



HEALTHY LIVING | HEALTHY PLANET

FREE

natural awakenings

The Power of
a Smile

Wood Element
& Springtime

Farm
Vacations

What is Fascia?—

Quiet Mind
for Better
Sleep

Earth Day



“Why Do They Keep Coming to this Doctor?...” (Who admits to curing no one)

Dear Friend,

I've got to tell you something that I've never said out loud. But, what I'm going to tell you makes so much sense that you'll probably get mad that no one told you this before.

I've been a doctor in this town for nearly 19 years now. And, to this day I've never cured anyone. You may think that the word would get around and no one would come to see me anymore. The opposite is true. The more people who understand, the more people come to see me.

Several times a day patients thank me for helping them with their problems. But I can't really take the credit. I've never healed anyone of anything. What I do is perform a specific chiropractic adjustment to remove nerve interference, and the body responds by healing itself. And, we get terrific results. That's why our office is filled with people that have found help nowhere else.

Twenty-four years ago something happened to me that changed my life forever. In 2000, I was a first year student in chiropractic school. Having played high school football at Manalapan high school, I experienced a neck injury. But I was now in chiropractic school and I wasn't worried...I knew that I would receive chiropractic care and the pain would be gone in a matter of weeks.

I received traditional chiropractic care three times per week but it didn't help me. This led me to question my decision to become a chiropractor and I was even considering leaving chiropractic school for another profession.

A fellow classmate of mine introduced me to a doctor in Atlanta who specialized in “Upper Cervical” care. The doctor did an exam, took 3-dimensional films and then “adjusted” me. The adjustment was so light that I barely felt it.

Immediately after the first visit, I felt relief, and for the first time in years, I felt “right” again. I decided to stay in school and train under this doctor.

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

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

My children were adjusted within hours of being born. They obviously didn't complain of neck or back pain; I adjusted them to keep their spines in alignment so there were no pinched nerves to cause problems or pains... as with the many children I care for in my office. And that's how it happened!

For the last 20 years, people from Monmouth County and the surrounding counties have come to see me with their problems.

Here's what my patients had to say:



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

I was in extreme pain and unable to do the simplest things around the house. I thought my options were either back surgery or many expensive drugs with unknown side effects. Not yet in my forties, I felt my livelihood was slipping away. After only two months of treatment with Upper Cervical I was able to garden, carry laundry

baskets, and work without pain! I got my life back. -Dee C.

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

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

You Benefit from an Amazing Offer. Look, it shouldn't cost you an arm and a leg to correct your health. When you bring in this article, you will receive my entire new patient exam for \$59. That's with x-rays (if indicated), nerve testing and thermal imaging... the whole ball of wax. This exam would normally cost you up to \$340. But, please call right away because this offer expires on **April 30, 2024** and I don't want you to miss out. By law, this offer excludes Medicare/Medicaid/PIP patients.

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

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

— Larry Arbeitman, D. C.
(732) 617-9355 Call Now!
www.GetWellNJ.com



Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

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

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

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



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

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- Photobiomodulation for TMJ and Pain Therapy
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- Laser-Assisted Oral Surgery
- Nightlase Therapy for Snoring
- Erbium-Yag Laser Pediatric Dentistry (often w/o local anesthesia)
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- Zirconia Crowns and Porcelain Restorations
- CBCT Scanning
- In-House and Take-Home Whitening
- Homeopathic Remedies for Dental Health



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

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COVER IMAGE BY
TOM MERTON/ISTOCK.COM

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

Publisher's Letter

Hello Friends,
Happy Earth Day!



Here is a list of beach cleanup events in Monmouth and Ocean counties:

Clean Ocean Action: Beach Sweeps – April 20, 2024
Various locations in Monmouth and Ocean counties
Check the Clean Ocean Action website for specific site locations and registration details.

Surfrider Foundation: Beach Cleanup Events – April 15, 2024
Belmar Beach, Ocean Avenue, Belmar, NJ – April 22, 2024
Asbury Park Beach, Ocean Avenue, Asbury Park, NJ

Please note that this is a preliminary list, and more events may be added so be sure to check as the dates get closer.

Let's reflect on the Great Chief Seattle and his brilliant words:

"The Earth does not belong to us: we belong to the Earth. This we know. All things are connected like the blood which unites one family. Whatever befalls the Earth befalls the sons and daughters of the Earth. We did not weave the web of life; We are merely a strand in it. Whatever we do to the web, we do to ourselves."

Profound words to contemplate.

As always thank you all for your continued love and support! Looking forward to an amazing growing season together.

Warm wishes, Sharon

GEORGIAN COURT UNIVERSITY
THE MERCY UNIVERSITY OF NEW JERSEY

WELLNESS EXPO

Saturday, April 13, 2024
11:00am-4:00pm
Georgian Court University
Casino Building

Join us on Georgian Court University's beautiful historic campus for the 13th Annual Wellness Expo

FREE ADMISSION

To learn more, please visit: georgian.edu/wellness/wellness-expo

GEORGIAN COURT UNIVERSITY
900 Lakewood Avenue, Lakewood, NJ 08701

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Email articles, news items and ideas to: sharon@NAJerseyShore.com.
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Email Calendar Events to: Sharon@NAJerseyShore.com. Calendar Deadline: 7th of the month. Cost: \$20/listing.

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

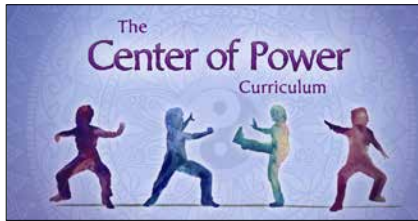
Scan code to learn more

Center of Power: Life Mastery through Taiji

Two Rivers Academy is proud to announce the release of Center of Power: Life Mastery Through Taiji - a comprehensive toolbox for the Taiji Player.

Taiji, a gentle Chinese exercise, promotes harmony with nature, reduces stress, and enhances overall healing by stimulating the flow of qi (vital energy) and blood in the body.

