author of the paper and a postdoctoral fellow in the Emory Department of Biology, states, "No one has examined the potential impacts on pollinators of broadcast spraying of antibiotics in agriculture despite their widespread use."

The researchers think that the negative impact of streptomycin on bumblebees may be due to the disruption of the insects' microbiome. In lab experiments with managed bumblebees (*Bombus impatiens*) to test the effects of an upper-limit dietary exposure to streptomycin, half of the bees were fed sugar water to simulate nectar. The remaining bees were fed sucrose dosed with streptomycin. After two days on this diet, the bees fed streptomycin displayed a marked decrease in short-term memory and foraging ability. The scientists note the timing of antibiotic application, the amount applied and possible alternatives to the use of an antibiotic may be potential mitigation methods if research verifies the harmful impacts on bumblebees of agricultural spraying with streptomycin.



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# Mothering the World

by Marlaina Donato



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day we have simple opportunities to refine this beautiful impulse. We flex the “mother muscle” whenever we acknowledge someone else’s accomplishments, welcome a new neighbor or heat a bowl of soup for a loved one after a long day. We can nourish community when we pick up trash along a hiking trail, whip up a sweet treat for the local bake sale, invite friends for a potluck supper or offer a helping hand at a local food pantry. The smallest gestures—smiling at a stranger, giving or asking someone for a hug or saying “I’m sorry”—don’t require time, money or effort, yet exemplify spiritual generosity which is the nucleus of all nurturing.

We also cannot forget ourselves. Too often, we place our most fervent callings last, shuffling our sources of joy to the back of the line because there aren’t enough hours in the day. When we starve our talents and interests, lock down our emotions and neglect our spiritual needs, we become energetically malnourished, and from this famished core, have little from which to draw. Sometimes we are so invested in mothering the well-being of others that we forget to do the same for ourselves. It is not selfish to tend to our own potential to thrive. It is a beautiful necessity, and we are worth it.

*Marlaina Donato is a mind-body-spirit author, composer and artist. Connect at WildflowerLady.com.*

All that is brought to fruition has someone behind the scenes tending to its innate potential. The quality of nurturing permeates both the human and the natural world and goes much deeper than raising beloved offspring. Whether it be a well-balanced child, a verdant backyard garden or the premiere performance of a symphony, tending to what we love can yield great things. Equally rewarding, nourishing what we find challenging or uncomfortable can deepen our human experience.

“Every blade of grass has its angel that bends over it and whispers, ‘Grow, grow,’” states the Talmud, and we, too, can be angels. Whether or not we are inborn nourishers, every



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# Maintaining Strong Bones

by Shoshanna Katzman



For many, it is difficult to imagine that their bones will ever be anything but super strong, although as the aging process progresses this is not always the case. Several factors contribute to the weakening of bones such as a sedentary lifestyle with improper diet compounded by the depleted mineralization of our soil.

This results in the loss of calcium and other essential minerals thereby weakening bone structure. In the worst-case scenario, this leads to osteoporosis, possibility of debilitating fractures and the rude awakening that one's bones are hindering ability to continue daily life activities.

Osteoporosis is more common for women and affects approximately 200 million women throughout the world. It is thus prudent to put preventative measures in place as early as possible as: "an ounce of prevention is worth a pound of cure".

Western physicians recommend weight-bearing exercise, a balanced diet containing calcium rich food or in some cases calcium supplementation. When appropriate, they prescribe periodic testing of bone mineral density (BMD) particularly for women over 60 and men over 70 years of age. Western pharmaceuticals are also available as a promising treatment for osteoporosis.

Chinese medicine informs us that our bones are connected to the energetics of our kidneys. Receiving acupuncture treatments and taking Chinese herbals targeting kidney enhancement is thus a mainstay of this ancient paradigm. Engaging in the practice of Taiji for its weight-bearing benefit and the bone marrow cleansing Qigong exercises also strengthen kidney energy.

Chinese medicine, furthermore, offers suggestions for choosing foods and drinks which build rather than deplete energetics of the kidney meridian system. Enhancement of body nutrition through Western herbs high in mineral content and nutraceutical supplementation is another viable approach.

Dietary recommendations for continued support of bone health include reduced consumption of red meat as it is thought to leech calcium from the bones. Sardines with bones and other seafood, such as salmon and tuna are good options. Eating plenty of

organic fruits is essential such as bananas which contain potassium along with strawberries and blueberries as they are high in antioxidants that combat oxidative stress.

Additional bone strengthening basics include organic vegetables such as the calcium rich green leafy kale, spinach, collard greens and bok choy. Be sure to include sea vegetables such as nori, kelp, kombu and wakame as they are filled with trace minerals such as calcium, phosphorous, magnesium and iron. Eating prunes is, furthermore, recommended for increasing bone mineral density.

Qigong exercise where you sit quietly and visualize your bones breaking down and rebuilding in equal proportion. Establishing overall health is another essential key to maintaining bone strength. Continually working toward keeping our bodies from becoming physically run down, keeping qi flowing throughout our energetic body and nourishing our spirit results in a strong, vibrant and energized vehicle to support us to effortlessly move through life.

Maintaining proper functioning of the vital organs, maximizing brain function and optimizing health of the cardiovascular, immune, reproductive, circulatory and nervous systems through balanced lifestyle, stress management, regular exercise and proper rest and sleep are basic components of any health program.

*Shoshanna Katzman, L.Ac., M.S. has been director of the Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for over thirty years. She provides acupuncture along with her associate Kelly Van Sickell. Shoshanna also offers Chinese herbal consultation and classes in Taiji and Qigong which are ancient Chinese exercises practiced for health and longevity. She is author of Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy and soon to be released Center of Power Curriculum: Life Mastery through Taiji. Shoshanna is also co-author of Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness. For more information call or text 732.758.1800 or send an email to info@healing4u.com.*

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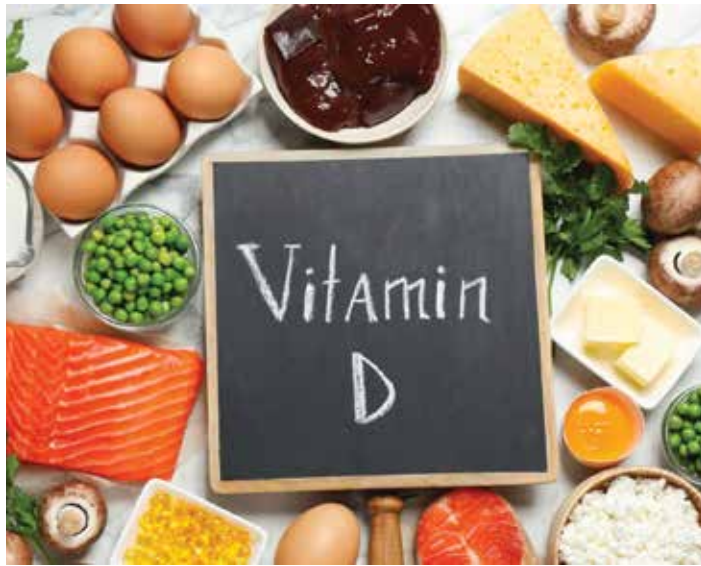
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# Vitamin D for Prevention & Support of Health Conditions

by Larisa Belote



**V**itamin D is a hormone synthesized from the sun that plays a significant role in generating human health. Almost 50% of Americans are vitamin D deficient because our modern lifestyles simply don't give us access to the sun in peak UVB hours of the day. As a result, the risk of various diseases skyrockets. Let's explore vitamin D deficiency and how you can top up your stores so that you may give your body a chance to thrive.

