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Hello and thank you for being here!
My name is Felicia. I am a certified functional nutrition counselor & integrative health coach offering 1on1 health & wellness support, group programs and corporate wellness workshops.



Functional Nutrition & Lifestyle Counseling

As someone who's been faced with health and major life challenges over the last 10+ years I know how hard it can be to take back control of your own health, be your own advocate and come to terms with the cards life has dealt. True health-care begins BEFORE you get sick! I want to help you lose the feeling of helplessness when being diagnosed with a chronic condition and/or avoid debilitating issues before they begin.

As a personal chef, functional nutritionist and integrative health practitioner I can help you, meeting you where you're at and get you where you want to be physically, mentally and emotionally. What I offer is NOT a diet, but a lifestyle plan that helps you thrive from the inside - out.

When you've had enough of one-size-fits-all protocols and really want to be seen as an individual, not a number or quick fix, I can truly help you. My coaching programs are designed especially to address the 8 pillars of health and wellness: Daily nutrients, Essential movement, Stress reduction, Toxin overload, Rest and relaxation, Emotional wellbeing, Supplementation, and Successful mindset.

For more information please call me at (908) 902-9598

email: sunshinecfn@yahoo.com | website: sunshinecafenj.com

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

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

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



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

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Publisher's Letter



Hello Friends,



I would like to start by wishing all the dads out there a Happy Father's Day! I hope you and your loved ones enjoy a wonderful celebration! I know I am looking forward to spending it with my daddy.

I hope you are enjoying a wonderful springtime! With all the rain everything is so lush and green. It's truly magical. Everything is growing so fast it's been hard to keep up with weeding, grooming and planting, but it sure feels good to get that time outside. While I was trimming the bushes the first two humming birds of the season stopped by. They are such amazing little creatures. It makes me so happy that they enjoy my yard.

As we get closer to summer, now is a great time to really commit to getting our Feng Shui in order. Get rid of the clutter, get the flow of our space working for us and free our mind of distractions so we can get the most enjoyment out of our summer. It might be a lot of work, but we will thank ourselves later.

As always we would like to thank everyone for your continued support. We couldn't do this without you and we are truly grateful and lucky to be part of this community.

Much love to our readers, our advertisers and our team! 😊

Warm wishes,

Sharon

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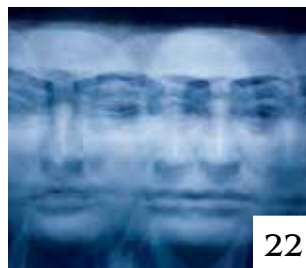
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Interested in Franchising?

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



The Good Medicine Society

Cherokee medicine and celtic magic, kindred cultures married in the ozarks. Still teaching the old ways in this new age?

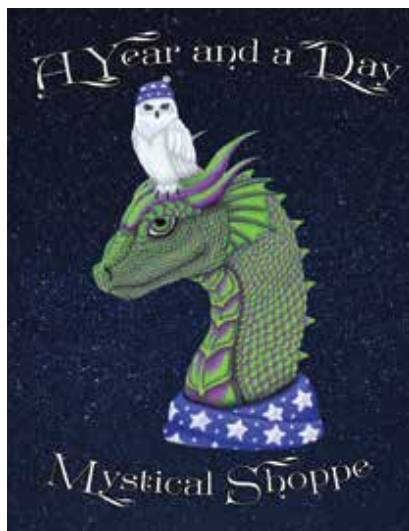
Interested In Magic?

Not the slight-of-hand kind, but real mental magic? Teachings are from a Cherokee Medicine man and Druid Master born in 1916. He knew this knowledge was getting lost, so he wrote it down in the form of lessons which he freely taught. Our classes are donation driven as we continue to teach these lessons.

My teacher, Misty Eve was one of Grandfather Eli's original students. She had a vision and saw the Earth in a sacred manner from far away. She saw that all lifeforms upon Mother Earth were cells of her body and that she was with child... a new consciousness was forming! Misty Eve knew it was time to find the others. Are you one of them?

We already create our tomorrows with the thoughts we think today. Now we can learn to create more of what we Want and less of what we Don't Want.

Next class meets weekly both online and in-person Wednesdays at 5:30pm starting June 4th at A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, NJ 07712. To reserve a spot: Call Maria Martin, certified teacher/ GMS member: 848-217-2371



Flower Essences Heal!

Featured this Month: SAGEBRUSH

Sagebrush remedy helps us release extraneous parts of us that we identify but we no longer need. It can help us identify illusory aspects of oneself along with clutter and chaotic attachments. This remedy can also help us release dysfunctional and stifling aspects within our personalities and physical surroundings. As the Soul recognizes what is absolutely essential to its identity and releases what no longer serves its evolution, the Soul moves forward into its destiny. If you are drawn to this transformative remedy, please contact me. Contact information is below.



Please call for a FREE 15 minute consultation to see if Flower Essence Remedies are for you. Donna Fluhr, Certified Flower Essence Practitioner Call: 508-361-2809

Awaken Your Intuition and Elevate Your Energy

Many people experience subtle nudges from their inner voice or receive messages through dreams but may struggle to understand or trust them. Spiritual mentor Dawn Ricci invites individuals to explore their innate intuitive abilities and learn how to raise their vibrational energy through a complimentary 30-minute inspiration call.

"We all have intuitive and manifestation skills within us," says Ricci. "The key is learning how to activate them and trust the guidance they offer." During the session, Ricci reveals 3 Secrets to Hi-Vibe Your Energy Field and Learn How to Activate Your Intuition—foundational practices to strengthen intuition, connect with the body and soul, and elevate energy to align with a higher frequency. Her supportive guidance empowers participants to integrate these skills into daily life, in their business, and helping them gain greater clarity; all to raise their confidence and obtain alignment with their life's purpose.



To book a call, visit <https://dawnricci.com/inspiration> today.



Autoimmune Disease Is Growing

Autoimmune disease or disorders are a group of illnesses in which the immune system mistakenly attacks the body's own tissue. These chronic conditions affect approximately 50 million Americans and estimated to increase by 3-12% annually. There are actually more than 100 different autoimmune diseases that can affect joints, muscles, skin, blood vessels,

the digestive system, endocrine system and nervous system and there is no cure for them. Having an autoimmune disorder can be tough and those suffering should be given credit for their strength and resilience. There is, however, a way to ease symptoms and regain energy: nutrition and lifestyle.

For a FREE 15-minute consultation call 908.902.9598 or email sunshinecfn@yahoo.com. Thank you, Felicia McIntosh-Will, CFNC, IHP2

Summer Solstice Celebration: Meditation & Crystal Bowl Sound Journey

Join us for a heart-opening evening in celebration of the Summer Solstice — a time of radiant light, inner expansion, and deep connection to nature's rhythm. with Angie June 20th 6 -7:30 pm at The Yoga Loft 58 Main St, Farmingdale.

Together, we'll honor the longest day of the year with



grounding guided meditation and a luminous crystal bowl sound journey, designed to realign body, mind, and spirit. As the sun reaches its peak, we'll take this sacred pause to turn inward, reflect on personal growth, and plant seeds of intention for the season ahead.

Bask in the healing resonance of crystal singing bowls. Connect to the earth's energy on this powerful turning point. Release what no longer serves and welcome clarity, joy, and light. Whether you're seeking stillness, renewal, or simply a gentle space to restore, this evening invites you to celebrate the magic of midsummer with presence and peace.

All are welcome. Come as you are — no experience necessary. Please call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining \$40

Meditation and Improvised Music



In today's fast-paced world, people increasingly seek holistic ways to restore balance and inner peace. While meditation and sound therapy have long been part of healing traditions, jazz music—known for its soulful improvisation and emotional depth—is emerging as a powerful tool in meditative and therapeutic practices. By tuning into the dynamic rhythms of jazz, individuals can experience enhanced

energy flow, emotional release, and deep mental clarity. Unlike structured classical compositions or rhythmic pop, jazz embraces freedom, spontaneity, and presence—qualities that mirror the meditative state itself. The genre's unique ability to express complex emotions without words makes it especially effective in healing contexts. 108

Some benefits from improvised music and mediation may include: promoting relaxation, enhancing emotional release, and aligning energy flow. The improvisational nature of jazz encourages listeners to let go of control, aiding emotional release and catharsis. Improvised music, especially those using certain modes or tonalities, can help activate and balance the body's energy centers or chakras.

Monarch Wellness Center will be hosting three Improvised music and meditation events this June. Come check out the sounds of these acclaimed Avant Garde Musicians, relax and enjoy! Reach out for more information at monarchwellnesscenternj.com or Cathy at mindfullymade3@gmail.com. Anna Hudak LCSW Monarch Wellness Center 80 Scenic Drive, Freehold NJ.

Flow & Strings: A Yoga & Live Music Experience

Immerse yourself in a gentle, flowing yoga practice accompanied by the soothing sounds of live guitar. June 6th 7-8:30.pm with Michele and Tony (aka Astronaut Jones) at The Yoga Loft, 58 Main Street, Farmingdale.

This unique workshop blends easy-flow yoga sequences with melodic strumming, creating a deeply relaxing and meditative atmosphere. As you move through each pose, the live music enhances your breath and rhythm, allowing for greater presence, connection, and ease. Perfect for all levels.