In this virtual course, you will learn how to meditate through movement and harmonize the physical and energetic aspects of your being as you perform Seven Taiji Prep Workouts and the entire Taiji form. This curriculum includes 130+ videos, 24 experiential audios and 400 pages of extensive copy featuring a vast array of philosophical, theoretical and practice principles.



Learn how these slow flowing patterns of movement work to integrate your physical and energetic aspects of being. As you practice, experience the reconnection of your mind to your body, your conscious to your subconscious, and yourself to your environment. Discover your full potential through Taiji's circular movements, rhythmic breathing, and flowing postures.

Presented by Shoshanna Katzman. She has been a practitioner of Guang Ping Yang Style Taiji for fifty years and teaches the form in its original style as passed down by the Taiji ancients. For more information call or text 732.758.1800 or visit tworiversacademy.com.

Tired of Trying Everything?



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

I'm Beth from Beyond Holistic Healing and I use a combination of Chinese and Western medicine to help you get to the root cause of an issue and finally release it.

It can naturally help with things like anxiety, sleep problems, brain fog, energy and mood. I help you become the best version of yourself. Mention this magazine for \$25 off your first session!

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



Experience Tai Chi and Qigong

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

The Tai Chi form consists of a sequence of 81 moves and three chapters. It takes about a year to learn the basics of the complete form. Students report feeling benefits after the first class. As mobility and alignment improve, it is common to feel more energized.

Classes meet on Friday mornings between 7:30 AM - 8:40 AM indoors in their Loch Arbour studio.

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

Dawn Ricci is the Beach Bench Medium

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

Dawn is a resident of Spring Lake who walks the Boardwalk almost every day. As she passed by, she would read each plaque. And the essence of that tribute comes alive. Don't miss out and check out Beach Bench Medium episodes from Spring Lake, Manasquan, Point Pleasant, Asbury Park, and Atlantic City on YouTube. If you are interested in having a reading - sitting at your bench with Dawn, here's your chance! She's offering free reading and making appearance on the show. Happy loving memories of your family and dearly departed awaits.



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

The 13th Annual Wellness Expo at GCU

Georgian Court University will host its 13th Annual Wellness Expo on Saturday, April 13, at its historic Casino, promising a day of well-being, rain or shine. The event will feature 50-60 vendors offering an array of wellness products, services, and practices to promote holistic health. Admission is free for all, and raffles with enticing prizes will be held throughout the day!

Attendees can participate in informative workshops every 30 minutes covering topics including inflammation, natural healing, and the science of happiness and more while activity sessions of qigong, yoga, drumming circle, and Shinrin-yoku will add a rejuvenating dimension to the expo.



GCU students specializing in Social Work, Exercise Science, Health Science, Health Profession Studies, and Nursing will actively contribute by offering health education and screenings. This unique initiative allows students to apply and share their classroom learning directly with the community, creating an exchange of knowledge and well-being. In addition, GCU admissions will have its table for anyone looking for what GCU offers.

Save the date for a day of enlightenment and rejuvenation at GCU's Wellness Expo! Click here to learn more: <https://georgian.edu/event/annual-wellness-expo/> or go to Georgian Court University, 900 Lakewood Ave., Lakewood.

Paint In-person or from Home

Join our growing community of painters for a much needed respite where you can reduce stress and connect to the creative community of women you've been looking for. Wild and Free Painting is an indulgent and nourishing Process Painting Art Studio for self-care and personal growth. We focus on the act of painting itself and your experience while painting rather than the final art product. We celebrate your creativity in all of its authentic form and return to the idea that creative expression can serve as a tool to heal, connect, de-stress, reclaim and discover. Experiencing this process helps women feel a deeper connection within themselves and in turn feel more satisfied, centered and peaceful. Absolutely no prior art experience is necessary to enjoy the benefits of this process.

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



Meditation With Reiki

Please join Reiki Master, Energy Healer, and certified Meditation Teacher Dorian Cattani for a 20-minute meditation and 20 minutes of group and individual Reiki on Friday, April 5th and Sunday, April 14th at 8pm at Boho Yoga in Asbury Park, NJ. Dorian will lead the group in a guided meditation and then come around to each person for a personal reiki session.

Allow your mind, body and soul to relax and recharge with energy healing. While Dorian offers each participant Reiki, she may receive a spiritual message for you. We do require you to pre-register as space is limited. Cost: \$25.

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

Discover the Magic Within—A Day of Healing and Connection

Step into a world of wonder and healing at our enchanting event! Join us at The Yoga Loft, 58 Main Street, Farmingdale, April 7, 12-4pm for a day filled with mystical experiences, soothing vibes, and transformative energies. Whether you're seeking clarity, relaxation, or simply a soulful escape, we have something special in store.

Psychic Tarot—Readings with Janice Michael Sedona. Janice has a fantastic ability to have fun delivering the messages from Spirit. She can offer guidance with life direction, yes or no questions or current situations you may need clarity on.

Heart & Soul Oracle Readings—Donna A Russo: A Psychic Reading using a combination of several Decks of Oracle Cards to Read the energy and situations that are presented in your current life, future directions & opportunities.

Crystals—Immerse yourself in the powerful energies of crystals and experience their profound healing effects. Explore Adrienne's collection of crystals and gemstones, each infused with unique vibrations to uplift, balance, and harmonize your spirit.

Sound Healing—Let the soothing sounds of crystal bowls and gentle melodies transport you to a state of deep relaxation and inner peace with Kailey.

Massage Therapy—Indulge in the ultimate relaxation with rejuvenating chair massage with Merr. Our skilled massage therapist will melt away your stress and tension, leaving you feeling refreshed, revitalized, and renewed.

Cost—Readings: \$45/30 minutes or \$90/60 minutes, Chair Massage: \$20/15minutes, Sound Healings: \$20/15 minutes.

RSVP: To book your reading/massage/sound healing appt: Please call/text 732.239.2333.