When one is Vitamin D deficient, this simply means that your body does not have adequate vitamin D to function properly. The baseline number recommended as a daily intake to not be considered 'deficient' varies but generally remains low between 400 and 800 IUs. These doses do not address the levels that start to mitigate illness or to thrive truly. Physicians have been using mega-doses of vitamin D (of 4,000 IUs to up to 40,000 IUs), with great success.

Vitamin D deficiency is prevalent, affecting nearly 50% of Americans. Although the sun is a primary source of vitamin D synthesis through the skin, many people do not get adequate intake via the sun. This is due to the fact most live and work indoors and simply do not spend enough time every single day exposing their bare skin to the sunshine. Many people also live far enough from the equator that vitamin D is not available year-round. As a result, vitamin D deficiency is widespread. This matters because vitamin D, a hormone, plays a large role in various conditions.

## The Role of Vitamin D in Five Health Conditions

### Depression

Vitamin D deficiency may contribute to depression. A meta-analysis by the University of Cambridge has made various links between the two. The study participants with depression had low vitamin D markers compared to the control group and were indeed more susceptible to depression. Vitamin D receptors are located in the same region of the brain that is associated with depression.

### Diabetes

Dietary vitamin D supplementation is associated with a reduced risk of type 1 and type 2 diabetes. Evidence suggests that vitamin D can help improve glucose tolerance and insulin resistance. Low levels of vitamin D cause the body to secrete insulin, which promotes insulin resistance.

### High Blood Pressure

A meta-analysis of 35 studies and 155,000 people demonstrates that high vitamin D concentrations resulted in lower blood pressure levels and a reduced risk of hypertension. Researchers have found for every 10 percent increase in concentrations of 25-hydroxyvitamin D, there is an 8.1 percent decrease in the risk of hypertension. One study demonstrated that with supplementation of vitamin D, 71% of patients were no longer hypertensive one year later.

### Cancer

Higher serum levels of vitamin D in the blood are associated with dramatically reduced colon, breast, ovarian, renal, pancreatic, aggressive prostate, and other cancers. Vitamin D has promising links to cancer prevention. One study links the combination of 1,100 IU per day with calcium in reducing cancer risks by 60%. Studies highlight that efforts to improve vitamin D levels may reduce cancer incidence and mortality, with few or no adverse effects.

### Autoimmune/ General Immunity

Vitamin D plays a significant role in generating immune health because this hormone has many biological processes that regulate immune responses. This is especially important for those dealing with autoimmune conditions, as vitamin D deficiency has been widely considered a contributing factor to autoimmunity. This is due to its various immunomodulatory, anti-inflammatory, antioxidant, and anti-fibrotic actions. Whether you are looking to heal from autoimmune issues, or simply bolster your immune strength, having high vitamin D levels is non-negotiable.

Foods high in vitamin D include liver, egg yolks, oily fish, and red meat. It's important to note that vitamin D levels in food will reflect how much time the animals spent outside, living natural animal lives (wild or pasture-raised/ organically fed). Supplementation is an excellent tool for virtually everyone who wants to optimize their health and immunity.

*Larisa Belote, Health Practitioner & Certified Detox Specialist is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Call/Txt 732.996.6963 or email: larisa@stepbystep-wellness.com to set up a FREE 20-minute consultation.*



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# DIY Salt Scrub

with Himalayan Salt and Essential Oils



A sea salt scrub is an easy and inexpensive way to maintain a glowing complexion. Salt scrubs work hard to exfoliate and remove dry skin from the surface, reduce the appearance of wrinkles and pores, and improve the overall tone. Exfoliating scrubs are good for the entire body, especially dry areas like feet and hands. They are easy to make because they are a simple combination of salt and oil.

In addition to standard sea salt, adding Himalayan pink salt to a scrub recipe adds an extra boost of health because it contains 84 trace minerals and nutrients. Grapeseed oil, which can be found at natural grocery stores, is a good carrier oil for a scrub because it is extremely nourishing. Adding both almond and jojoba oils, and vitamin E into the mixture increases the scrub's moisturizing effect, making it especially good for dry skin.

Essential oils add fragrance and

healing qualities to the scrub, and they can include such variations as:

**Margarita salt scrub:** 12 drops lime essential oil, 8 drops orange essential oil

**Rose salt scrub:** 15 drops rose essential oil, sprinkle with dried rose petals

**Citrus burst salt scrub:** 5 drops orange essential oil, 10 drops grapefruit essential oil

**Lavender vanilla salt scrub:** 15 drops lavender essential oil, 5 drops vanilla essential oil

### DIY SALT SCRUB RECIPE

- 1 cup finely ground sea salt
- ½ cup Himalayan pink salt
- 4 Tbsp grapeseed oil
- 3 Tbsp almond oil
- 1 Tbsp jojoba oil
- 10 drops vitamin E
- 15-20 drops essential oil

Put sea salt and Himalayan salt into a mixing bowl. Add in grapeseed oil, almond oil, jojoba oil and vitamin E. Add the essential oils last, right on top of the other oils.

Mix until all of the salt is coated with oil. It should not be swimming in oil, just coated. Store in a glass or metal container. This recipe fills a single, pint-sized Mason jar or two half-pint jars.

Because this salt scrub recipe does not contain any water, it will last up to six months. Make sure to keep it sealed in a jar with a lid to ensure it stays fresh and free of contaminants. If it is kept in the shower, store the scrub away from the water stream.

For more healthy DIY recipes, along with natural skincare and eco-friendly home and garden ideas, visit [EcoLivingMama.com](http://EcoLivingMama.com).

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## A Spotlight on Balance Wellness

by Dr. Jeff Hurewitz, D.C.

Your thoughts create your reality, and Dr. Jeff has proven this to be true. After graduating from the University of Wisconsin, Dr. Jeff Hurewitz and his wife Dr. Margo Hurewitz, continued their educational journey in San Francisco, California. Margo earned her Doctorate in Clinical Psychology while Jeff earned his Doctorate in Chiropractic.



he would like to be in 15 years. Dr. Jeff detailed his dream practice, which was a holistic center that emphasized not just musculoskeletal conditions, but both the mind and the body.

He wanted to create a center where he could bring the community together to address not just pain, but the root cause of pain and overall wellbeing. Today Balance Wellness Center is a thriving mecca where all types and ages of people come to reset, recharge and achieve optimal health. We offer Chiropractic, Acupuncture, Massage Therapy, Weight Loss, Functional Nutri-

tion, Mental Health Counseling, Group Psychotherapy, Infrared Sauna Therapy and Meditation classes.

Just prior to the pandemic, Dr. Jeff purchased 1999 Rt 88 in Brick, NJ, where he renovated and created the facility of his dreams. The front desk is led by Lisa Francese, the office manager, who was instrumental in the creation of the practice and continues to navigate its direction. All providers engage in constant continuing education, which allows them to practice the most up to date techniques in natural medicine. Patients come to Balance dealing with a variety of conditions, such as chronic pain, sleep issues, weight gain, headaches, nutritional deficiencies, mental health issues and overall wellness maintenance. It is a loving, supportive atmosphere where patients feel safe, comfortable and cared for.