Flow & Strings invites you to unwind, reset, and embrace the harmony of movement and sound. We need at least 8 participants registered for this workshop to take place, so gather your friends and sign up today! Email info@theyogaloftnj.com or call/text to register 732.239.2333. \$45

Announcing the opening of the "Center for Spiritual Awakening"

973 Holmdel Rd, Holmdel, NJ 07733.



Spurred by recent developments with psychedelics in understanding the nature of spiritual /mystical experience, John Calvin Chatlos, MD is opening his practice

to promote spiritual awakening/experience without psychedelics or drugs.

Dr. Chatlos is a Board Certified adult, child and adolescent and addiction psychiatrist working in New Jersey since 1985. His work has identified a specific "Framework of Spirituality" that explores how true spiritual experience is psychologically organized in our universal human experience. A small group process (8 members) with weekly sessions over the course of 8 weeks shows powerful results with personal awakenings and potential healing of life traumas. Screening sessions for participants are occurring and a group will begin as soon as members are enrolled.

Please call 732.834.0368 or sign up at www.chatlosmd.com

Psychedelic assisted therapies may be more rapid (1-2 sessions), though often with less integration and a projected cost of \$5,000-8,000, than this process at an early development cost of \$1500 (includes screening). The Center for Spiritual

> Continued From News Briefs Page 7 <

Awakening is the home of the Human Faith Project, a non-profit 501(c)(3) corporation dedicated to "providing educational programs and services to communities throughout New Jersey, through workshops, seminars and other educational initiatives...to empower individuals, enrich communities, and foster a culture of continuous learning and growth promoting a spiritual attitude in life."

What is Functional Nutrition?

Functional nutrition is nutritional recommendations based on your Bio-Individuality; the qualities that make you unique through every stage of your life. It is based on your physiological makeup from the way you live and how you move, stress levels and relationships and even sleep can all help determine your nutritional needs.

It is holistic in nature, backed by science to take the confusion out of your daily life and based on what you may, or may not need, nutritionally.



For a free 15 minute consultation please call 908.902.9598 or email sunshinecfnc@yahoo.com Felicia McIntosh Will, CFNC, IHP2

Acupuncture Nourishes the Promise of Spring

Spring is the perfect time to cultivate health. After an unusually cold and blustery winter, the warmer weather signals a time of renewal. Acupuncture is a useful treatment for restoring the body and mind. Acupuncture effectively treats musculoskeletal, digestive, and respiratory issues. It's for people who experience anxiety, depression, & hormonal imbalances.

Acupuncture restores & rebalances the body's energy by addressing energetic blockages that impede health. Ultra-thin "needles" are strategically placed, harnessing the body's innate ability to heal. Any discomfort from the needles is fleeting.

Acupuncture, an ancient form of traditional Chinese medicine:

- Regulates hormonal balance—at every stage of life
- Reduces or eliminates chronic or incidental pain
- Relieves anxiety & depression
- Strengthens immunity
- Restores mobility
- Heals sports injuries

Acupuncture is well known for providing pain relief. A form of integrative medicine often used side by side with other treatments, it facilitates advances in health and well-being. It is a relaxing process that treats the whole person; addressing the body and soul.

Rebekah and David Frome practice acupuncture, Rolfing, and Craniosacral Therapy at Frome Physical Therapies, in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com or 973.509.8464.

This Month's Monmouth County Co-op Corner

CHERRY SALSA!



An Ode to the 80's and 90's... fun food style!

Summer fruit season is here, time to Party Like it's 1999! What to do with all those seasonal cherries? Whether you are looking for something quick to grab out of your own fridge, or you are looking to bring something unique to a backyard bash, let's Pump Up The Jam with some CHERRY SALSA!

Ingredients:

Chopped cherries: (discard pits and stems): 2-3 cups
Red Onion: 1/4 to 1/2 cup
Jalapeno: 1/4 to 1/2 medium pepper, seeded (or leave a few seeds if you like it Hot, Hot, Hot!)
Cilantro: 1/4 to 1/2 cup
Fresh Juiced Lime: 1/2 to 1 full lime
Lime Zest: 1/4 to 1/2 zest
Honey: 1 teaspoon up to 1 tablespoon
Salt and Pepper to Taste

Directions:

Chop/dice and then combine all these ingredients together. Stir well, and a quick chill in some Ice Ice Baby.

With this unbelievably easy cherry salsa, every bite will have you Walkin on Sunshine all season long! All ingredients are available through Monmouth County Organic Co-op, of course

Want to get in on the action (and Time Warp with us)?
Text 732 500 4949 and make some new foodie friends this Summertime! Facebook Group: 'Organic Fruit and Veggie Co-Op Monmouth County NJ'

**Lincroft pod of Purple Dragon Co Op*



Making Joyful Summer Memories

by Marlaina Donato



June is nature's reminder that life is meant to be savored, something that we often forget in our daily routines. It is the month of invitations to abandon our more serious sides, urging us to sink our teeth into local strawberry festivals, making a sticky mess with sweet harvests dripping down our chins. June is also the month of bridal satin, languid dinners on the patio and celebrating Dad with a hearty barbecue.

On the flip side, June can carry the weight of a father's absence, but such reminders can offer more reasons to dance to a new rhythm with a willingness to reinvent personal summer traditions. Many of us can't forget the euphoria we felt long ago on the last day of school before summer break. Although life has taken us far from our carefree childhood summers, we can still tap into the season's potential for levity.

Living summer to the fullest doesn't require a lengthy European vacation or

a zip lining excursion through exotic jungles. All we need are a few inspiring plans that gently encourage our full presence and attention. Letting in some joy can be as simple as planting a patio garden of less common delights like pineapple sage, chocolate mint or cinnamon basil; making homemade lavender lemonade; bringing home fresh flowers every week; or reading a feel-good

novel. Even making a small change, like buying a new pair of glittery sandals or stylish sunglasses to wear during ordinary trips to the market, can infuse a new sense of excitement into the season.

Here are some suggestions for creating new summer memories:

- Go to a favorite café with a best buddy on National Best Friends Day (June 8).
- Participate in a drum circle during the Strawberry Moon (June 11) or Summer Solstice (June 20).
- Have a picnic under the stars using a reliable constellation application. Visit [Space.com/best-stargazing-apps](https://www.space.com/best-stargazing-apps) for recommendations.
- Eat breakfast in the garden or enjoy iced coffee under a tree in the park.
- Invite a companion for a drive with the windows down, good music on and no set destination.

Marlaina Donato is an author, composer and painter. Connect at [WildflowersAndWoodSmoke.com](https://www.wildflowersandwoodsmoke.com).



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Dietary Treatments for Irritable Bowel Syndrome

A study published in the *Natural Medicine Journal* compared three different treatment modalities for managing irritable bowel syndrome (IBS): a low-FODMAP diet (restricting the consumption of specific carbohydrates that are poorly absorbed in the small intestines) combined with traditional dietary guidance for IBS (LFTD group); a low-carbohydrate, high-protein, high-fat and fiber-optimized diet (low-carb group); and pharmacological intervention targeting IBS symptoms such as abdominal pain, constipation or diarrhea (drug group).

The study enrolled 294 adults with moderate-to-severe IBS that were randomly assigned to one of the three treatment options for a four-week period. Those in the diet groups received nutritional counseling and support to adhere to their assigned diet. The participants' IBS symptoms were assessed before, during and after the four-week intervention period.

At the end of the intervention period, all three groups reported improvements; however, the LFTD and low-carb groups exhibited more significant reductions in IBS symptom severity from the baseline compared to the drug group. These findings suggest that dietary modifications should be a primary treatment approach for IBS patients, with the low-carb diet being preferable for patients experiencing constipation and for patients that find the low-FODMAP diet difficult to follow.



RossHelen/CanvaPro

Worsening Allergy Seasons

Allergy seasons have been getting longer and more problematic. The U.S. Centers for Disease Control and Prevention estimate that approximately one in four adults and one in five children in the U.S. suffer from seasonal allergies. The Asthma and Allergy Foundation of America anticipates that 2025 will be a severe year for seasonal allergies across the country, with the worst-afflicted cities located in the southern region. Notably, at the end of March, Atlanta and Houston set pollen count records.

Pollen is dispersed by trees in the spring, grasses in the summer and ragweed during autumn, but these patterns have shifted due to climate change. Elevated atmospheric carbon dioxide levels induce many plants to produce more pollen, increase their size and growth rate, and yield more flowers. Warmer temperatures result in warmer, shorter winters and earlier springs, leading to longer growing seasons and overlapping pollen seasons. A 2021 study in *Scientific Reports* also noted that climate change is augmenting the number and duration of allergenic mold spores in some areas.



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A New Definition of Obesity

To diagnose obesity, medical professionals primarily rely on body mass index (BMI), a calculation that estimates the percentage of body fat based on a ratio comparing height to weight. Seeking a more nuanced and precise approach, *The Lancet Diabetes & Endocrinology* assembled a commission comprised of 56 leading experts from various disciplines, including nutrition, endocrinology, internal medicine and public health, to reevaluate the definition and measurement of obesity.

The commission found that BMI tends to both underestimate and overestimate obesity. For instance, individuals that are stocky and muscular may be erroneously classified as obese due to the weight of muscle tissue, while those with low muscle mass but excess abdominal fat around their organs may not be considered obese.