Cacao Ceremony

Join Diane Kionoian at The Yoga Loft in Farmingdale on April 20, 12:30-2:30pm for a Cacao Ceremony. The ceremony includes energy clearing, sacred song, drumming, silence, singing bowls, rattling, and movement. Participants are encouraged to move, stretch, do gentle asanas, shake, or dance to release stuck energy.

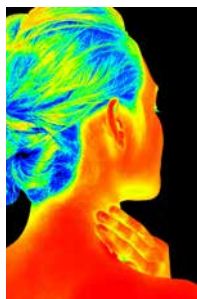
Cacao is a plant medicine that encourages you to be in your body. The naturally occurring psychoactive compounds of cacao - specifically theobromine, phenylethylamine (PEA), and anandamide alter your body's chemistry. Theobromine is a cardiovascular stimulant and vasodilator that allows blood vessels to open more, increases blood flow, and relaxes smooth muscle tissue.

We'll get cozy! For the most comfortable experience, bring a yoga mat, blanket, pillow, eye mask, warm socks, mug/travel cup, water bottle, and for post ceremony some nuts/dried fruit. It's recommended to fast for at least 3 hours before the ceremony, avoid caffeine, dairy (this impacts your body's ability to fully absorb the psychoactive compounds of cacao), other plant medicines, and alcohol for 24 hours prior.

Go to our web site for more IMPORTANT information www.theyogalofnj.com Please email info@theyogalofnj.com or call 732.239.2333 to register. Cost: \$54.



Thermography Now Offered



Body Alchemy is excited to announce we are now offering Thermography in Bradley Beach! Thermography is a non-invasive, radiation-free and contactless alternative to health assessments.

Thermography is like having a peek inside your body using infrared images called thermograms. With its ability to capture skin surface temperatures, thermography offers crucial insights analyzed by trained thermologists. Its applications include detecting conditions like breast cancer for

early radiation-free detection, assessing thyroid health, monitoring cerebrovascular health by observing blood flow patterns, and identifying neuro-muscular pathology to detect nerve-related issues. It's an FDA-cleared adjunctive screening method covering areas like breast health, skin cancer, and beyond.

Thermography is no radiation, no contact, no compression. Just a safe and comfortable screening tool for your health.

Appointments can be booked directly online at www.bodyalchemy-wellness.com or by calling 732.347.6363.

This Month's Monmouth County Co-op Corner

CARROT CAKE OVERNIGHT OATS



It's that time of year when plants really begin to grow - the warmth of spring turns our thoughts to what may pop up from those delectable gardens. Presenting: Carrot Breakfast Two Ways - Party of One. Brought to you by Facebook Group 'Organic Fruit and Veggie Co-Op Monmouth County NJ', Join us!

Prepared the Night Before. Prep Time- just FIVE MINUTES

Equipment Needed:

- high powered blender
- mixing bowl
- cheese cloth or thin dish towel
- ice cubes (optional)

Ingredients:

- 0.5 cup rolled oats (co-op has this!)
- 0.5 teaspoon pumpkin pie spice
- 0.5 cup grated/shredded fresh carrots (co-op has this, too!)
- 1 tablespoon maple syrup (co-op)
- 1 tablespoon raisins or dried cranberries (co-op's got 'em)
- 1 tablespoon shredded unsweetened coconut
- 1 teaspoon cinnamon
- 0.5 teaspoon nutmeg
- 1 cup almond milk
- 1 cup almond milk
- 1 tablespoon crushed walnuts (straight from the co-op)

Directions:

- Pour all ingredients into a mason jar.
- Place in Fridge overnight. Next morning, can be served hot or cold.
- Seal the lid. Shake.

Looking for access to all the coolest organic fruits and vegetables? Text 732.500.4949 for more info on how to join us on one of our amazing produce shipments. We service all of Monmouth County, with pick-ups Friday nights and Saturday mornings... we've even been known to drop off to folks in need!

*Lincroft pod of Purple Dragon Co Op

Inspiration



Connecting to Sentient Earth

by Marlaina Donato



David Fuentes Prieto / Shutterstock.com

relationship with the planet and her cosmic connections may dwindle in adulthood, but something deep within our souls—if we are honest with ourselves—longs to reunite with anima, Earth's ever-present, pervasive energy.

Earth Day is an invitation to sync our hearts to Gaia's force, feel the holy purpose of roots beneath our footsteps and witness her sanctity by planting a simple container garden or inhaling her breath of spring deeply into our lungs, exhaling gratitude.

Marlaina Donato is an author, multimedia expressionist and a cultivator of wild well-being. Connect at BluefireStudio.art.

Each April, Mother Nature spills blossoms from her apron as songbirds trill the songs of their ancestors and prepare for the next generation. Contrary to widespread human assumption, many animal species grieve, express empathy and form bonds that still elude our complete understanding. Trees communicate through complex root systems. Plants respond to environmental and emotional stimuli. Wolves howl their soul-song, and particles of desert sand emit bell-like frequencies if the wind's provocation is just right. Our planet is alive on levels beyond our senses or scientific instruments.

To the ancient Greeks, Gaia (also known as Gaea) was a living being separate from the gods that ruled the Earth—a primordial, maternal entity from which all life springs. Through the centuries, luminaries such as Plato or 1970s scientist James Lovelock have endeavored to define this life force, but perhaps 12th-century abbess and visionary Hildegard von Bingen came closest when she coined the word *veriditas* to denote "the greening power of nature." Whether we see this innate energy as simple photosynthesis or handiwork of a higher power, sentient Earth is our all-providing, intelligent resource from cradle to grave.

Many of us can remember a moment in childhood when nature startled our consciousness, be it in a drop of pond water under a microscope or in the shocking power of a summer thunderstorm. We ran barefoot over her grassy lap, made wishes on stars and boggled our minds trying to grasp the concept of light years. This intimate

Beyond Holistic Healing

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For years I suffered with anxiety and depression and felt like I had tried everything. It wasn't until I tried Energy Medicine that I began to see real improvements.