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# EASY CONTAINER GARDENING

## HOW TO GROW EDIBLES IN POTS AND PLANTERS

by Maya Whitman



Container gardening offers something for everyone, from beginners to seasoned green thumbs. Growing vegetables, flowers and herbs in pots can be cost-effective, inspiring and tailored for any urban balcony or country patio.

The perks of planting in pots include a reduced risk of disease spreading from one crop to another, fewer critters helping themselves to a free lunch, and less weeding and overall work. For urban garden expert Mark Ridsdill Smith, in Newcastle upon Tyne, England, tending to plants has provided a sense of community. “When I lived in London, I knew almost no one on my street after 10 years, but when I started growing food by the front door, I was constantly chatting to passersby as I tended my tomatoes and squash,” says the author of *The Vertical Veg Guide to Container Gardening*, who also enjoys the practical side of making connections: swapping seeds, gifting produce and exchanging advice.

### Fertile Foundations

Vegetables like lettuce, tomatoes, peppers, eggplant, squash, radishes and beans are ideal for container gardens, and with a little know-how, other crops like watermelon and muskmelon can also thrive. “Many types of vegetables can be grown in pots if they are large enough to accommodate the root system, even potatoes,” says Lisa Hilgenberg, horticulturist at the Chicago Botanic Garden’s four-acre Regenstein Fruit & Vegetable Garden, in Glencoe, Illinois. Choosing pots with the right size and materials is an investment worth making, she notes. “Peppers and tomatoes prefer terra cotta pots. Many herbs thrive when root-bound and do well in smallish pots or grouped together in shallow bowls.

Plants needing to climb can be trained to grow on a trellis placed in a container.”

Melinda Myers, the Milwaukee-based author of *Small Space Gardening* and more than 20 gardening books, encourages gardeners to think outside the box. “Repurposing items is another way to add fun and plantable space. I have seen old teapots, coffee makers, washtubs, coolers and more converted into planters.” For the well-meaning, but sometimes absent-minded gardener, she recommends self-watering pots to reduce maintenance. “These containers have a water reservoir you keep filled. Water moves from the reservoir into the soil, so you need to water less often.”

### Generational Nourishment

Using high-quality potting soil is paramount and can be store-bought or made at home for less by combining pH-fostering

peat moss, vermiculite and perlite. Plants started from seed are more nourishing for both people and the planet.

“Some seeds thrive most when sown directly in the soil, and cilantro is one of them, as are all root vegetables, as well as beans and peas. Other seeds, like tomato and ground cherry, are best started indoors. Some seeds, like kale and basil, thrive either way,” explains Petra Page-Mann, co-owner of Fruition Seeds, an organic seed company in Naples, New York, that specializes in open-pollinated heirlooms and offers free online tutorials. Seeds can easily be saved for future plantings from crops such as beans, peas, cilantro, dill, sunflower and cosmos. “No one can save seeds better adapted to your garden than you,” she says.

Children are prime candidates for container gardening, especially in cities. Smith muses, “Children get to smell and feel the whole plant—the extraordinary smell of tomato leaves, the bristles on zucchini—and they love getting their hands into the compost. I’ve witnessed children who rarely eat salad demolish a whole tray of fresh pea shoots in minutes!” For young gardeners, he recommends growing “pea shoots, new potatoes (they love digging them up), herbs like mint (to play with and make drinks and potions), alpine strawberries and sorrel.”

Even gardeners with conventional suburban or country plots may find that container crops come in handy. “For those with plenty of garden space, it is a way to bring the garden to your back or front door,” says Myers. “Keeping pots of herbs and veggies close to the house makes harvesting and using fresh herbs and vegetables easier. I have 11 acres, but still use containers to test new plants and bring the garden to my front and back doors.”

Page-Mann attests to willingness and possibility when she says, “Seeds, again and again, remind me that our imagination is the limit, that regional adaptation is the language of resilience and that we can grow so much more than we think possible.”

Maya Whitman writes about natural health and living a more beautiful life. Connect at [Ekstasis28@gmail.com](mailto:Ekstasis28@gmail.com).

## POT GARDENING TIPS FROM THE PROS

**FROM MELINDA MYERS, AUTHOR OF *SMALL SPACE GARDENING*:**  
**Mulch the containers.** Covering the soil with an organic mulch like evergreen needles and shredded leaves helps conserve moisture and suppress weeds until the plants cover the soil surface.

**Use a slow-release, eco-friendly fertilizer.** Incorporate it into pots at planting and if needed, make a second application mid-season. It’s a lot easier than applying a fast-release product every week or two.

**Incorporate organic wool pellets** into the potting mix to reduce watering up to 25 percent and add air space, nutrients and organic matter to the soil.

### TIPS ON TYPES OF POTS:

**Terra cotta** pots are heavy and tend to dry out faster.

**Glazed ceramic** pots hold water for long periods and are available in a variety of shapes and colors. Both should be moved indoors for the winter.

**Plastic** pots come in a variety of colors, are lightweight and can often be left outdoors.

**Fiberglass** is lightweight, pricey and designed to be left outdoors year-round.

**Metal** is usually not a problem for northern gardeners and are quite trendy.

For more information on galvanized steel safety, visit [Seeds\\_for\\_Thought64596.pdf](#) ([ucanr.edu](#)).

### FROM LISA HILGENBERG, CHICAGO BOTANIC GARDEN HORTICULTURIST:

**Climbing plants:** Growing plants vertically is a great way to save space and add an architectural aesthetic to a container kitchen garden. Select a trellis to accommodate the type of climber. Peas and beans climb using tendrils that grow best around a thin fishing line netting; they won’t stay secure to an iron trellis. Some vining plants need help climbing, so they will need to be tied onto bamboo poles.

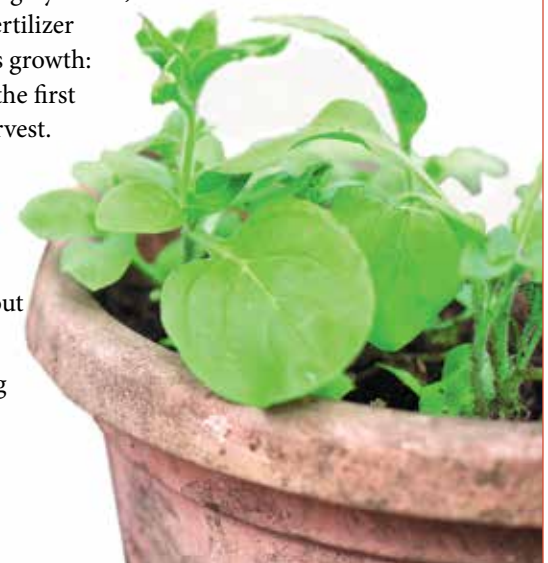
**Melons:** The minimum diameter container is 12 inches for watermelon, provided it’s a smaller stature, bush-type cultivar. Generally, watermelons produce two melons per plant if they are provided with highly fertile, well-drained soils. Muskmelons can be trellised in pots. Apply organic fertilizer three times during the melon plant’s growth: when the vines begin to run, when the first flowers appear and after the first harvest.