The commission recommends a revised definition of obesity that emphasizes excess body fat accumulation around the waist, measuring waist circumference, waist-to-hip ratio or waist-to-height ratio, in conjunction with BMI. Alternatively, a dual-energy X-ray absorptiometry (DEXA) scan can be employed to directly measure body fat using low-radiation X-ray capabilities at a higher cost.

In an interview with NPR News, Dr. Robert Kushner, a member of the commission, explained the significance of abdominal fat, stating, "Fat in the belly causes systemic inflammation, which then goes on and causes other metabolic problems like elevated blood sugar, elevated blood pressure and increased fats in the blood."

The commission also recommended making a distinction between preclinical and clinical obesity. Individuals with clinical obesity would exhibit diminished organ or tissue function due to obesity or substantial mobility limitations. Consequently, they would receive appropriate treatments for their condition. Individuals with pre-clinical obesity would undergo health counseling and monitoring to reduce the risk of developing clinical obesity.



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Aging in Bursts

Suddenly feeling old may not be our imagination. A recent study published in *Nature Aging* examined the molecular changes of 108 adults between the ages of 25 and 75. The participants were tracked for a median of 1.7 years, with a maximum of 6.8 years, during which biological samples were collected and evaluated every three to six months from a range of sources, including the blood, stool, skin, mouth and nasal passages.

The researchers compared the samples obtained from participants at different ages and observed that people seemed to age more rapidly at age 44 and again at age 60. The changes at age 44 were mostly related to fat and alcohol metabolism, as well as an elevated risk of cardiovascular disease. The changes at age 60 related mostly to immune dysfunction and carbohydrate metabolism. According to Stanford Medicine Professor Michael Snyder, these findings might explain why people seem to have more trouble processing alcohol starting in their 40s and become more prone to illness in their 60s.





A Mom at 100 Years Old

Congratulations to Mommy, a first-time mother at 100 years old, and to her mate, Abrazzo, also estimated to be around 100. Mommy is a critically endangered Western Santa Cruz Galapagos tortoise that has lived at the Philadelphia Zoo since 1932. In November 2024, she laid 16 eggs, with the first hatching on February 27. To date, four have climbed from their shells, with more still possible. This was Mommy's fourth egg-laying attempt and the first to result in viable offspring.

Prior to the recent hatchlings, there were only 44 Western Santa Cruz giant tortoises in American zoos. The newly hatched tortoises will be housed at the Philadelphia Zoo for a minimum of five years before any potential relocation to another facility or release into the Galapagos Islands. Scientists estimate that these tortoises may live up to 200 years, with the oldest on record documented to have lived 175 years in captivity.

Seven of the Galapagos Islands are currently home to one or more of 13 native tortoise species. Historically, each of the 21 islands had its own species, with populations numbering in the hundreds of thousands. After being hunted to near extinction, their numbers have since rebounded to approximately 17,000 with the help of conservation and breeding programs, as reported by the London Zoo.



Declining Butterfly Population

A recent study published in the journal *Science* provides the most comprehensive analysis of the current state of the U.S. butterfly population. The research team combined data from 35 citizen-scientist programs across the continental U.S. that counted butterflies. Their analysis was based on 12.6 million individual butterfly sightings.

The findings reveal a concerning decline of 22 percent of our 554 butterfly species over the past two decades, affecting almost every region of the country. For every species found to have increased in population, there were 13 species that declined in population, and some of those declines were significant. While tackling climate change and regulating pesticides are crucial policy interventions, people can actively contribute to reversing these declines by creating habitat refuges for butterflies and other insects. This can be achieved by planting native flowers, shrubs and trees.



Becoming Man's Best Friend

A study led by a University of Arizona researcher sheds light on the interactions between Indigenous peoples in the Americas and early dogs and wolves. The study, published in the journal *Science Advances*, indicates that close relationships between people and ancestral dogs began in Alaska as early as 12,000 years ago, about 2,000 years earlier than previously thought. Chemical analysis of unearthed canine bones revealed that the animals regularly ate fish, suggesting a level of interaction with humans.



Florida's Coral Reefs Struggling

Hard coral species such as elkhorn and staghorn are essential for a reef ecosystem, which fosters marine life and safeguards coastal communities from hurricanes and other storms. However, Florida's reef ecosystems have faced significant challenges in recent years. Heatwaves, hurricanes, disease and pollution have resulted in the destruction of tens of millions of coral colonies over the past decades.

Scientists are now concerned about the reproductive abilities of coral. There is evidence suggesting that the spawning of polyps, the larvae of corals, is being hindered. While corals can reproduce asexually by cloning themselves, sexual reproduction introduces new genetic diversity that aids in their adaptation to changing ocean conditions.

The researchers believe that the decline in baby coral is multifaceted. Not only do fewer colonies produce fewer offspring, but the corals are often too far apart to produce fertilized eggs. New research published in *Proceedings of the National Academy of Sciences* indicates that corals require a proximity of 30 feet to mate.

Coral larvae need to attach themselves to a bare patch of seafloor, which has become increasingly difficult as seabeds have become covered in seaweed or macroalgae that has grown unchecked due to reduced populations of sea creatures that feed on it.

While scientists can successfully produce baby coral in captivity, this approach alone is insufficient to address the underlying issues affecting coral in the ocean.



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Virility

Ancient Ways to Enhance Virility

by Shoshanna Katzman



The commonly diagnosed condition of erectile dysfunction (ED) becomes prevalent with age, though can affect men of all ages.

This happens when a man struggles to maintain an erection sufficient enough for sexual intercourse. Sometimes existing health conditions cause ED due to interfering with proper blood flow, nerve function, or hormonal levels. These include cardiovascular disease, diabetes, obesity, a neurological condition, or a hormonal imbalance such as low testosterone. Furthermore, ED occurs as a side-effect of medication, smoking, alcohol, or substance abuse. Surgery or radiation in the pelvic region is another culprit. There may be an emotional component from excessive

stress, anxiety, depression, or relationship issues – oftentimes causing fear of failure and diminished self-confidence.

Acupuncture and herbal medicine can be effective holistic treatments for ED combined with lifestyle and dietary modifications.

In addition to being a physical ailment, Chinese medicine views ED as a symptom of imbalance within the energetic system. A practitioner evaluates each man individually to determine a differential diagnosis which often includes kidney qi and yang deficiency. When deficient, a man may experience soreness or weakness of the back and knees. Additional symptoms include diminished vitality, pale complexion, coldness, frequent urination, blurred vision, and involuntary nocturnal emissions.

Kidney deficiency often happens when the “Fire at the Gate of Life” aka “mingmen fire” has declined. This can happen at any age and is said to be caused by excessive sexual engagement or a prolonged illness. Recommended treatment would focus on strengthening kidney yang and supporting mingmen fire – thereby supporting the qi (vital energy) that sustains life and governs various physiological bodily functions. Numerous acupuncture points and herbal formulas are specifically indicated to achieve these two goals.

We learn from Chinese medical wisdom that the kidneys store jing (vital essence) which relates to the semen and sperm. This means that kidney deficiency may result in sperm motility and count problems – helping to explain why the kidney plays a vital role in reproductive function.

The practice of Qigong or Taiji (Tai Chi) is highly effective for building kidney yang and mingmen fire, along with addressing other energetic imbalances at the root of ED. This may include qi and blood becoming diminished due to a heart and spleen qi deficiency. A condition known as excessive dampness and another called liver stagnation may also be involved. This is significant because the liver stores blood and is responsible for smooth qi flow throughout the body. Moreover, the liver meridian moves through the groin and impacts function of this area. Another underlying cause stems from an imbalance between yin and yang energy within one’s energetic system.

Whichever the cause may be, a Chinese medicine practitioner recommends solutions that address the whole being. They seek to rectify the root cause of ED by releasing energetic blockages, restoring qi and blood flow, and maintaining a state of energetic balance.

Lifestyle changes may include stopping smoking and drinking alcohol, engaging in more physical exercise, and eating a healthier diet. Be aware that excessive consumption of carbohydrates, sugars, and fried foods increases production of damp-

ness or phlegm. It is a good idea to refrain from working too many hours without proper food and rest. Getting regular periods of rest and recovery are essential to avoid becoming burned out. Working through feelings of anger rather than holding them within is further important to maintain free flow through balanced liver energy.



There are many ways to boost virility without detracting from an otherwise well-functioning and satisfying life. Consider making small changes that have “big results”. Think about the benefits that Chinese medicine wisdom brings into your everyday routine – and enhance your sexual experience along with the entirety of your life.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) for 35 years in Shrewsbury, NJ providing acupuncture, Chinese herbal consultation along with Taiji and Qigong private and group classes. She is author of “Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy”, co-author of “Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness” and recently released “Center of Power: Life Mastery through Taiji” a comprehensive online curriculum (www.yourcenterofpower.com). For more information call or text 732.758.1800.

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Dangerous Misconceptions for Men

by Lauren Salani, LCSW, BCB



Many men know they should be more proactive concerning their prostate health, but they avoid the subject. People around them discuss the need to treat themselves with care. However, men can continually think, “maybe not knowing at all is the better alternative or the exam is invasive.” Being protective of the unknown may sound like a logical choice as prostate cancer statistics can be scary. This article has good news when it comes to screening for prostate cancer that may allow men to reconsider and make an appointment with their doctor for screening.