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Energy medicine can help with:

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- ♥ Inflammation & Pain
- ♥ Digestive Issues
- ♥ Hormone Balancing
- ♥ Sleep
- ♥ Memory
- ♥ Covid Repair
- ♥ Ancestral Healing



Beth Aitken

Schedule your free consult beyondholistichealing@gmail.com or 703-403-6678 www.bethaitken.com. Find me on Instagram @beyond_holistic_healing



New Way to Diagnose Autism

According to a 2023 study by Yale scientists published in the journal *Nature Neuroscience*, two distinct neurodevelopmental abnormalities that arise shortly after the start of brain development have been linked to the emergence of autism spectrum disorder (ASD). The researchers created brain organoids using stem cells from 13 boys with the disorder, including eight with macrocephaly, a condition in which the head is enlarged. The organoids were small replicas of developing brains that mimicked neuronal growth in the fetus.

The study found that children with ASD and macrocephaly showed an excessive growth of excitatory neurons, while those without macrocephaly exhibited a deficit of the same type of neurons. Measuring the prevalence of certain types of neurons, as was done in this study, could help doctors diagnose autism and also identify which autism cases might benefit from existing drugs that treat excessive excitatory neuron activity.



Maryna Auramchuk / CanvaPro

County Declares Loneliness a Public Health Crisis

San Mateo County near San Francisco is the first county in the U.S. to declare loneliness a public health crisis. The resolution, which commits the county to address the issue but does not set aside funds to reduce loneliness, was inspired by the United Kingdom and Japan, which appointed ministers to tackle the problem. Future efforts by San Mateo County may include investments in infrastructure to make neighborhoods more accessible, social media posts that encourage social interaction, and the earmarking of community mental health dollars for organizations that develop or offer solutions.

Loneliness has been associated with increased risk of dementia, depression, anxiety, heart disease and stroke. A British study found that those that lived alone and had no visitors had a 39 percent increased risk of premature death compared to those visited by loved ones daily.



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Treating Anxiety With Mindfulness

According to a randomized clinical trial published in *JAMA Psychiatry*, mindfulness-based stress reduction (MBSR) has been found to be a well-tolerated treatment option that can be as effective as commonly prescribed anxiety medications. The study involved 276 adults with diagnosed anxiety disorders that were randomly assigned to either an eight-week MBSR course or treatment with escitalopram, a first-line anxiety medication. Anxiety levels were assessed using the Clinical Global Impression of Severity scale (CGI-S).

At the end of the study, both the MBSR and escitalopram groups experienced a reduction in their mean CGI-S score, with no significant difference between the two groups. MBSR was well-tolerated, with no dropouts due to adverse events, whereas a higher percentage of participants in the escitalopram group reported adverse events. The results demonstrated that MBSR was not inferior to escitalopram in reducing anxiety symptoms.

An estimated 301 million people worldwide are affected by anxiety disorders, including generalized anxiety, social anxiety, panic and agoraphobia, causing significant distress, impaired functioning and elevated risk of suicide.



PeopleImage / CanvaPro

Reclaim Your Ultimate Health with Nutrition Response Testing®



Alyssa Siegel

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SEA OF METHANE ENDANGERS PLANET

Deep below the icy expanse of the Arctic lies a hidden danger that could have catastrophic consequences for our planet. Layers of methane gas are trapped beneath the permafrost, and as the landscape changes, this sea of methane has the potential to be unleashed, wreaking havoc on the world.

Studying the permafrost beneath the islands of Svalbard, researchers found an immense reservoir of methane that could reach several million cubic feet. Currently, the leakage from below the permafrost is minimal, but glacial retreat and permafrost thawing could “lift the lid” on this hidden danger, according to Thomas Birchall, a geologist at Norway’s University Center in Svalbard and lead author of a study published in *Frontiers in Earth Science*.

Ocean currents can thin the permafrost, creating patchy and unpredictable regions. Geographical features can also allow gas produced by underlying rocks to escape. Even in areas with continuous permafrost, methane gas can migrate beneath the cold seal of the permafrost, creating the potential for escape.

A large-scale seepage would initiate a dangerous feedback loop of warming—a cycle where methane release leads to further permafrost thaw, resulting in additional gas emissions. While the focus of the study was on Norway, the researchers believe that migrating deposits of methane are likely present in other parts of the Arctic region as well.



Matthew Skubis / CanvaPro

IN VITRO FERTILIZATION MAY SAVE NEARLY EXTINCT RHINO

Scientists at the BioRescue project have announced a breakthrough in embryo transfer that could save the northern white rhinoceros from extinction. According to the World Wildlife Federation, two genetically different subspecies exist—the northern and southern white rhino—found in two different regions of Africa. There are only two northern white rhinos left, both of which are female, living under protected housing in Kenya.

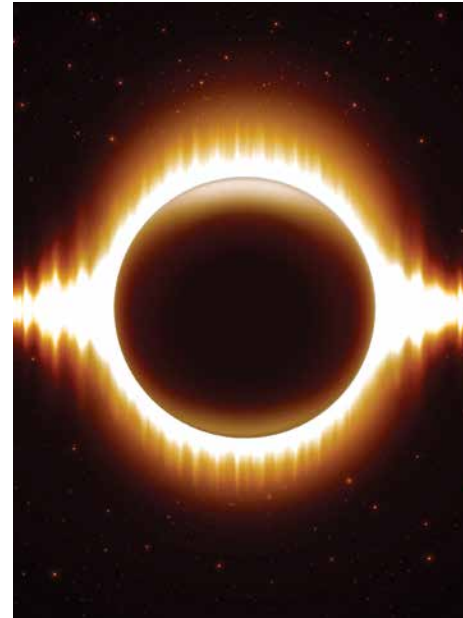
The BioRescue team achieved the world’s first rhino pregnancy through in vitro fertilization by implanting a southern white rhino embryo in a surrogate mother named Curra. Although the surrogate mother died after two months due to an unrelated infection, the successful embryo transfer offers proof of concept that this strategy could help save the northern white rhinos.