### FROM AUTHOR MARK RIDSDILL SMITH:

**Seasonal favorites:**  
 Spring: new potatoes, kale, mangetout snow peas (edible pods)

Summer: tomatoes, chilies, climbing French beans, Japanese wineberry

Fall: arugula, kale, chard, apples



# The Co-Op Corner

With Monmouth County Organic Fruit and Veggie Co-Op\*

by Monmouth Organic Co Op Member Michele Shapiro (\*Lincroft pod of Purple Dragon Co Op)



May is National Barbecue Month! Embrace the start of summwer, gather your friends and family for a good ol' fashion backyard barbecue!

## Some wonderful things to throw on the barbie;

- corn on the cob - turns nutty..and tender without getting mushy! Try with some elote spice
- eggplant- becomes crispy on the outside and creamy on the inside!
- zucchini- easy to grow/easy to grill portobello mushrooms - great burger alternative with meaty texture
- potatoes and sweet potatoes - pre-cook in microwave for 6 minutes, grill slices 3 min per side

- asparagus - perfect summer side dish - little bit of salt and pepper
- pineapple - turns sweet as candy
- peaches- try sprinkling with cinnamon
- plums- grilling caramelizes the natural sugar
- veggie kabobs- tomatoes, squash, potato, onion
- Fruit kabobs- apples, watermelon, banana, strawberries. Get creative!

## Tips

soak wooden kebab skewers in water beforehand to avoid burn and grill char drizzle small amount of oil to prevent sticking, or use a nonstick grill basket marinade for additional flavor bursts - brush veggies with oil/vinegar or vinaigrette, salt, pepper don't worry about peeling veggies Grill corn in their husks to keep steam in

## Great Greek salad to bring to the BBQ

By Monmouth County Organic Co Op Member Lisa Miranda

<b>Chop:</b>	<b>Add:</b>
cucumbers	kalamata olives
tomatoes	hummus
red onions	salt
red bell peppers	pepper
fresh parsley	

Combine: lemon juice, red wine vinegar and olive oil. Mix all together. Cool in the fridge. Cover and bring it on over!



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## WOMEN'S EMPOWERMENT MONTH

Events celebrating and inspiring women to be creative!

**MAY 1 - 31, 2022**



### Afternoon of Women Poets

Saturday, May 14 • 2 PM - 5 PM  
Featuring local women poets from the Jersey Shore Writer's Group with time permitting for open mic for other women poets from the area to participate. Event and reception to follow in the Main Lobby. **Save your seat with an \$8 donation online at [JerseyShoreArtsCenter.org](http://JerseyShoreArtsCenter.org) or donate at the door!**

### Inspired Girl Live: Lightworkers Series

Wednesday, May 25 • 7 PM  
Inspired Girl Enterprises Presents an Evening of Empowerment with Jersey Shore Arts Center! The Lightworkers Series brings thought leaders to the stage to share messages that connect us, spread light, encourage healing, scream JOY, and are the epitome of love in awesome motion. **Tickets are \$15 per person. Visit [JerseyShoreArtsCenter.org](http://JerseyShoreArtsCenter.org) to get your tickets for this inspiring event!**



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Time and dates subject to change without notice.



This program is made possible in part by funds from Monmouth Arts, a partner of the New Jersey State Council on the Arts, and the Monmouth County Board of Chosen Freeholders.

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**Sky High**  
Wind Energy Goes Airborne

Massive wind turbines to generate renewable energy are appearing all over the world, but they can be expensive or impossible to install in remote locations and deep waters. A growing complement is the use of huge, specialized kites at an altitude of up to a half-mile, where wind currents are the strongest. Proponents say the solution is ideal for isolated locations. In Mauritius, an island nation off the coast of Africa, a gigantic sail is programmed to make figure-eights overhead and create enough electricity to power up to 50 homes. The International Energy Association predicts wind energy to increase 11-fold by 2050, with wind and solar combined accounting for 70 percent of the Earth's electricity demands.

In some places, land for wind farms is scarce, and it takes roughly 71 acres to generate a megawatt compared to 12 acres for a fossil fuel plant. Cristina Archer, director of the Center for Research in Wind at the University of Delaware, notes, "The first farms are in the best spots, and the best spots are limited." Airborne options range from soft wings to complex, rigid designs that carry turbines and generators on board and shuttle electricity down a tether. Wind farms hosting hundreds of kites could be tethered to barges in deep water far offshore.



photo courtesy of Sky Sales Power



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

Dear Friend,

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

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

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

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

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

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

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

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

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

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

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

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



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

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

### Here’s what my patients had to say:

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

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

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

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

**You Benefit from an Amazing Offer.** Look, it shouldn’t cost you an arm and a leg to correct your health. When you bring in this article, you will receive my entire new patient exam for \$59. That’s with x-rays (if indicated), nerve testing and thermal imaging... the whole ball of wax. This exam would normally cost you up to \$340. But, please call right away because this offer expires on **May 31, 2022** and I don’t want you to miss out. By law, this offer excludes Medicare/Medicaid/PIP patients.

**Great care at a great fee.** I’m a Magna Cum Laude graduate of Logan Chiropractic College, a published author and I am an active board member and instructor for the Upper Cervical method that we utilize in our office. I’ve been entrusted to take care of tiny babies to 90 year olds. For the past 19 years, I’ve been taking care of people from across the U.S.

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

— **Larry Arbeitman, D. C.**  
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## Mental Health Challenges in Children, Teenagers and Young Adults: Keeping the Future Safe (Part II)

by Jean Eljay, PhD, MS, CMT, CHt, NLPc, AdvCH, CHT



There are many significant ways to protect our adolescents from the negativity of this ever-challenging world.

One way of improving both the long- and short-term effects of these debilitating mental health issues is screening. In a draft earlier this month of recommendations and ongoing preventative actions, the United States Preventive Services Task Force outlined the depth of this problem, as well as indicating the potential impact of future screening.

The overview is that screening can impact the unhealthy consequences of anxieties. This focus emerged from the increasing and very worrying statistics recently collected. The adolescent population is characteristically underserved and underdiagnosed. This is especially true in mental health. Throughout the world population, several disturbing increases in mental health issues are currently being documented. Adolescents is thought of as the phase

of life between childhood and adulthood, from ages 10 to 19. A recent study indicated that suicide is the second leading cause of death among children ages 10 to 19.

That is an extremely disturbing statistic by any measure. What is the trend today in the young adolescent? With the recent adverse and threatening events taking place around the world, one must consider the impact on this most vulnerable population of our young. A few of the short-term effects on untreated anxiety are 1) an increased risk for later depression, 2) continuing anxiety 3) behavioral problems and 4) substance abuse. The human body was never intended for constant uncertainty and continuous challenges. Based on the diagnostic interview data from the National Comorbidity Survey Adolescent Supplement, the team found that the lifetime prevalence of any anxiety disorder among U.S. adolescents aged 13-18 is estimated as 31.9%. This clearly suggests that one in three adolescents has the type of anxiety that will influence their health.

Significantly, there is an estimated incidence of 8.3% for very severe impairment.

This challenge to health is never clearer than in the adolescent population. In a recent study by The National Institute of Mental Health of the National Institutes of Health defines anxieties as “...wide variety of anxiety disorders [that] differ by the objects or situations that induce them, but share features of excessive anxiety and related behavioral disturbances. The definition of anxieties defined by HypnoBiosis, a division of Blue Swallow Consulting, LLC is “anxieties are threatening lies from the future that the mind makes up”. Although this last definition is neither clinical nor generally in use, it does lessen the load of anxiety. If anxieties are like an ever-expanding balloon, it makes sense that thinking of them as lies helps to put a pin in the balloon. Repeating this definition does not cure it, but it certainly deflates the impact of anxiety.