The American Cancer Society and the Harris Poll decided to find out why about two thirds of men aged 55 to 69 in the high-risk group report no screening at all for the dis-

ease. They surveyed about 1200 US men ages 45 and older last year to assess their understanding of prostate cancer screening. It was found that many American men believe the first step in prostate cancer screening is an invasive rectal exam by their doctor. The American Cancer Society (ACS) warns, this is NOT TRUE! In fact, a blood test is the first step in screening. These uninformed beliefs could keep men from getting screened until it is far



Image by Image by Sammy-Sander from Pixabay

too late. Dr. Karen Knudsen, CEO for the ACS and the ACS Cancer Action Network asserts that, “What’s most concerning is that while prostate cancer is highly survivable, it’s still the second leading cause of cancer death in men. This is because once prostate cancer advances and spreads beyond the prostate, it becomes much more difficult to treat, and survival rates significantly decrease.”



Men’s misunderstandings were common in the survey. Three out of every five men (60%) believed that a doctor-conducted rectal exam was the first step in screening for prostate cancer. In Hispanic men, the misconception arose to 69%. The survey also found that men, ages 45 to 59 that hadn’t yet been screened, 37% replied that they assumed they weren’t old enough to need screening. The ACS currently advises screening beginning at age 50 for average risk of prostate cancer and at age 45 for those at higher risk. One third of the men did not know that a family history of prostate cancer upped their odds for the disease. Among Black and Hispanic men, about 25% assumed that it wasn’t necessary to screen for prostate cancer until they noticed symptoms. More than 50% of men in the survey were unaware that erectile dysfunction is a potential sign of prostate cancer.

When men in the survey were told that a blood test was the first step in screening, 49% of them replied that the knowledge would make them more likely to talk to their doctor about getting screened. This survey demonstrated that there is still a gap in understanding prostate cancer recommendations which suggests that conversations between men and their doctors are not happening. Dr. Knudsen said,

“By educating men on the importance of early detection and prevention strategies, for those whose choose to undergo regular screening, we have the ability to save lives and reverse the increase in late-stage prostate cancer diagnoses.”

Misperceptions cause anxiety. Anxiety and worries related to one’s health are common, especially when faced with a potential threat of disease. Health anxiety amplifies intrusive thoughts and distressing images that can lead to procrastina-


tion and even prevent getting medical tests and the results. If health anxiety is getting in the way of being proactive in your healthcare, Psychotherapy can be very effective in addressing the distressing assumptions that accompany seeking appropriate medical care.

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Preventing Metabolic Syndrome

by Felicia McIntosh-Will



Metabolic syndrome is a cluster of conditions that increase the risk of heart diseases, stroke and type 2 diabetes. It is generally diagnosed when a person has 3 of 5 health factors: high blood pressure, high blood sugar, high triglycerides, low HDL (good cholesterol) and a large waist circumference. Causes and risk factors may include: lack of physical activity, age, abdominal obesity, ethnicity (African Americans and Mexican Americans are more likely to get metabolic syndrome with about 60% of African American women more likely than African American men), BMI greater than 25, smoking, heavy drinking, stress and being past menopause. The complications of metabolic syndrome can include: cardiovascular disease (heart disease, stroke, peripheral artery disease); type 2 diabetes (insulin resistance can lead to elevated blood sugar levels); organ damage (pancreas, liver, gall bladder, kidneys); certain cancers, sleep apnea, PCOS, fatty liver, cholesterol gallstones and asthma.

According to the CDC, at least 60% of Americans have at least one chronic disease and around 40% of those have two or more. Chronic illnesses are the main cause of illness,

disability and death, with many cases being preventable. The American Diabetes Association has stated that 14.7% of US adults, that's 29.7 million adults and children are diagnosed, as well as 8.7 million undiagnosed with type 2 diabetes; and 1.2 million new cases each year.

The NIH and the AHA have both said, as of 2022, 82.6 million US adults have some form of cardiovascular disease (31% of adult population), including CAD, PAD, stroke, hypertension and congestive heart failure. Approximately 1 in 20 adults, aged 20 and older, have CAD (cardiovascular-artery-disease) and 1 in



Image by Susan Weiss from Pixabay

5 deaths occurred in those younger than 65 while high blood pressure affects 122 million US adults, age 20 and older, and increased risk after 60.

Genetics are responsible for approximately 5-10% of the preventable diseases listed above. "Genetics load the gun, lifestyle pulls the trigger." With the study of epigenetics has come the knowledge that our genes can respond to environmental, behavioral and lifestyle influence, like an on-off switch. So, if the power lies within to control, or at least mitigate, some of



these factors, doesn't it stand to reason the best way to do this is through reforming habits?

Choosing which habits to tackle first would come down to the individual. To be successful, change should happen slowly, with realistic and specific goals. The key to maintaining a habit is not the strictness, but in setting realistic actions one can pair with consistency. The time it takes to form a habit varies greatly, ranging from less than a month to 6 months. Different habits and goals may take more or less time to become ingrained in a daily routine and may be centered around factors like environmental or personal motivation. The more satisfied someone is with their success the more likely they are to repeat it. Incorporating a cue to help remember to perform the behavior makes it easier to repeat: wake up=water; lunchtime=15 minute walk; etc.

It may seem daunting to make permanent lifestyle and nutrition changes. There are so many reasons to stay in the same routine, "if nothing's broke, don't fix it." It's comfortable here-until the above health challenges have been reached. Then it be-

comes a question of "what do I do now?"

If changing our genetic response or taking steps to prevent illness is as easy as including one plant based meal a day and walking for 10-20 minutes, 3 times a day-without changing anything else - to avoid getting sick, it just might be worth it to try!

Disclaimer: I am not a medical professional. Any information is for educational purposes and not to be substituted for medical care. I do not cure, treat or diag-

nose diseases. I am a functional nutrition counselor and integrative health coach and any information shared is of my own opinion. I treat you as an individual where you are unique, everything is connected and all things matter.

*For a free 15 minute consultation please call 908-902-9598 or email sunshinecfn@yahoo.com *Sources include: American Diabetes Association, American Heart Association, National Institute of Health, Center for Disease Control, Mayo Clinic*



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Feelings Versus Emotions

What's the Difference Between the Two

by Cathy Reilly, LSW



In therapy, many male-identifying clients have shown a difficult time expressing their feelings. Sadly, some were never given permission to do so. Some may have even been led to believe that feelings are unmanly, reminiscent of the fictional character Tony Soprano who often shared his views about therapy on the hit show *The Sopranos*. In the opening episode, Tony tells Dr. Melfi:

Nowadays everybody's gotta go to shrinks . . . and talk about their problems. Whatever happened to Gary Cooper, the strong silent type? He didn't worry about his feelings. He just did what he had to do. What they didn't know is if they ever got Gary Cooper to talk about his feelings, they wouldn't be able to shut him up cause dysfunction this and dysfunction that and dysfunction &\$!#%! [End scene: Tony storms out of the office.]

While this fictional scene is obviously a bit tongue-in-cheek, the insight into how men are expected to suppress their feelings is sadly real for many and can be at the expense of their mental health.

So what are feelings and why do they matter? Even though most people use the words “feelings” and “emotions” interchangeably, 20th century psychologists Paul Ekman and Robert Plutchick thought it helpful to distinguish between the two. In simple terms, emotions are automatic reactions to stimuli, triggering physiological changes and psychological responses. Ekman identified only six main emotions: sadness, happiness, fear, anger,

surprise and disgust. Plutchick proposed oppositional pairs (joy-sadness, anger-fear, trust-disgust, surprise-anticipation). Feelings, on the other hand, are limitless and are more cognitive based. They are the stories people create around their emotions based on memories, thoughts, and interpretations.

The following thought experiment helps to illustrate the difference between feelings and emotions:

Imagine it's late, you are home alone, and you hear a noise. You are startled, so much so that you respond physically. You jump, gasp, your heart races, you get goosebumps. According to Ekman and Plutchick's framework, that's the emotion of surprise. You have no cognitive control over that physiological response.

Enter feelings. Maybe you've had a past experience where your home was broken into. Then a narrative is built around that emotion of surprise and you feel threatened, defensive, or anxious.

See the difference?

So why does it matter to distinguish between feelings and emotions? Is it just semantics? It matters because our emotions (some may call them intuition or gut reactions) are triggered all the time by various stimuli, around which we may be constructing unhealthy narratives. This is the basis of Cognitive Behavioral Therapy. People are triggered by stimuli and “spiral” into cognitive distortions: catastrophizing, all-or-nothing thinking, personalization, etc.

What do people often do with their emotions? According to Dr. Gabor Mate, a physician and trauma and addiction expert, many people suppress them and as a result

develop addictions and/or other mental health issues, especially depression. As Dr. Mate points out, depression means just that: to depress or “push down” one’s emotions.

Then what should people do? In her new book, *The Let Them Theory*, Mel Robbins points out that emotions are simply chemical bursts in the brain that ignite and absorb into the body. The whole process lasts about 90 seconds. She encourages people to pause and let the emotion pass through them before falling into a negative, potentially misguided, spiral. Once 90 seconds have passed, people can usually process how they are feeling in a more level headed, healthy way.

So what is the take away about emotions and feelings? Don’t be like Tony Soprano! While you should trust your gut (your emotions), you should also take time to pause, breathe, and process (not suppress) your feelings. In so doing, you will live a healthier, more balanced, and empowered life.