Plans are underway to implant a northern white rhino embryo into a southern white rhino surrogate mother. The scientists have used preserved sperm and eggs from the remaining females to make 30 preserved embryos. The BioRescue project has cost millions of dollars, supported by public and private donors. Eventually, the group hopes to reintroduce northern white rhinos into the wild.



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HEARING A SOLAR ECLIPSE



Asiataru / DepositPhotos.com

On April 8, millions of Americans along a 100-mile-wide path across 13 states from Texas to Maine will have an opportunity to witness a total solar eclipse. Thanks to a team from the Harvard University Astronomy Lab, people with visual impairments will be able to experience the celestial event, too, thanks to a smartphone-sized device called LightSound, which translates ambient brightness into sound.

Users of the LightSound device will hear a piping flute for daylight that will transition to a clarinet as the light dims when the moon passes in between the Earth and sun. As the eclipse reaches its zenith, LightSound will emit soft clicks to represent total darkness. The device is designed to complement the multi-sensory event, which may include a drop in temperature and the sounds of nighttime creatures like crickets and owls.

To make astronomy more inclusive, the Harvard team plans to distribute more than 700 LightSound devices at no cost. In addition, the device and its code are open-source so those with the skills can make their own. To learn more, visit Astrolab.fas.harvard.edu/LightSound.html.

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The Power of a Smile

by Shoshanna Katzman



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- ✿ Connect with the heaven through the crown of your head
- ✿ Relax your neck muscles and gently place your tongue on the roof of your mouth
- ✿ Soften your eyes, center yourself and look within
- ✿ Take three slow, gentle, and deep breaths into your lower belly – expanding upon inhale and deflating upon exhale
- ✿ Relax your forehead and brow, becoming mindful of your “third eye”
- ✿ Gently lift the corners of your mouth
- ✿ Draw your cheeks back as though they are heading toward a smile
- ✿ Then extend your smile into your entire body
- ✿ Feel the vibrations of your entire body being raised
- ✿ If so inclined, send your smile to any place in your body that needs extra healing
- ✿ Continue “smiling into your body” for up to fifteen minutes
- ✿ End by taking three slow, gentle, and deep breaths into your lower belly once again



The act of creating an “inner smile” is an ancient practice with Daoist roots. An inward smile ignites mindfulness, effortless focus, self-integration, and a more positive state of being filled with peace. It can be further directed to aspects of the body such as internal organs to cleanse them energetically. This includes anger from the liver, grief from the lung, worry from the spleen, fear from the kidney, and overjoy and sadness from the heart.

The Daoists have known for millennia that “smiling down” into the body has profound healing results. Researcher James Laird posed the question as to whether people were happy because they smiled or smiled because they were happy. Through application of electrodes on the participants’ foreheads and cheeks, Laird found that those who were tricked into smiling were significantly happier.

A University of Michigan study used photography as a cover story taking pictures of people saying “ee” or “ooo” to exemplify cheer or disgust and found that those who said “ee” were happier. And French research physiologist Dr. Israel Waynbaum found that facial muscles used to express emotion trigger specific brain neurotransmitters. He established that frowning triggers secretion of stress hormones, while smiling lowers those of cortisol, adrenaline, and noradrenaline. It also signals pain-relieving endorphins, immune boosting killer T-cells, along with producing hormones that stabilize blood pressure, relax muscles, improve respiration, accelerate healing, and stabilize mood.

There is no better time than now to begin putting the “inner smile” into practice:

- ✿ Sit comfortably, hands resting on your lap and feet relaxed on the floor
- ✿ Ground into the earth through the soles of your feet
- ✿ Hold your spine upright, lift the crown of your head upward



Staying relaxed, patient, & compassionate with yourself throughout this mindfulness exercise is important.

If your mind wanders, direct your intention to drawing it back upon realizing that it has drifted away. Practicing this meditation technique teaches you what it feels like to “smile into your body.” It can be practiced at any time, and no one will notice – except for feeling the positive vibes. Enjoy the process and know that it will have an everlasting impact on your health, healing, and wellness.

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

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Furthermore, the color green is closely linked to the wood element in TCM, symbolizing vitality, growth, and rebirth. As spring unfolds, the landscape becomes adorned with lush foliage and vibrant hues, signaling the awakening of life after the dormancy of winter. Incorporating green foods into one's diet, such as leafy greens, sprouts, and fresh herbs, can help to support the liver's detoxification process and

promote overall health and vitality.

Wood Element & Springtime

by Beth Aitken



In traditional Chinese medicine (TCM), the concept of the five elements—wood, fire, earth, metal, and water—is fundamental to understanding the balance and harmony within the body and its relationship with the external environment. Each element corresponds to specific organs, seasons, emotions, colors, and more. As spring emerges, the element of wood takes center stage, offering profound insights into the energetic shifts occurring within both nature and the human body.

Wood, symbolizing growth, renewal, and vitality, aligns perfectly with the essence of spring. Just as plants burst forth with new shoots and leaves, so too does the energy within our bodies awaken and expand during this season. In TCM, the wood element is associated with the liver and gallbladder organs, which play crucial roles in maintaining the smooth flow of Qi (vital energy) throughout the body. The liver, in particular, is responsible for the free movement of Qi, blood, and emotions, making its health pivotal to overall well-being.

During winter, Qi tends to contract and become stagnant, as the body conserves energy to withstand the cold. However, as spring arrives, the wood element's influence encourages the Qi to rise and spread, initiating a process of cleansing, renewal, and growth. This upward movement mirrors the budding of trees and the emergence of new life in nature. Just as trees stretch their branches towards the sky, the liver's energy expands upward and outward, promoting flexibility, adaptability, and vision.