There are several screening methods available for this population, although the use of them has been generally limited. Everyone has short-term anxiety. Circumstances can and does induce stretches of high anxiety. However, when that anxiety persists, it is probably a good time to seek the help of a professional health practitioner. There is a vast body of pediatric literature that shows that when the anxiety is recognized as a warning signal and it is handled in a positive way, the underlying problems that may be causing anxiety in your adolescent diminishes. There are several sets of tools and suggestions that reinject peace and harmony. These tools are simple and straightforward, as well as easy to use. This personalized plan can be now implemented and applied with guidance and help. If you have further questions, a qualified health professional will help your adolescent by simplify a startup plan and by establishing accountability for the positive results.

*Foster safety and stability in our children, teenagers, and young people by contacting Dr. Jean with your questions and comments at 484.574.1144 or email [drjean@hypnobiosis.com](mailto:drjean@hypnobiosis.com). See more at [hypnobiosis.com](http://hypnobiosis.com)*

# Saving Birds from Cats

## SIMPLE STRATEGIES TO PROTECT FEATHERED FRIENDS

by Karen Shaw Becker



**W**hen they're roaming outdoors, domesticated cats turn into natural-born predators. According to the American Bird Conservancy, domestic felines are the number one human-caused threat to birds in the U.S., killing an estimated 2.4 billion birds every year. Cats have contributed to the extinction of 63 species of birds, mammals and reptiles in the wild.

New studies suggest ways to let a cat enjoy the outdoors without endangering winged species.

### Use Rainbow-Colored Ruff Collars

A small study by the University of Northern British Columbia (UNBC) suggests that when bright, rainbow-colored ruff collars are placed on free-roaming cats, it reduces the number of birds they kill. Birds have excellent color vision, and the flashy collars work as an early warning system of impending stealth attacks. "To the bird, this rainbow color stands out like a sore thumb," says Ken Otter, chair of the UNBC Department of Ecosystem Science and Management. "It's the opposite of a hunter's camo."

Another study at the UK University of Exeter focused on 219 cats whose owners regularly let them hunt outside. The researchers divided the cats into six groups, including a control group that didn't change their habits. For 12 weeks, the owners took pictures of every animal their cats brought home and found that collar covers like those used in the Canadian study reduced the numbers of captured birds by 42 percent.

### Feed Them a Fresh Meat Diet

The UK researchers found that when cats were fed a high-meat protein, grain-free food, they brought home 36 percent fewer dead birds and other wildlife. Because cats are strict carnivores, a balanced diet rich in fresh animal meat, fed raw or gently cooked (rather than rendered meat

or meat meal), meets their nutritional needs and reduces their urge to kill prey animals. A feline family member will do best with a diet that replicates that of captured prey: high in moisture content with excellent-quality meat, moderate amounts of high-quality animal fat and a very low percentage of carbohydrates. This means absolutely no kibble.

### Play with a Cat Daily

Households in which owners engaged in five to 10 minutes of daily object play with their cats (using, for example, an interactive feather toy like Da Bird) reported a 25 percent decrease in captured prey, according to the UK researchers.

"Cats who are young and still kittenish will play with almost anything. Older cats who've been around the block a few times and know how to hunt and play with their toys do tend to get bored more easily," explains feline behaviorist Marci Koski, Ph.D. "I recommend having a number of different lures and wand toys in your toolbox."

### Avoid Cat Bells or Puzzle Feeders

Cat bells have "no discernible effect" on cats' prey catch, the UK researchers report. Puzzle feeders containing kibble actually increased killed prey by 33 percent, perhaps because of cats' "inability to

easily access food and resulting hunger or frustration," they write.

### Have Them Hunt Indoors for Food

To ease boredom, give a cat opportunities to "hunt" for their food indoors. Try separating his daily portion of food into three to eight small meals, fed throughout the day in a variety of puzzle toys, or indoor hunting feeder mice. Or, hide his food bowls in various locations around the house. Start with one bowl in his usual spot, and then place his food portion into additional bowls in other areas where he is sure to find them. If there is more than one cat, keep the bowls in separate areas of the house.

### Give Cats Safe Outdoor Access

For reasons of safety and overall health and longevity, cats should be kept indoors, but with regular supervised access to the outdoors. Training her to walk on a harness and leash can be an ideal way to allow safe, controlled access to the great outdoors. An alternative is a catio (cat patio), which is a safe outdoor enclosure that allows a kitty secure access to the outdoors. The enclosure should be open-air, allowing the cat to feel fresh air and sunlight, but shielded enough to prevent escape or a predator from getting inside. It also keeps birds safe.

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SUNDAY, MAY 1

**"Can Do" Rosie the Riveter Installation** on loan from Grounds for Sculpture for May. May 1 – 31: Celebrating the icon that empowered women to pursue employment during World War II, which opened opportunities for women in the military and other male-typical jobs during this period of history. Unveiling ceremony date to be announced shortly. Free and open to the public. Jersey Shore Arts Center 66 South Main Street, Ocean Grove, NJ. 732.502.0050. [JerseyShoreArtsCenter.org](http://JerseyShoreArtsCenter.org)

MONDAY, MAY 2

**Intro to Rasa Yoga 6 Week Series**, at The Yoga Loft, 462 Adelpia Rd. Freehold May 2 - June 13 7:30 - 8:30pm with Kathleen In this class we will weave together a temple where the deities await you and summon forth your innermost empowerment for the benefit of all beings, poses, singing, and meditation, while cultivating joy, passion, courage and compassion, along with a deep reverence for nature. Please bring your own mat to class. Please call or text 732-239-2333 or e-mail [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to register \$70

WEDNESDAY, MAY 4

**Women Playwrights at Night**, May 4th at 7 p.m. with three local women playwrights featuring table readings and question-and-answer period for the women playwrights. Pre-register online. Suggested donation of \$8 for entry. Jersey Shore Arts Center 66 South Main Street, Ocean Grove, NJ. 732.502.0050. [JerseyShoreArtsCenter.org](http://JerseyShoreArtsCenter.org)

FRIDAY, MAY 6

**Discover the Identity of Your Crystals**, at The Yoga Loft, 462 Adelpia Rd Freehold, May 6th at 6:00 to 7:30pm With Kat This is a time you can bring up to 5 stones and we can discuss together what they might be, as well as look up the properties! We will discuss major properties like shapes and colors, and each person will get some 1 on 1 time with Kat to specifically speak about their stones! Please call or text 732.239.2333 or e-mail [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to register \$30

**"Musical Matriarchs"** May 6th, presented by New Jersey Symphony Chamber Players in the Palaia Theater at 7 p.m., featuring music of past and current women composers followed by a question-and-answer session. Music director, Xian Zhang. Tickets available online and at the door — \$20 per ticket for adults and \$5 per ticket for children 16 and younger. Jersey Shore Arts Center 66 South Main Street, Ocean Grove, NJ. 732.502.0050. [JerseyShoreArtsCenter.org](http://JerseyShoreArtsCenter.org)

SATURDAY, MAY 7

**The Start of Wellness Week @ Balance Wellness Center:** Saturday May 7th 9am-12pm, Monday May 9th thru Thursday May 12th 12pm-6pm and Friday May 13th 9am-12pm. We love when people stop in to check us out! We dedicate an entire week to welcoming people who might be interested in our services to stop in and see what we have to offer. Our staff will be ready to show you around, and answer questions. We have created a special

space, which has helped so many people regain and maintain phenomenal health both physically and mentally! 1999 Route 88, Brick. web: [mindandspine.com](http://mindandspine.com) Stay Balanced