Cathy Reilly, LSW, is a clinician at Monarch Wellness Center in Freehold, NJ where she helps clients identify their emotions and process their feelings. See www.monarchwellnesscenter.org to learn more about her workshop offerings. Cathy is also the owner of Mindfully Made LLC, a company that brings creativity and meditation to you in the comfort of your home or place of business. To learn more see: <https://mindfullymade3.wixsite.com/my-site-3>

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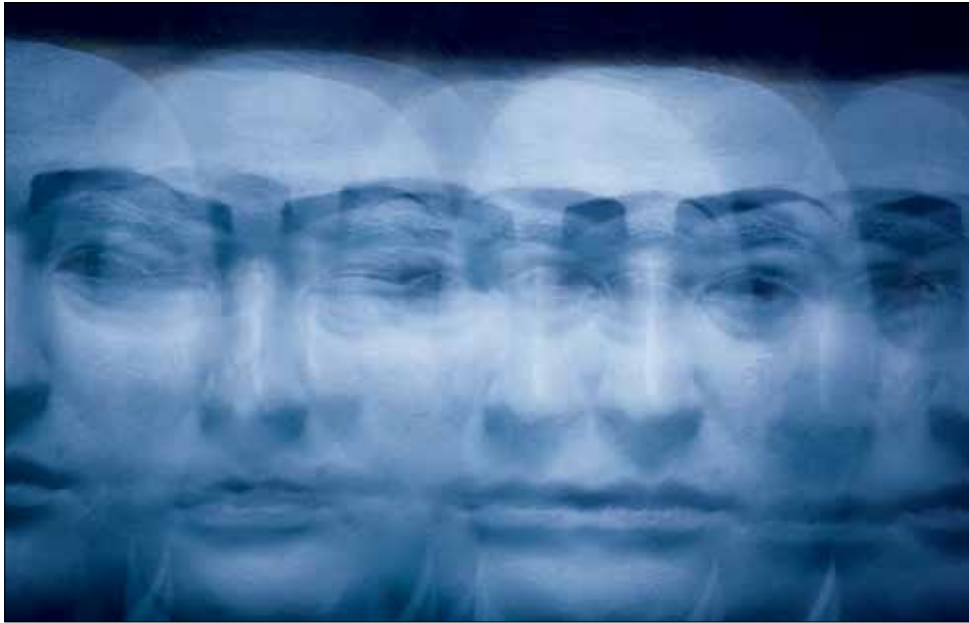
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What Archetype Makes You, You

by Dawn Ricci



Everyone operates with patterns—ways of thinking, behaving, and responding to that figure is how they move through life. Think of it as a Kaleidoscope. Turning the lens makes the patterns intensify. These patterns make you, all of who you are, a human being.

These patterns aren't random. They fall into what psychologists and storytellers call archetypes: It's a universal character type that appears across cultures and throughout history. From the Hero to the Sage, the Rebel to the Caregiver, archetypes provide a shared language for identity and behavior.

Archetypes are a unique way of understanding ourselves and each other. It's not a stereotype. It is a core identity pattern—a consistent set of motivations, fears, values, and behaviors that tend to influence a person's experience. The concept, introduced by Carl Jung, suggests that

archetypes live in the collective unconscious and shape human experience at a



deep level. Today, they are widely used for self-understanding, creative expression, and personal growth.

Recognizing one's dominant archetype—or combination of a few—can act as a personal compass. It helps individuals understand their strengths, blind spots, and the underlying “why” behind their decisions. The archetype reveals the repetitive behaviors, situations, relationships that keep showing up in their lifetime.

Here is the You, that makes You:

- A Sage values truth and knowledge. They thrive on learning but may struggle with overthinking or indecision.
- A Hero is driven to overcome obstacles and prove their strength. This determination can also lead to burnout or a constant search for challenges.
- A Caregiver is loyal and generous but may give so much that they lose sight of their own needs.

Identifying an archetype does not confine a person. Instead, it reveals the patterns they most often operate within, helping them navigate life more intentionally.

Identifying an Archetype is about being honest with yourself. The process doesn't require a formal test. Instead, it begins with self-reflection. With a journal or notebook, consider the following questions:

- What motivates me most? Is it freedom, mastery, love, safety, legacy, or change?
- What am I like when I'm thriving? Reflect on moments when life felt aligned & energized. What role was being played?
- What patterns repeat in my challenges? Archetypes tend to reveal themselves in struggles. Is there a pattern of fixing others, seeking approval, or pushing against authority?

There are many archetypes to reflect upon. For now, compare these reflections with these well-known archetypes to find the closest matches. A few common types include:

- **The Hero** – Brave, determined, seeks to prove worth through courage
- **The Sage** – Wise, analytical, seeks truth and understanding
- **The Creator** – Imaginative, expressive, needs to build or innovate

- **The Caregiver** – Compassionate, protective, driven to serve
- **The Rebel** – Independent, provocative, challenges authority
- **The Lover** – Passionate, connected, seeks harmony and relationships
- **The Explorer** – Curious, adventurous, craves new experiences
- **The Ruler** – Leader, responsible, wants control and order

Humans are not one shape or size, and neither are their Archetypes. It is normal to resonate with more than one. And they can change in different phases of life. For instance, someone may be a Creator with Rebel tendencies or a Sage who shares the drive of a Hero. The goal is not to fit into a label, but to recognize patterns that consistently reflect the true self—not the idealized version they think should be.

It's a good way to use the concept of Archetypes as a Life Guide. Once a person understands their dominant archetypes, those identities can be used as filters for decision-making and direction.

A few guiding questions can clarify alignment:

- Does this path align with core motivation?

- Do current choices highlight strengths or trigger weaknesses?
- Is this an empowered version of the archetype, or a distorted one?

For example, a Creator trapped in routine may feel unfulfilled—not due to failure, but because creative energy is blocked. A Ruler overwhelmed by disorganization may simply need to build better systems to regain clarity and control.

Recognizing archetypes brings people back to their center. It helps them understand what balance looks like and how to move toward growth—both internally and externally.

Archetypes aren't rules; they're mirrors. They reflect what already exists within and offer a practical framework for understanding it. When someone recognizes their true archetype, they stop fighting their own nature and begin working with it. That shift isn't just self-awareness—it's self-alignment. Ready to learn more about your Archetype? Take the quiz, and download a free guide at dawnricci.com/archetypes

Dawn Ricci is an Intuitive Spiritual Mentor, who is dedicated to helping others unlock their true potential. Through heart-centered sessions, Dawn supports clients worldwide on their path to self-discovery, empowerment, and wellness. Book your complimentary mentorship session at dawnricci.com/inspiration today.

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Combine all ingredients into a bowl and mix well.

Form mixture into 1-inch by 3-inch bars. Add slightly more maple syrup or coconut oil to make the batter wetter, or slightly more shredded coconut, hemp seeds, protein or collagen powder to make the mixture drier to form into bars.

Place bars in a glass container and chill in the refrigerator for 30 minutes before serving. The bars will keep in the refrigerator for about one week or in the freezer for about one month.

Recipe courtesy of Holley Samuel, MEd, RD, CSSD, CPT, a sports dietitian.

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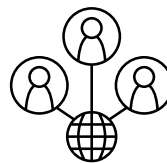
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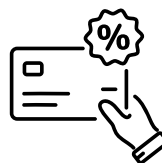
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- Lancaster/Berks, PA
- Lehigh Valley, PA
- Long Island, NY
- Milwaukee, WI
- Monmouth/Ocean Counties, NJ
- Naples/Fort Myers, FL
- New Haven, CT
- New London/Windham, CT - Coming soon
- New York City, NY
- North Central New Jersey
- North New Jersey
- Northwest Florida
- Palm Beach, FL
- Philadelphia, PA
- Phoenix, AZ
- Pittsburgh, PA
- Rhode Island
- Richmond, VA
- Sarasota, Manatee, Charlotte and DeSoto Counties, FL
- South Central Pennsylvania
- South Jersey, NJ
- Southeast North Carolina
- Space & Treasure Coast, FL
- Tampa, FL
- Tucson, AZ
- Twin Cities, MN
- Westchester/Putnam/Dutchess, NY
- Western Michigan



This information is not intended as an offer to sell, or the solicitation of an offer to buy, a franchise. It is for informational purposes only. Currently, the following states regulate the offer and sale of franchises: California, Hawaii, Illinois, Indiana, Maryland, Michigan, Minnesota, New York, North Dakota, Oregon, Rhode Island, South Dakota, Virginia, Washington and Wisconsin. If you are a resident of one of these states, we will not offer you a franchise unless and until we have complied with applicable pre-sale registration and disclosure requirements in your jurisdiction.



Feathered Friends

The Care and Feeding of Pet Birds

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

Birds are captivating, intelligent and long-lived companions, but their care demands commitment and expertise.

Bird Selection

According to a paper presented by certified veterinary technician Liz H. Wilson at an American Veterinary Medical Association forum, when selecting a bird species, consider the following factors.

- **Space:** Large birds such as macaws require spacious cages, while smaller birds like budgies can thrive in more compact enclosures.
- **Noise:** Consider noise tolerance before choosing a bird as a pet, especially in shared households with multiple occupants. Cockatoos and conures can be very loud, while canaries and finches are generally quieter.
- **Lifespan:** Some bird species have a relatively short lifespan, while African greys and cockatoos can live more than 50 years. As a result, owners must plan for long-term care when choosing certain birds as pets.
- **Social Needs:** Parrots and other social birds need regular interaction to maintain their mental well-being. Lack of social contact can lead to stress, aggression and feather plucking.
- **Allergies:** Powder-down species, such as cockatiels and cockatoos, produce dander that can exacerbate respiratory conditions like asthma.