In TCM philosophy, each element is also associated with specific emotions, and for wood, these include anger, frustration, and irritability when its energy becomes imbalanced. Interestingly, these emotions often arise when the liver Qi is constrained or stagnant. However, during spring, the wood element's vibrant energy helps to disperse these feelings, allowing for a more harmonious expression of emotions. By cultivating a sense of patience, flexibility, and resilience, individuals can harness the transformative power of the wood element and navigate the seasonal transition with greater ease.

From a holistic perspective, maintaining harmony within the wood element is essential for optimal health and well-being. Practices such as acupuncture, herbal medicine, qigong, and tai chi can help to balance the liver and gallbladder meridians, ensuring the smooth flow of Qi throughout the body. Additionally, incorporating mindfulness techniques, such as meditation and deep breathing exercises, can help to alleviate stress and promote emotional equilibrium during this season of renewal. Energy healing can promote clearing of any specific issues relating to Wood imbalance.

In conclusion, the wood element in Chinese medicine offers profound insights into the energetic shifts occurring during springtime. By embracing the qualities of growth, renewal, and flexibility associated with this element, individuals can harmonize their internal landscape with the rhythms of nature, fostering a sense of vitality, balance, and well-being. As the energy of spring blossoms around us, let us welcome the transformative power of the wood element and embrace the journey of renewal and growth that awaits.

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

How Come I Can't Lose Weight?

by Larisa Belote



Image by Daniell from Pixabay

How Come I Can't Lose Weight Even Though I Diet & Exercise? Many people focus solely on diet and exercise when trying to lose weight, but if the hormones are not functioning properly, these efforts are in vain.

When there is an imbalance or dysfunction in hormones or their receptors, it can result in weight gain and difficulty in losing weight. For instance, studies have shown that individuals with hypothyroidism (an underactive thyroid gland) tend to have a slower metabolism, leading to weight gain. Similarly, imbalances in estrogen levels leads to increased fat storage, especially around the abdomen.

On the other hand, insulin resistance, a condition where the body is unable to respond properly to insulin, leads to weight gain and difficulty in losing weight. This is because insulin plays a vital role in regulating fat metabolism and storing excess glucose as fat.

In addition, testosterone levels also play a significant role in maintaining an optimal weight. Low levels of testosterone have been

linked to an increase in body fat and difficulty in losing weight, particularly in men.

As you see, insulin plays a significant role in weight loss. When we consistently consume a diet high in refined carbohydrates and sugars, our body produces more insulin than necessary, which can eventually lead to insulin resistance. This means that the cells become less responsive to insulin's message, and as a result, the body stores more fat.

Another hormone that impacts weight loss is cortisol. Cortisol is known as the stress hormone and is released by the body in response to stress. When we experience chronic, ongoing stress, our cortisol levels remain elevated, leading to an increase in appetite and cravings for unhealthy foods. It also causes the body to store more fat, particularly in the abdominal area.

Furthermore, hormones like leptin and ghrelin, known as hunger hormones, play a role in our appetite and food intake. Leptin signals to the brain when we are full and should stop eating, while ghrelin stimulates our appetite. When these hormones are imbalanced, it leads to overeating and weight gain.

It is important to make sure your hormones are balanced and you don't have insulin resistance when you are working on losing weight and keeping it off for good. If exercise and diet is not helping in getting to the weight you want, getting to the root cause and looking into balancing your hormones may be the answer.

Three Ways to prevent/reverse insulin resistance:

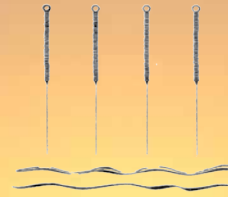
1 Getting Active: Incorporating daily exercise and movement helps burn off excess fat and build more muscle to absorb more sugar. A single session of moderate exercise can increase your glucose absorption by at least 40%!

2 Reducing Stress: Stress causes our body to produce high amounts of a hormone called cortisol, which increases blood sugar levels. This puts more stress on the pancreas to increase insulin production. Reducing your stress levels—through daily meditation, exercise, or cutting sources of stress—can help prevent IR.

3 Giving your Body the Nutrition it Desires: Try incorporating healthy foods that have a low to medium glycemic index (nuts, non-starch veggies, fish, lean meats), and limit foods with a high glycemic index (processed foods, potatoes, white bread). Integrating high-fiber foods in your diet may also help lower your BG and cholesterol levels.

Larisa Belote, Health Practitioner & Certified Detox Specialist is a strong believer that your body is a smart machine and can heal itself given a chance with the right set of tools. For more information call/text 732.996.6963 or email: larisa@stepbystep-wellness.com for a Free 20 minute consultation to discuss how you can balance your hormones, lose weight and feel like yourself again.

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What is Fascia?

by Rebekah and David Frome



Fascia is often included in conversations about health. Fascia, a type of connective tissue, is central to our posture and movement. Fascia involves each muscle, bone, organ and plays an essential role in organizing our structure in the field of gravity. It is also an integral part of each cell in the body.

Cut an orange in half. The orange-colored thick peel is similar to our skin. The soft, thin yellow substance beneath the skin is like the superficial fascia of the body. Each segment of the orange is covered with a fine membrane much like the deep fascial coverings of our muscles, bones, and organs.

Dr. Ida P. Rolf

Dr. Rolf was a biochemist and one of the first to recognize the importance of fascia, "the organ of structure." Her unique contribution was to look at how one's structure and its components are organized in gravity. She developed a method for practitioners to improve these relationships. Fascia plays an essential role in how humans are organized in gravity. Rolfing balances the tensions in the fascial network, providing a path to improve those relationships. Dr. Rolf observed:

- ▲ The body has many segments – head, torso, pelvis, etc.
- ▲ When these segments are vertically aligned with the head over the shoulder, hip, knee, and ankle – the body is supported by the gravitational field.
- ▲ When the structure is well aligned in gravity, it functions well.
- ▲ When the segments are not in good vertical alignment, the body works hard to overcome the force of gravity.
- ▲ The body and its segments are held together by fascia, a fibrous web "packing" material.
- ▲ Fascial restriction in one area may affect the function of other areas of the body.
- ▲ Fascia Has Two Primary Components:
 - Collagen Fibers
 - Ground Substance

The collagen fibers within the fascia are a colloid. Mechanical forces can impact these fibers:

- ▲ Chronic tension on the collagen fibers in the fascia can shorten, harden, and result in disorganization of the structure.