**Reiki Level I Workshop and Certification** – 11am-2pm - 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? How does it work? The Chakra System, Self -Grounding and more! You will receive your Reiki Level I attunement. \$175.00 per person; Pre-Registration 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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Ellie Forsythe: At War with Myself: Mind vs Heart:** May 7 – July 7: Art Exhibition in the Main Lobby. Opening Night to be announced shortly. Free event open to the public. Jersey Shore Arts Center 66 South Main Street, Ocean Grove, NJ. 732.502.0050. [JerseyShoreArtsCenter.org](http://JerseyShoreArtsCenter.org)

SUNDAY, MAY 8

**Mother's Day Special** – 6:30-8:30pm – Bathe yourself in sound and relax with crystal singing bowls, drums, gong, chimes, chanting and more. Enjoy and relax, then get a 10-minute Tarot reading with Anthony. \$15.00 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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

TUESDAY, MAY 10

**6 Week Beginners Series, at The Yoga Loft**, 462 Adelpia Rd, Freehold May 10th at 6:00pm with Monica Join us for 6-week beginners series designed for those brand new to yoga and discover the feel-good factor of yoga. If you're new to exercise or recovering from injury, yoga can help you move more safely and mindfully Space is limited—please email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732-239-2333 -\$70

WEDNESDAY, MAY 11

**JSAC Movie House: "Big Eyes"** May 11, in the Palaia Theater at 7 p.m. Tickets available online and at the door — \$10 per ticket for adults and \$5 per ticket for children 16 and younger. Jersey Shore Arts Center 66 South Main Street, Ocean Grove, NJ. 732.502.0050. [JerseyShoreArtsCenter.org](http://JerseyShoreArtsCenter.org)

TUESDAY, MAY 12

**Week Beginners II Series**, at The Yoga Loft, 426 Adelpia Rd. Freehold, May 12th at 6:00 pm with Elena, This 6 week series is designed for those students who have completed the 6 Week Beginners series or those who would like a refresher course before joining in a yoga class. Space is limited—please email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732.239.2333-\$70

SATURDAY, MAY 14

**Meditation Workshop:** 9am-11am, Saturday the 14th. This workshop will teach you how to become a self sufficient meditator. The first hour will be instructional and the second hour will be a guided

meditation. You will leave with a basic understanding of the benefits of mindfulness/meditation and some techniques that can be incorporated into your daily life so that you can reap the amazing benefits of this ancient practice. All welcome. \$50. Please text or call 732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick. web: [mindandspine.com](http://mindandspine.com) Stay Balanced

**Chakra Meditation Workshop**, at The Yoga Loft, 462 Adelpia Rd, Freehold, May 14th 12:30 to 2:00 Join Michele and discover the Chakras in this workshop, as she guides you through what each Chakra represents and how you can reply and incorporate them into your daily life. Hand outs will be provided during this workshop and no prior knowledge of the Chakra's is required just the desire to learn and experience. Please bring your own mat/cushions and your journal. Please pre-register please email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732.239.2333 \$35

**"Afternoon of Women Poets"** – Featuring local poets from the Jersey Shore Writer's group with, time permitting, open mic for other women poets from the area to participate. Event and reception to follow in the Main Lobby. Pre-register online. Suggested donation of \$8 for entry. Jersey Shore Arts Center 66 South Main Street, Ocean Grove, NJ. 732.502.0050. [JerseyShoreArtsCenter.org](http://JerseyShoreArtsCenter.org)

**Monmouth County Organic Fruit and Veggie Co Op:** Curbside pickup in Lincroft. Full shares are \$64 Half Shares \$37 We run all year! accepts PayPal or Venmo. Pick up every other Saturday (mostly). We are much more like a community of like-minded folks into healthy deliciousness, we will always help each other out. Need it dropped off? Need someone to hold onto your delivery for a day or two? We got you! Must order one week in advance. Text 732.500.4949 for more information

SUNDAY, MAY 15

**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 at our Holistic Fair from 3-7pm. Circle to be led by Shaman, Lauren Porter. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just be here for the experience. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Cacao Ceremony** 7-8:30pm Guided by our store shamanic practitioner, Lauren will teach about the power of cacao, hold space for a guided journey and provide a sound bath for everyone to enjoy. A



cacao ceremony uses the medicinal power of this power plant to connect to yourself in a deeper, loving way, be more in your heart space and heal from within. Participants must bring their own mug and have an empty stomach. No one on antidepressants should participate in this event. \$45.00 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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

TUESDAY, MAY 17

**Full Moon Circle:** 7:30-8:30pm, Enjoy and experience the Flower Moon with us. This moon is called this because May's moon is associated with fertility, blooming flowers and warming temperatures, which enable earth to give birth, including giving birth to new ideas and projects. We will have a sound bath and focus our intention and give blessings toward new starts. \$20 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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

WEDNESDAY, MAY 18

**Rattle Making Workshop:** 7:30-9:30pm with Shaman, Lauren Porter. Learn the history of the Rattle and its native traditions, then, with the help Lauren, make your own personal rattle. You can make one for yourself, or a loved one in this two-hour workshop. Price includes cost of materials \$60.00 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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

THURSDAY, MAY 19

**Reiki Level II Workshop and Certification** 11am-3pm This workshop is the second step on your Energy Healing journey. Come join Maria Martin in a 3-4 hour workshop to learn and practice Reiki. As healers we have the deep desire to help, heal and nurture the light within ourselves and others. In this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including: How to heal others, the chakras meanings and placements, Self-Grounding, Hand positions for the healing of others and Reiki Symbols as well as their meanings. All classes include a guided meditation. You will receive a free pendulum when you attend! Pre-requisite Reiki I; \$200.00 per person; Pre-Registration 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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

FRIDAY, MAY 20

**Joyful Movement at The Yoga Loft**, 462 Adelpia Rd, Freehold, May 20th at 6:00 pm to 7:30ish With Cassandra Using gentle movements, ecstatic dance and some light stretching, get ready to ignite your inner-child's imagination and connect to your authentic power. This fun and freeing class will help your mind, body and energy flow as you let go of fear and judgment and embrace the elemental expression we all carry. After grounding with breath and a calming cool down, you will have the opportunity to write down your personal experience with



a journal prompt. No experience required Please email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732-239-2333 to register \$40

**Healing Circle:** 7-8pm, It is wonderful for Reiki Practitioners and energy healers to practice their skills and do work on one another. It is also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. Newcomers and practitioners are welcome. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

SATURDAY, MAY 21

**Mental Health Group Therapy: Saturday, May 21 at 10AM-11AM.** Self Care. We are excited to offer group therapy with Cierra Clark. Group therapy can provide individuals with an opportunity to relate to others in a supportive, non-judgmental environment. When you enter group therapy you open yourself up to the shared universal emotions that make us all human. Covering a wide range of topics, group therapy at Balance Wellness can provide a sense of community that can be hard to find in other settings. Topics change monthly. Ages 18+ welcome. \$40. Please text or call 732.903.2222 to secure your spot. 1999 Route 88, Brick. web: [mindandspine.com](http://mindandspine.com) Stay Balanced

**Reiki Level II Workshop and Certification** 11am-3pm – This workshop is the second step on your Energy Healing journey. Come join Maria Martin in a 3-4 hour workshop to learn and practice Reiki. As healers we have the deep desire to help, heal and nurture the light within ourselves and others. In this level two workshop, in addition to getting your second attunement you will learn the Art of healing with Reiki including: How to heal others, the chakras meanings and placements, Self-Grounding, Hand positions for the healing of others and Reiki Symbols as well as their meanings. All classes include a guided meditation. You will receive a free pendulum when you attend! Pre-requisite Reiki I; \$200.00 per person; Pre-Registration is required. Private sessions are available by appointment. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371.