Environment

Choosing the appropriate home environment is crucial when keeping a bird as a pet. The Association of Avian Veterinarians *Basic Care for Companion Birds* guide notes that birds are usually comfortable in the same room temperatures that people enjoy. However, sudden temperature fluctuations can make a sick bird's condition worse. Pet birds can thrive in both dry and humid air, although tropical birds may benefit from extra moisture. Fresh air and natural sunlight also support good health, provided a shady spot is available to prevent overheating.

A Balanced Diet

Many pet birds have limited exposure to fresh foods. Nicole Sztabkowski, a holistic pet health coach in British Columbia, Canada, shares that she acquired her two green-cheeked conures, Cheche and Atlas, when they were 2 and 3 years old. Their diet had consisted mainly of seeds, and like so many parrots, they had never been introduced to the wide variety of fresh foods they require for optimal health.

Over time, Sztabkowski transitioned them to a nutrient-rich diet. "Birds thrive on diversity, and a well-rounded diet includes a mix of fruits, vegetables, sprouted grains and even fresh teas like chamomile," she explains. A nutritious diet should include:

- **Fruits** in moderation due to natural sugars, including berries, apples (without seeds), bananas, mango, pomegranate, kiwi and dragon fruit
- **Vegetables** should make up a large portion of the bird's diet, featuring bell peppers, carrots, leafy greens, broccoli, squash and zucchini
- **Grains and seeds** such as quinoa, brown rice, oats, flaxseeds and millet
- **Legumes** cooked and rinsed, including lentils, chickpeas, black beans and kidney beans
- **Herbs and teas** such as chamomile, dandelion, hibiscus, basil and cilantro



Gins Wang from Getty Images/CanvaPro

While some commercial pellets can be included, they should not replace fresh food. “Much like the dog food industry has pushed kibble, the bird world has shifted toward ultra-processed pellets as the ‘ideal’ diet. We’ve lost sight of what these still-wild, exotic animals actually need,” admonishes Sztabkowski.

Certain foods are toxic to birds. “Chocolate, onions, avocados, garlic, caffeine, alcohol, high-salt and high-sugar foods, fruit pits and apple seeds (which contain cyanide) are all dangerous,” warns Sztabkowski.

Hydration and Water Quality

Birds need clean, fresh water. Pet owners should change the pet’s water at least twice a day and wash their water bowls daily to prevent bacteria caused by the bird dipping food into the bowl. “Bird-safe water fountains can also encourage them to drink,” says Sztabkowski.

Preventing Diseases

A common avian health issue is fatty liver disease, which results from eating too many high-fat seeds. “The first signs are feather color changes, fatigue and weight gain,” says Sztabkowski. A balanced diet of fresh veggies, whole grains and lean proteins from legumes can help prevent this.

Breathing problems are another issue. “Airborne toxins can make it hard for birds to breathe,” Sztabkowski explains. Good air-flow and avoiding strong artificial smells can lower the risk. Common culprits include air fresheners, plug-ins, bleach, scented candles, paint fumes, plastic roasting bags and personal products like perfume or nail polish if used regularly nearby.

Most birds don’t have a strong odor. “Dustier species like cockatiels might have a faint scent, but it’s rarely offensive,” says Sztabkowski. Odors typically come from cage liners or stale food, not the birds themselves.

Some birds develop avian gastric yeast, a fungal stomach infection. “It’s tricky because symptoms come and go,” says Sztabkowski. Eating bird-safe probiotics and living in a calm, low-stress home can help

their digestion. While bird-specific probiotic supplements like Avi-Culture and Bene-Bac are effective during stress and after antibiotics, Sztabkowski prefers natural choices such as unsweetened applesauce, sprouted grains, dandelion greens and herbal teas like chamomile and hibiscus to promote healthy digestion and microbial balance.



Mental Stimulation

Birds need mental and physical engagement to prevent boredom, stress and behavioral issues like feather plucking or excessive screaming. Ways to keep birds stimulated are:

- **Toys:** Rotate foraging, shreddable and puzzle toys.
- **Exercise:** Provide supervised flight time or climbing structures.
- **Socialization:** Interact, train and talk to them daily.
- **Food variety:** Use foraging toys or skewers to make meals engaging.
- **Sensory enrichment:** Play calming music or provide safe window views.

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



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Anxiety & Stress

Craniosacral Therapy Relieves Anxiety & Stress

by David Frome, PT. LA

Craniosacral Therapy (CST) works to balance the tensions within the body, restore lost mobility, and restore the natural movement of the craniosacral system.



This hands-on bodywork technique effectively reduces anxiety and stress. With a light touch, the practitioner releases chronic tensions and holding patterns within the body and central nervous system.

This therapy, developed by John Upledger, Doctor of Osteopathic Medi-

cine, is a gateway to emotional and physical health. The treatments are deeply relaxing. As the nervous system eases into a state of calmness, CST has a sweeping effect throughout the body, influencing the soft tissues of the myofascial system to release and lengthen. The body goes into a state of repose and repair as the practitioner unwinds patterns that result from accumulated stress. It is important to release these chronic tensions, as they can deplete energetic, physical, and emotional reserves. Craniosacral practitioners use a light, sustained touch to help each client access innate health: the inherent ability for the body to heal itself.

How does a hands-on technique affect the emotions?

The mind and the body are intimately connected. Physical tensions often reflect how we feel emotionally. Chronic tension can render the spine inflexible, hips and shoulders stiff, breath diminished, and digestion amiss. It is unusual to experience a physical problem without it affecting emotional well-being. Interestingly, the reverse is frequently true: emotional problems may result in problems within the body.

Additionally, respiratory problems, cardiac irregularities, and problems within the nervous system can engender emotional distress.

What is the craniosacral system?

The brain and spinal cord are surrounded by cerebrospinal fluid and a fascial membrane called the dura mata. This network is housed within the bones of the spine and skull.

What is the cerebrospinal fluid?

The brain and spinal cord are bathed in cerebrospinal fluid (CSF). This clear, color-

less fluid has many functions. It protects our central nervous system by absorbing shocks, delivering nutrients, and removing waste.

CSF has a profound impact on overall health. It is a conduit of communication between the central and the peripheral nervous system, the lymphatic system, the vascular system, and the immune system. Additionally, the CSF delivers hormones within the brain and spinal cord.

How does craniosacral therapy help the cerebrospinal fluid?

When the craniosacral system is working well, there is a subtle but important pulse within the system, creating movement of the CSF throughout the central nervous system. The movement of the bones and soft tissue within the spine and skull plays a key role in the movement of the CSF. Trauma or chronic stress can impair the movement of these connective tissues. In turn, the pulse within the CSF diminishes. The practitioner gently restores the pulse to full circulation.

How does it feel?

Receiving a craniosacral session can be a deliciously relaxing experience. A seasoned practitioner's touch supports and nourishes the body and soul. Each session provides a respite and safe environment in which to let go and be nurtured. Wearing loose, comfortable clothing is advised for ease of movement and release of tensions. A sense of peace, a dream-like state, is often experienced. Emotional release can also occur during or after a session. As feelings come up, you are supported in experiencing and expressing them. It is suggested that you schedule a time buffer after you leave your session before beginning your next activity. This will give you time to absorb and reap the benefits of treatment.

Rebekah and David Frome practice acupuncture, Rolfing, and Craniosacral Therapy at Frome Physical Therapies in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com or 973.509-8464.

Calendar of Events



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



WEDNESDAY, JUNE 4

Dancing with Dragons- 8-10pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Celestial beings, Dragons are ancient and are here to help guide us, protect us. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. Enjoy guided meditation as well. 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com; Pre-Registration required. Cost: \$30

THURSDAY, JUNE 5

Group Reiki and Meditation – 7:30-9pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ. Enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. Bring a yoga mat, etc., or use one of the chairs provided. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$30

FRIDAY, JUNE 6

Mystical Magical Sound Bath- 7-8:30pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Join Heather for a powerful cleansing for your heart and soul, through a wide array of instruments from around the world. Liberate yourself from darkness, negativities, and toxic energies. Bring your favorite yoga mat, blanket, chair or pillow, or use one of our chairs. Pre-Registration required. 848.217.2371 Web: Ayearandadaymysticalshoppe.com Cost: \$25pp

SATURDAY, JUNE 7

Reiki Level I Workshop and Certification – 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Learn how to nurture and heal the light within yourself and others. Reiki Master Maria Martin will teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$195

Angels and Ancestors Workshop with Angie -12:30-2pm at The Yoga Loft, 58 Main St Farmingdale. We will begin this delightful evening with a crystal bowl meditation and honoring ceremony of our angels and ancestors, welcoming their participation. We all have angels watching over us. In this workshop ...each attendee will have an opportunity to have a mini reading, as a full reading is usually 45 minutes to an hour. We will be prepared to offer/schedule individual readings at the workshop. Please call/text 732-239-2333 or email info@theyogaloftnj.com to let us know you'll be joining. Cost: \$40

SUNDAY, JUNE 8

Walk for Water - 9-11am. Join as we walk up to 3.5 miles to raise awareness about the importance of water. The event starts at 9am at Hartshorne Park's Battery Loop (1402 Portland Rd. Highlands, NJ 07732). We will meet in the parking lot area and then walk 2 loops. Join Waterspirit for the full 3.5 miles (2 loops) walk or come join for as long as you can! Register: <https://bit.ly/WaterspiritWalk2025>