- ▲ By adding physical energy, fascia can also be lengthened, become more elastic, and improve the structural pattern.

Posture – It's About Relationships

When we speak about posture and alignment (structure), we are talking about the relationship between the body segments. Ideally, these segments are well aligned in the gravitational field, and our organism moves with efficiency and ease.

Rolfing/Structural Integration

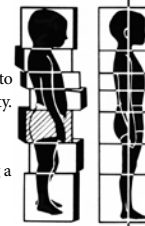
A Rolfier is trained to see how an organism is organized in the field of gravity and see how the body is out of alignment. They carefully and selectively use pressure through their hands. The pressure allows fascial shortenings to lengthen, and become more elastic.

As chronic shortenings in the fascial network are released, the body has an opportunity to move to a more ordered pattern. Fascia is all about structure, and structure is about relationships. When the structure is well aligned, the body segments work together within the gravitational field.

Fascial "Tools"

Patients commonly report using foam rollers, and fascia blasters to ease muscle tension and soreness. They often ask us how effective these products are and how one can improve their fascial health. Foam rollers and fascia blasters may offer temporary relief to aches and pains but generally do not create balance within the fascial network.

Dr. Rolf's vision was informed by studies with osteopaths and yogis. These disciplines also work on the alignment of the structure to improve its function.



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



Farm Vacations

American Agritourism Grows in Post-Pandemic Times

by April Thompson

Long a staple of European travel, agritourism is growing in popularity in the United States, as concrete-weary urbanites seek out a taste of country living and a way to support small-scale farms. The concept broadly covers any activity linking agriculture with tourism, and it takes as many forms as there are farms. Farm-stay options run the gamut from helping with farm chores like feeding chickens and collecting eggs to structured classes on weaving, soap making or beekeeping.

“Living in towns and cities, most Americans are very disconnected from nature and agriculture. Farm stays are helping to

make an important urban-rural connection,” says Scottie Jones, founder of Farm Stay USA, an association connecting travelers with working farms and ranches that offer hands-on opportunities and overnight accommodations.

Since 2007, Jones has operated her own farm stay, the 70-acre Leaping Lamb Farm, in Alsea, Oregon. She has been surprised at many guests’ “agricultural illiteracy”, underscoring the importance of the educational experiences that farm stays like hers offer. “I used to send guests off to graze in the garden alone, but then realized many people don’t know what carrots look like in

the field,” says Jones. “I would get questions like, ‘Don’t you need a brown cow to make chocolate milk?’”

More than one in three guests to Leaping Lamb Farm return for subsequent stays, a very high retention rate for the lodging industry. “We get to watch families grow up as they return to the farm year after year. That has a real impact, as we need the next generation to get involved in farming and food systems,” Jones notes.

Justin Bolois, of Los Angeles, got introduced to agritourism in Tuscany, later seeking out the farm experience closer to



IrynaHabibuk / CanvaPro



Stefano Oppo from Corelens / CanvaPro

home. “We had been living in New York City at the time and came to value the expansive countryside being in Italy,” he says. “The family, which ran a vineyard, would cook incredible meals for us. Vacations are great when they mirror the experience of living in a place, and agritourism is one of the closest ways to access that.”

Bolois and his wife later discovered Straus Home Ranch, in Marshall, California, and fell in love with the place and its people so deeply they hosted their wedding there. The ranch was founded by a pair of pioneers in organic farming and land conservation in Marin County, and it was later revitalized to include a farm stay by siblings Vivian, Miriam and Michael Straus after their parents’ deaths. “You can tell that Vivian and Michael not only care about what they do, they also care about you, and about you enjoying their life mission. That’s a very special bond to develop with an agritourism owner,” Bolois says.

The ranch features special touches, including a beautifully equipped kitchen to shuck local oysters or to host private chefs for farm-fresh meals served on a handcrafted table made of reclaimed redwood from their old hay barn. There is no cellphone reception on the ranch, encouraging guests to kayak, hike, birdwatch and stargaze.

“After being cooped up during COVID, people want to see wildlife and biodiversity again. People are aching to disconnect from their screens and reconnect with nature—what we call ‘dirt therapy,’” says Ashley Walsh, president and founder of Poconos

Organics, one of the largest Regenerative Organic Certified farms on the continent, sprawling across 380 acres in Long Pond, PA.

Walsh built the boutique resort, The Village at Pocono, with her grandfather when she was 25 as a sister destination to the farm. The accommodations feature full kitchens where guests can cook a cornucopia of produce fresh from the fields. Visitors can enjoy luxurious amenities on site, then pop over to the farm to attend hands-on cooking classes, wellness

retreats, farm tours and more.

Beyond connecting with rural life, farm stays are a meaningful, mutually beneficial way for farmers and consumers to reconnect on a personal level. “Agritourism puts a face to farming. We want to educate people so they can make better choices in food and get to experience what really fresh food tastes like,” Jones says.

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.

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Quiet Mind for Better Sleep

By Lauren A. Salani, LCSW, BCB



Poor sleep happens to many people in their busy lives. According to the National Institutes of Health, Insomnia is a common sleep disorder which can cause daytime tiredness, lack of concentration, irritability, and sluggishness. In primary insomnia the person has been a very poor sleeper since being a youngster. Secondary insomnia is a symptom that all is not right: stress, physical pain, discomfort, another sleep disorder, lifestyle habits, or excitement due to an upcoming event. Most people can return to normal sleeping habits, but some continue to have difficulties on a long-term basis. Chronic insomnia is described as requiring more than 30 minutes to fall asleep or staying up for more than 30 minutes during the night on at least 3 nights per week for at least 6 months.