**Psychic/Mediumship Workshop:** 3-5pm with Cherise. This class will introduce students to the concept of mediumship as an encounter with and interpretation of spirit energy. Students will learn how to develop an awareness of their own energy and the energy that surrounds them, whether embodied or not. We will explore the levels of spirit energy and

talk about those that exist in other dimensions, such as the astral plane. We will focus on the ways that we can encounter spirit responsibly and foster our relationship with spirit and our team of guides in the spirit realm. \$40.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadamysticalshoppe@yahoo.com Web: Ayearandadamysticalshoppe.com

## SUNDAY, MAY 22

**Special Event:** 2-6pm The Akashic Records hold information about your spirit'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 to raise your awareness of your spiritual path so that you can live in alignment with your highest and best good. Session is 45 minutes-1 hour. Book your reading appointment; \$80pp A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadamysticalshoppe@yahoo.com Web: Ayearandadamysticalshoppe.com

## MONDAY, MAY 23

**Nutrition Information Session:** Monday, May 23 at 6 PM-7PM. Dr. Frank Fuscaldo, Jr., DC, Board Certified Clinical Nutritionist, uses a Functional Medicine approach to healthcare. Dr. Frank will be discussing this approach and how it can help get to the root of conditions, such as Gut Health,

**Autoimmune Diseases,** Cardiovascular Disorders, Insulin Resistance or Diabetes, Thyroid conditions, Brain Function, and more. Complimentary! Please text or call 732.903.2222 to secure your spot. 1999 Route 88, Brick. web: mindandspine.com Stay Balanced

## WEDNESDAY, MAY 25

**"Inspired Girls: Women Storytellers"** — May 25 at 7 p.m. in the Palaia Theater. A series of five female authors speaking on unique topics. Each segment will be approximately 10-minutes long with a question-and-answer panel. Reception to follow in the Main Lobby with book signings by the presenting authors. Tickets \$10 are \$10 each for adults and \$5 each for children 16 and younger. Jersey Shore Arts Center 66 South Main Street, Ocean Grove, NJ. 732.502.0050. JerseyShoreArtsCenter.org

**Native American Drumming/Journeying with Shaman, Lauren Porter** 7:30-9:30 pm. 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. \$45.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadamysticalshoppe@yahoo.com Web: Ayearandadamysticalshoppe.com

## THURSDAY, MAY 26

**Reiki Level I Workshop and Certification** – 11am-2pm - 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? How does it work? The Chakra System, Self -Grounding and more! You will receive your Reiki Level I attunement. \$175.00 per person; Pre-Registration is required. Private sessions are available by appointment. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadamysticalshoppe@yahoo.com Web: Ayearandadamysticalshoppe.com

**Can I Heal My Skin Naturally?** Thursday, May 26th at 7:30pm. Learn about the hidden, underlying causes of skin issues such as, eczema, acne, rosacea, psoriasis, dandruff, dermatitis, hives, rashes, dry skin and how it can be handled naturally. This event will be held virtually via Zoom on Thursday, May 26 at 7:30pm. Email shoreholisticnutrition@gmail.com or call 732.314.1851 to sign up. Space is limited so reserve your spot today

## SATURDAY, MAY 28

**Monmouth County Organic Fruit and Veggie Co Op:** Curbside pickup in Lincroft. Full shares are \$64 Half Shares \$37 We run all year! accepts PayPal or Venmo. Pick up every other Saturday (mostly). We are much more like a community of like-minded folks into healthy deliciousness, we will always help each other out. Need it dropped off? Need someone to hold onto your delivery for a day or two? We got you! Must order one week in advance. Text 732.500.4949 for more information

**Introduction to Tarot** 3pm-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 6-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 \$75.00 per person (includes Tarot Deck); subsequent classes are \$50.00 per person. Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadamysticalshoppe@yahoo.com Web: Ayearandadamysticalshoppe.com

## on going events

### MONDAYS

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

**Loving Kindness Meditation** Free Event 11am Meditation benefits everyone, whether you are new to meditation or have a personal practice, we welcome all to join our circle. 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 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.

### TUESDAYS

**Meditation for Earth** every Tuesday on Water-spirit's YouTube 12:15 - 12:45 Channel: https://www.youtube.com/channel/UCFzJckCCtU22hEjrmLitwQPlease 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. All of our videos are filmed by our Program Manager, Abbey Koshak, with loving care. No matter where you are in the world, you can join us as we meditate for our Earth!

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

**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

**Taiji Class** taught by Shoshanna Katzman every Wednesday morning at 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Taiji is an ancient Chinese exercise known as "meditation through movement" one taught by Shoshanna primarily for health and longevity although its roots are as a martial art. The set you will learn is the Guang Ping Taiji Form for which Shoshanna is a 6th generation lineage holder. It is a Yang Style comprised of flowing movements that promote energy, balance, strength, serenity and rooting along with wholeness of mind, body and spirit. Classes are based on Shoshanna's Center of Power Tutorial: Life Mastery Through Taiji. For more information call or text 732-758-1800 or email info@healing4u.com.

**Taiji Class** taught by Shoshanna Katzman every Wednesday evening at 5:30pm at Red Bank Acupuncture & Wellness Center in Shrewsbury or on zoom during inclement weather. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

**Sound Healings/Meditations:** 6-7, 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: Ayearandadamysticalshoppe@yahoo.com Web: Ayearandadamysticalshoppe.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 afternoon at 1pm 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:** 2-7 Come and get a 10-minute Reading or Energy Healing for only \$20.00. Do you have a question on a direction you are looking to embark on, or about a job, relationship, or move? Come and get a reading and we will advise you! Are you feeling off, or out of balance? We can help you get rebalanced with an energy and/or shamanic healing. Walk-ins, or appointments are welcome. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadamysticalshoppe@yahoo.com Web: Ayearandadamysticalshoppe.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.

## save the date

MONMOUTH COUNTY ORGANIC FRUIT AND VEGGIE CO OP\*

JUNE 11 & 25

JULY 9 & 23

AUGUST 6 & 20

SEPTEMBER 10 & 24

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

## WOMEN'S EMPOWERMENT MONTH

Events celebrating and inspiring women to be creative!

MAY 1 - 31, 2022



### Women's Playwrights at Night Wednesday, May 4 • 7 PM

Join us for a special evening of "Playwrights at Night" during Women's Empowerment Month! 3 local Jersey Shore women playwrights will have table readings of their works in progress before they hit the stage. Q&A to follow. Refreshments available for purchase. **Save your seat with an \$8 donation online at JerseyShoreArtsCenter.org or donate at the door!**

### New Jersey Symphony presents: "Musical Matriarchs"

Friday, May 6 • 7 PM, seating at 6:30 PM  
Featuring music of past and current female composers kicking off Women's Empowerment Month at the JSAC! Performance to be followed by a Q&A session. **Learn more about the New Jersey Symphony on our website, JerseyShoreArtsCenter.org. Tickets \$20 per person.**



Preserving the Past & Supporting the Arts Now!  
**JERSEY SHORE ARTS CENTER**  
66 South Main Street, Ocean Grove, NJ  
For more info, visit us online at JerseyShoreArtsCenter.org or call (732) 502 0050  
Time and dates subject to change without notice.