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

WEDNESDAY, JUNE 11

Taking Your Power Back Ceremony – 8-9:30pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Feeling drained with still another half of the year to go? Our store medicine woman, Lauren Porter, will guide you through shamanic meditation, breath work and using crystals to help you locate where your lost power is and bring it back to you in the present moment. Let this ceremony be that invitation to take your power back! Pre-Registration is required. Call: 848-217-2371 Web: Ayearandadaymysticalshoppe.com Cost: \$35

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



Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

THURSDAY, JUNE 12

Reiki Level II Workshop and Certification – 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join Maria Martin as you gain your second attunement of your Energy Healing journey, learn the Art of healing, including hand positions for the healing of others, Level 2 Reiki Symbols meanings and more. Receive a pendulum when you attend. Prerequisite Reiki. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$225

Poetry Reading- 8-10PM, Barron Arts Center, Woodbridge, NJ. Poet, Intuitive & Energy Healer, Chelsea Palermo, MFA, will give a full featured poetry reading at The Barron Arts Center. Open Mic to follow. Email chelsea@chelseapalermo.com for questions or to book Chelsea for your event. www.chelseapalermo.com

FRIDAY, JUNE 13

Friday Night Unwind with Elena & Dee – 6-7:30 pm at The Yoga Loft, 58 Main St, Farmingdale. This is a wonderful time to take care of you, to refresh and renew. We'll begin with some gentle breathing and yoga to set the mood for relaxation. We will begin to move into gentle yoga postures, after a few postures, we will pause to rest to receive Reiki and essential oils. This workshop of was created to treat yourself to gentle yoga, Reiki, Essential Oils and finally closing with savasana. Complete bliss. All levels of practice are welcome. Space is limited to 9 students, please register at info@theyogaloftnj.com or call/text 732-239-2333 Cost: \$42

Full Moon Circle with Sound Bath and Tarot- 7-9pm, Enjoy and experience the Strawberry Moon with us. June's moon is associated with the gathering of ripening of wild fruit. It is also a time of change, warm weather and new beginnings. Along with a ceremony, we'll have a sound bath meditation and give blessings. We will also pull Tarot cards for you for a personal message. \$35 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Web: Ayearandadaymysticalshoppe.com

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

SATURDAY, JUNE 14

The Sensory Spine: Somatic Yoga Explorations for Spine Health with Bobbie Ellis and Karin Weinstein- 1:30-4:30 pm at The Yoga Loft, 58 Main St Farmingdale. In this unique workshop, you will engage in a series of somatic yoga practices designed to nurture and support your spine, through mindful movements and sensory explorations that support spinal health. Discover the fundamentals of somatic awareness and its impact on spinal health. - Learn gentle yoga techniques to relieve tension and enhance flexibility. Call/text 732-239-2333 or email info@theyogalofnj.com to let us know you'll be joining. \$65 - \$80 CEU's

Special Event: Akashic Records, Stone Path or Medium Reading – 3-8pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Akashic Records hold information about your soul's past, present and future. Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. Ancient stone readings can show you how your life has been thru each phase and where you are heading. Do you have a loved one who has passed that you would like to communicate with? Cherise can mediate your connection and help you convey what you would like to say. Session is 45-60 minutes. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$145

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SUNDAY, JUNE 15

Father's Day Special - 1-6pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing for only \$30.00. Have a question about a direction you are looking to embark on? About a job, relationship, or move? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. 848-217-2371 Web: Ayearandadaymysticalshoppe.com

TUESDAY, JUNE 17

ONLINE Psychic Card Readings with Dawn Ricci - 15 mins/\$60 Everything you need to know. We'll explore the cosmic database of your life and provide guidance that you can trust in your Relationships, Family, Career, Home, and Health. Plus, you will receive Dawn's Manifestation Mastery: A Monthly Guide to Hi Vibe Living. Book now at <https://dawnricci.com/cards>

WEDNESDAY, JUNE 18

ONLINE Psychic Card Readings with Dawn Ricci - 15 mins/\$60 Everything you need to know. We'll explore the cosmic database of your life and provide guidance that you can trust in your Relationships, Family, Career, Home, and Health. Plus, you will receive Dawn's Manifestation Mastery: A Monthly Guide to Hi Vibe Living. Book now at <https://dawnricci.com/cards>



THURSDAY, JUNE 19

Reiki Level I Workshop and Certification – 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. You'll learn how to nurture and heal the light within yourself and others. In this workshop, Reiki Master Maria Martin will teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$195

ONLINE Psychic Card Readings with Dawn Ricci - 15 mins/\$60 Everything you need to know. We'll explore the cosmic database of your life and provide guidance that you can trust in your Relationships, Family, Career, Home, and Health. Plus, you will receive Dawn's Manifestation Mastery: A Monthly Guide to Hi Vibe Living. Book now at <https://dawnricci.com/cards>

FRIDAY, JUNE 20

Healing Circle – 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Reiki Practitioners and energy healers, come share your experiences and techniques and practice your skills working on one another. An amazing way for people who are new to Reiki and energy therapy to check it out. Preregistration required. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. Cost: \$10

Summer Solstice Celebration - 7 pm. Waterspirit, 4 E. River Rd., Rumson, NJ. Join us as we celebrate the arrival of summer with music, movement, poetry and contemplation. Bring your family and friends to Waterspirit and join in the celebration. The program will be celebrated in person(and livestreamed on Waterspirit's YouTube channel. Learn more and register at: <https://www.waterspirit.org/equinoxsolstice>

SATURDAY, JUNE 21

Stone Path Readings- 1-5pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. The art of Ancient stone readings can show you how your life has been through each phase and where you are heading. Readings are available for individuals and couples. Life Path Readings are \$45 per person; In-Depth Readings are \$85 (up to 30 minutes). Pre-Registration required. 848-217-2371 Web: Ayearandadaymysticalshoppe.com

SUNDAY, JUNE 22

Reiki Level II Workshop and Certification – 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join Maria Martin as you gain your second attunement of your Energy Heal-

ing journey, learn the Art of healing, including hand positions for the healing of others, Level 2 Reiki Symbols meanings and more. Receive a pendulum when you attend. Prerequisite Reiki. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$225

Group Reiki and Meditation – 6:30-8pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. Bring a yoga mat, etc., or use one of the chairs provided. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$30

WEDNESDAY, JUNE 25

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

THURSDAY, JUNE 26

Working with Stones and Crystals- 7-9:30pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Whether you're new to collecting or have been drawn to them for a long time, Maria will help you gain a working knowledge and relationship with your stones and crystals. Learn how to choose stones by vibration and feel, work with them in your everyday life, how to care for your collection...! Includes 2 stones/crystals. Pre-Registration required 848.217.2371 Web: Ayearandadaymysticalshoppe.com Cost: \$45 pp

FRIDAY, JUNE 27

6 Week Senior Series with Tara - 11am at The Yoga Loft, 58 Main St Farmingdale. This 6-week Senior Yoga Series is thoughtfully designed to support seniors in cultivating strength, flexibility, and balance in a gentle, nurturing environment. Each session includes accessible poses tailored to suit all levels of mobility, along with soothing breath work and calming meditation practices. Whether you're new to yoga or an experienced practitioner, this series focuses on maintaining joint health, enhancing balance, and reducing stress, all while connecting with others in a supportive community Space is limited; please email info@theyogalofnj.com or call/text 732-239-2333 Cost:\$70

Friendship Circle-6-7pm at The Yoga Loft, 58 Main St Farmingdale. Join Patty in this warm, supportive gathering in a space where trust, kindness, and mutual respect foster lasting connections, creating a sense of belonging and community. Each meeting provides an opportunity to support one another in personal growth, celebrate achievements, and offer encouragement during challenges, making it a safe haven for authentic friendships to flourish. Please call/text 732-239-2333 or email info@theyogalofnj.com to let us know you'll be joining. Cost: \$20

Candle Magick and Mojo Bags – 8-10pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury

Park. Whether you are a seasoned practitioner, or a beginner to the magical arts, this candle magick class is for you. Learn how to inscribe, dress and infuse your intentions in a candle for the optimal results of your working or ritual. Not called to work with candles? Learn how to create a mojo bag to infuse your intention that may be carried on you, or someone else for healing, abundance or protection. \$45pp (includes materials) Pre-Registration is required. 07712 Call: 848-217-2371 Email: Ayearandadymysticalshoppe@yahoo.com Web: Ayearandadymysticalshoppe.com

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

SATURDAY, JUNE 28

Group Reiki and Meditation – 7:30-9pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. Bring a yoga mat, etc., or use one of the chairs provided. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadymysticalshoppe@yahoo.com Web: Ayearandadymysticalshoppe.com. Cost: \$30

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

SUNDAY, JUNE 29

Psychic/Mediumship Workshop with Cherise – 4:30-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). Preregistration required. Phone: 848.217.2371. email: Ayearandadymysticalshoppe@yahoo.com, web: Ayearandadymysticalshoppe.com Cost: \$65.00



Ongoing Events

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

MONDAYS

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

Mindfulness Meditation/Buddhist Study– first and third Mondays, 2-4 pm, Murray Grove, Lanoka Harbor (murraygrove.org for directions.) For health, awareness, focus, energy; wisdom, compassion, a sense of the sacred. Silent focus on the breath for 40 minutes. The group helps ground us. Then we read from, discuss a book on mindfulness. A totally satisfying time! No experience needed; drop-ins welcome. Information, encouragement? Linda Kay, 609-519-4568; lindasong55@gmail.com. A program of uoocc.org.