This program is made possible in part by funds from Monmouth Arts, a partner of the New Jersey State Council on the Arts, and the Monmouth County Board of Chosen Freeholders.

## community resource guide

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

### ACUPUNCTURIST & HERBALIST

#### RED BANK ACUPUNCTURE

Shoshanna Katzman & Kelly Van Sickell,  
Shrewsbury  
732.758.1800  
[www.healing4u.com](http://www.healing4u.com)



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

#### BEAM HEALTHCARE & SPORTS REHABILITATION

Acupuncture, Chiropractic, Sports Rehabilitation

602 Candlewood Commons,  
Howell, NJ - (732) 901-3001 and

55 Schanck Rd b 19, Freehold, NJ  
(732) 294-0004



We provide individualized care through a multidisciplinary approach to restore function to the body, teach a healthy wellness-based lifestyle, and to create a happier, healthier, you.

### 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](mailto: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.

### CBD

#### YOUR CBD STORE®

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NJ 07750 732.403.3630



Offering the highest quality: Tinctures, Topicals, Edibles, Pet Products, Beauty, Bath Products and more!

### CHIROPRACTOR

#### DR. JULIE PAGE

Page Chiropractic & Wellness Center  
51 Memorial Pkwy, Atlantic Highlands, NJ  
[PageWellness.com](http://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 Ashitsu and Ashi-Thai body techniques which she incorporates into her already well rounded practice.

### COLON CLEANSE

#### CLEANSING CONCEPTS

Location in Red Bank  
[CleansingConceptsWorld.com](http://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!



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[steeledesign@yahoo.com](mailto:steeledesign@yahoo.com)



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after that will be \$25 / 15min of design time. See my work at: [steeledesign-ny.com](http://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](mailto:Jeffrey.ball@rbc.com) or [jeffballrbc.com](http://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](mailto:DrJaimeF@aol.com) [PartsTherapy.com](http://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.

### DR. JEAN ELJAY

MS, CMT, AdvHC, CHT, NLP  
800 West Main Street Suite #201  
Freehold, NJ 07728 484.574.1144  
[drjean@hypnobiosis.com](mailto:drjean@hypnobiosis.com)



Solve long standing and unhealthy behaviors by benefitting from Dr Jean's extensive background in genetics (a previous Fellow of the American College of Clinical Genetics). Enhancing the medical insights, Dr Jean uses experience (more than 25 yrs.) in the application of mind, body, and spiritual healing.

### MASSAGE

#### 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](http://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 varies 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

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

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At Balance Wellness Center, we strive to provide the over-all 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](http://Mindandspine.com) Please call us to set up an appointment. Stay balanced.

#### 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.

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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

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

**TAROT & PSYCHOLOGY**

**KRISTEN VALENTINE, MSW, LCSW**  
 252 Washington St, Suite C1  
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 balancedlifeweb.com 800.716.8353



Kristen is a licensed therapist with over 25 years in the field. She blends traditional and alternative techniques for talk therapy that balances the best of both worlds.

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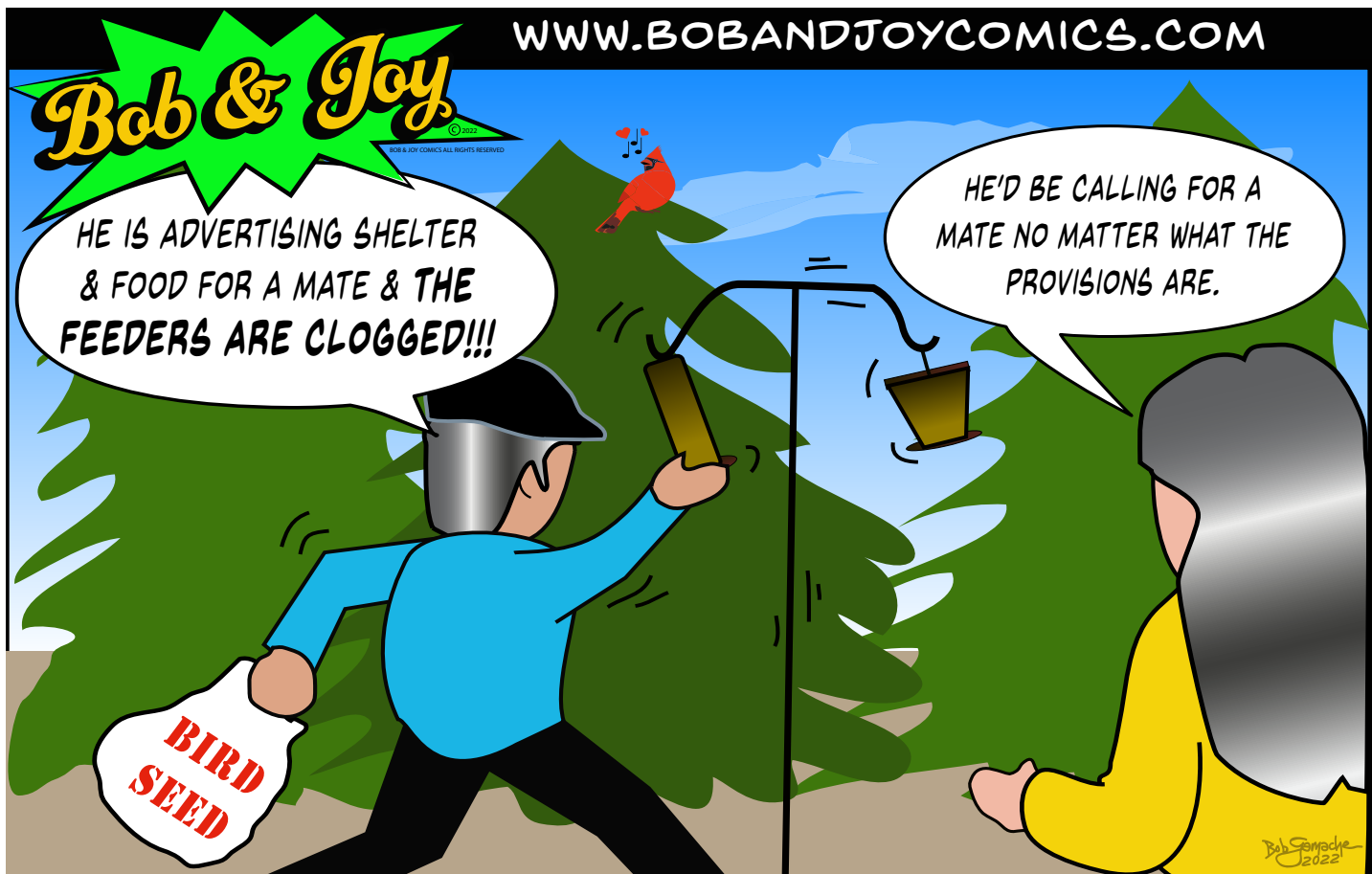
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