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

TUESDAYS

Tea and Tarot Tuesday Meditations– 7-8:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Guided group meditations and enjoy connecting with a different plant (tea) each week. Receive a message from Tarot just for you. Call ahead for what plant will be provided and advise us of any allergies. For all levels. Bring meditation

mat, pillow, etc. Phone: 848.217.2371 Web: Ayearandadymysticalshoppe.com**Private sessions and Veteran Discounts available. Preregistration required. Cost: \$15.

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

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

Affirmation Poems: A Spiritual & Poetic Practice– 12-2pm. 347 Soul Collective, 39 W Front St., Keyport, NJ. Poet, Intuitive, and Alchemist, Chelsea Palermo, MFA, will guide you through an intuitive process, that includes guided meditation to attune your channel, poetry craft techniques to apply to your Affirmation Poems, and intuitive insights. Come into a held space where the wisdom you are ready to hear, write and behold, has permission to flow forth onto the page. Register@www.chelseapalermo.com or 347Soul Collective. Email: chelsea@chelseapalermo.com Call: 732-646-6226. Cost: \$45.

Meditation for Earth– 12:15pm. Join Waterspirit’s hybrid Meditation. In-person in the Sanctuary at Rumson Presbyterian Church 4 East River Rd. Rumson, NJ. Join our virtual meditation on our YouTube channel. Learn more at <http://www.waterspirit.org/meditationforearth>

WEDNESDAYS

Beginner Taiji (Tai Chi) taught by Shoshanna Katzman every Wednesday morning at 10:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury. The Taiji path is filled with many life-enhancing movements, enlightening discoveries, and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this beginner group are learning the first section of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out www.yourcenterofpower.com.

Intermediate Taiji Class taught by Shoshanna Katzman – 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. The Taiji path is filled with many life-enhancing movements, enlightening discoveries and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your



being – culminating in harmonization, integration and overall wholeness. Students in this intermediate group are learning the third section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Sound Healings/Meditations – 6:45-7:45pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Weekly sound healings and meditations group. Using crystal bowls, gong, chimes, guided sounds, singing and chanting etc., we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. Preregistration is required, 848.217.2371. email: Ayearandadaymysticalshoppe@yahoo.com, website: Ayearandadaymysticalshoppe.com. Ask us about private meditation sessions and Veteran Discounts. Cost: \$25

THURSDAYS

All-Levels Qigong Class taught by Shoshanna Katzman – 5:30pm on Zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. This class contains students of all levels and is centered around the Qigong workout of Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy". Call or text 732.758.1800 or email or email info@healing4u.com.

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

FRIDAYS

Friday Morning Tai Chi in Loch Arbour - 7:30-8:40 AM at Frome Physical Therapies, our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. It's a perfect way to improve your balance, strengthen your legs, and increase your flexibility. Overtime, Tai Chi can also ease your breathing and improve your posture. It can even extend your longevity! All levels welcome. Learn more online at www.fromept.com To reserve a spot call (973) 509-8464

Advanced Taiji Class taught by Shoshanna Katzman – 9am, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Taiji is a low impact Chinese exercise for facilitating physical fitness and vibrant

health. This ancient dance enhances coordination along with balance and upright stature. Its gentle, flowing movements are highly effective due to balancing yin-yang energies and strengthening qi flow within your body. It also maximizes immune function through building defensive qi and promotes cardiovascular health by nourishing qi of the heart and lungs. This advanced group is learning how to perform the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

We Write: Reflections, Meditations & Sound - 11am- 1 pm. Drop-in Class. 347 Soul Collective, 39 W Front Street, Keyport. Come into a space of reflection, meditation and sound. Chelsea Palermo, MFA, will lead you through a guided energy healing meditation, then select a guided prompt from her We Write deck. Sit, reflect, and be in peace as you write, and explore your truth on the page. Chelsea will play singing bowls as you write. Register @ www.chelseapalermo.com or www.347soul.com. Email: chelsea@chelseapalermo.com Cost:\$35.

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

Psychic Readings and Energy Healings – 2-7pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing. Have a question about a direction you are looking to embark on? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. Phone: 848.217.2371. web: Ayearandadaymysticalshoppe.com. Cost: \$30 Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class) & so much more! – 3:30pm, The Center for Health & Healing, 245 Atlantic City Boulevard, Beachwood. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 732.505.8282 or text only 732.604.4946. Register to reserve your spot and ask about private lessons or Reiki sessions.



SATURDAYS

Akashic Records Readings & Energy Healing Sessions - 12-8 pm, 347 Soul Collective, 39 W Front St. Keyport. Come in for an Akashic Records Reading or a Reiki + Energy Healing Session with Chelsea Palermo, MFA. Reiki + Energy Healing Sessions include more advanced energy healing techniques, and be combined with Transformational Writing, and/or PEMF BIO Mat Sessions. Walk-ins welcomed. Though online booking is preferred to reserve your spot. www.chelseapalermo.com Email: chelsea@chelseapalermo.com, virtual sessions available

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

SUNDAYS

Akashic Records Readings & Energy Healing Sessions - 12-8 pm, 347 Soul Collective, 39 W Front St. Keyport. Come in for an Akashic Records Reading or a Reiki + Energy Healing Session with Chelsea Palermo, MFA. Reiki + Energy Healing Sessions include more advanced energy healing techniques, and be combined with Transformational Writing, and/or PEMF BIO Mat Sessions. Walk-ins welcomed. Though online booking is preferred to reserve your spot. www.chelseapalermo.com Email: chelsea@chelseapalermo.com, virtual sessions available

SAVE THE DATES

WEDNESDAY, JULY 9, 23

Purple Dragon Organic Produce and Natural Foods, Ocean Twp Pod. – Pick up great organic produce, year-round in Ocean Twp/Wayside area. Whole and half shares available. Order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. Call/text 732.616.3379 or register at purpledragon.com

FRIDAY, JULY 11, 25 SATURDAYS, JULY 12, 26

Monmouth County Organic Fruit & Veggie Co-op – Lincroft Pod of the Purple Dragon Co-op. Must order a week in advance. Text 732.500.4949 for more information



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Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as; guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy all can take the whole person into account. Please call my office for help with the distress that is affecting your ability to be calm and happy. My office is warm, caring and comfortable where high standards for infection control are always maintained. Virtual sessions are available as well.



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Jeffrey.ball@rbc.com or jeffballrbc.com



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

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ALYSSA SIEGEL MSN,RN,FNP-C, CPEN

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Ocean, NJ 07712 732-314-1851



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

RETAIL

A YEAR AND A DAY MYSTICAL SHOPPE

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I've practiced reflexology over 25 years and I'm passionate about my work! Reflexology is a science, there are reflex areas in the feet & hands that correspond to glands, organs, and other parts of the body. The practice also offers an Infrared Sauna, which allows a higher percentage of toxin removal due to infrared waves being absorbed more deeply in the body's cells. Benefits include improved circulation, energy, and skin tone. It eliminates joint & muscle pain, & relieves tension.

REIKI/ENERGY HEALING

CHELSEA PALERMO, MFA

347 Soul Collective
39 W Front Street, Keyport, NJ
www.chelseapalermo.com
732-646-6226 @IG chelseapalermo_poet
chelsea@chelseapalermo.com



Chelsea Palermo, MFA, is a poet, intuitive, & alchemist. She is Usui Reiki Master, Energy Healer, Akashic Records Reader, Somatic Practitioner & beyond. Chelsea offers Akashic Records Readings, Energy Healing & Reiki Sessions,

Transformational Writing Sessions & Group Healing Classes in her private healing practice at 347 Soul Collective and online. Visit her website for all offerings, upcoming Masterclasses and to book your session.

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Dawn Jackson Blatner

EASY ALMOND PROTEIN BARS

These bars are a smart pre- or post-workout snack, with a combination of natural carbs from the dates for quick energy, protein for muscle support and a pinch of sea salt to help replenish electrolytes lost in sweat.

YIELD: 6 BARS

4 Medjool dates, pitted	$\frac{1}{4}$ cup no-sugar-added dark chocolate chips
$\frac{1}{4}$ cup hot water	$\frac{1}{4}$ tsp sea salt
1 cup almonds	
$\frac{1}{2}$ cup protein powder of choice	

Place dates in a small bowl. Cover the dates with hot water and set aside.

In a food processor, pulse almonds until roughly chopped. Add protein powder and pulse a few times to mix. Add the soaked dates and the soaking water and pulse until mixture becomes sticky and holds together when pressed.

Press mixture into a small square or rectangular container of about 3-cup capacity.

Place the chocolate chips in a small microwave-safe bowl and heat in the microwave for 30 to 40 seconds, stirring midway through. Pour melted chocolate on top of the mixture.

Sprinkle with sea salt.

Freeze the container for 15 minutes until the chocolate is set. Cut the chocolate-covered mixture into six bars. Store in the refrigerator for up to one week or freeze for up to six months.

Recipe and image courtesy of Dawn Jackson Blatner, RDN, CSSD, author of The Superfood Swap.



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