According to sleep expert, Dr. Alexander Sweetman, Research Fellow at the College of Medicine and Public Health, Flinders University in Australia, there are 6 ways to spend less time in bed with a racing mind. He recommends:

1. Relearn To Associate Bed with Sleep

Learn to use your bed for sleep and intimacy only. All other activities should take place in another room. Only go to bed if you are very sleepy, if you aren't sleepy, do something relaxing outside of the bedroom. If after 15 minutes you do not fall asleep, get up and do something relaxing. Get out of bed the same time each morning. Avoid daytime naps.

2. Distract Yourself with Fond Thoughts

Play a positive, but neutral, favorite memory, movie, or TV show in your mind to keep your mind off anxious thoughts.

3. Relax Into Sleep

Try relaxing each group of muscles in your body, one group at a time. Letting go of each muscle group as you slowly breathe. You may want to add soothing music.

4. Set Worry Time

Schedule some worry time early in the day to better work through problems and concerns. Keep a notepad handy to jot down the 'to-do' list so you can let it go at night.

5. Know That Waking at 3 AM Is Normal

Everyone experiences brief awakenings during the sleep cycles. Most people do not remember this happened upon awakening.

6. What If These Don't Work?

Your primary healthcare physician, psychiatrist, or sleep medicine specialist may diagnose insomnia after asking you a few questions about your sleep habits and ask you to keep a sleep log. They may ask for testing to detect any abnormalities affecting your sleep. A number of studies have shown a connection between stress and disturbed sleeping patterns.

Poor sleepers demonstrated that stress and insufficient coping skills contributed to on-going sleep disorders and 41% of insomnia cases were related to stress and other emotional factors. The treatment of insomnia is highly individualized, Cognitive Behavioral Therapy (CBT-I), for insomnia offers solutions to resolve insomnia for people with anxiety, PTSD, and depression. Poor sleepers may need instruction in muscle relaxation, breathing, biofeedback, hypnosis and emotional regulation when preparing for a night's rest.

Addressing sleep disorders lowers the risk of high blood pressure, coronary heart disease, diabetes, and cancer. Learning how to get a good night sleep can prevent those desperate for sleep from turning to drugs and alcohol. And lastly, getting a good night sleep helps move you toward better performance in all you do. If you are considering Cognitive Behavioral Therapy for an emotional-related sleep issue, please call my warm, inviting office.

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



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Taking Pets on Family Trips

Holistic Tips for Stress-Free Traveling

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

Pets are part of our family, and ensuring their comfort during travel speaks volumes about our bond with them. Travel, whether by car, train or plane, can significantly affect pets, leading to symptoms of anxiety such as excessive barking, whining, pacing and, in some cases, aggression or withdrawal. To address a pet's anxiety, it is critical to understand their perspective. Travel disrupts their feeling of safety. Mitigating this disturbance with natural and comforting interventions ensures that such journeys can evolve into harmonious and enriching adventures.

Holistic Remedies and Techniques

Holistic veterinary medicine offers a range of solutions that address travel-induced anxiety in pets. By focusing on natural remedies that promote calmness, we can avoid the side effects often associated with pharmaceuticals.

- **Hemp Oil:** Anecdotal reports from dog owners suggest that cannabidiol (CBD),

which is abundantly found in hemp oil, can significantly aid in managing anxiety. These observations are supported by a study conducted at the Cornell University College of Veterinary Medicine in which 83 percent of participating dogs demonstrated a decrease in stress or anxiety-related behaviors after consuming CBD chews prior to a stressful event.

- **Herbal Supplements:** Herbs like chamomile, valerian root and passion-flower have been used for centuries to relieve anxiety in humans, and are equally as effective in pets. They can be administered in the form of treats or capsules. Lavender (*Lavandula angustifolia*) and chamomile (*Anthemis nobilis*) have been reported to enhance relaxation behaviors such as resting and sleeping, and to diminish dog barking in rescue shelters.
- **Aromatherapy:** When diffused in a pet's travel space, essential oils such as lavender and frankincense can create a serene environment and significantly reduce stress



Janomic/Chalabala/Shutterstock.com

family embarks on a journey. Introducing a dog to the car well before a trip, for example, can significantly help make them more comfortable. This method involves gradually acclimating the pooch to the vehicle in a series of steps—from simply spending time in a parked car to taking short drives. Such preparatory measures allow pets to become familiar with the environment of a vehicle, associating it with positive experiences and rewards, thereby easing their anxiety and making travel a more enjoyable experience for all.

Practical Tips for Pet Owners

- **Start early.** Gradually acclimate a pet to their travel carrier and intended mode of transportation. **Maintain a routine.** As much as possible, stick to the pet's regular feeding and exercise schedule to provide a sense of normalcy.
- **Stay calm.** Pets often pick up on their owner's emotions; maintaining a calm demeanor can help reassure them.
- **Consult a holistic veterinarian:** Before introducing any new supplement or remedy, consult with a professional to ensure it is appropriate for a pet's health status and needs.

Managing Travel Anxiety

Dr. Mary Burch, a certified applied animal behaviorist, emphasizes the value of taking preparatory steps as early as possible before the

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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Organic Chicken Bone Broth

This easy, slow-cooker recipe fills the home with delightful aromas while providing a nutrient-dense broth. Using organic chicken supports farming practices that prioritize animal welfare and environmental sustainability.

YIELD: 8 SERVINGS

- | | |
|---|---|
| 1-2 lbs organic whole chicken bones (leftovers from a whole chicken roast is perfect) | 2 Tbsp apple cider vinegar |
| 1 onion, roughly chopped | 2 tsp black peppercorns |
| 3 carrots, roughly chopped | 1 tsp salt |
| 3 celery stalks, roughly chopped | Optional: fresh herbs such as parsley or thyme for extra flavor |
| 6 cloves garlic, smashed | |

Place the chicken bones in a large six-quart slow cooker. Add the vegetables, herbs (if using), garlic, apple cider vinegar, black peppercorns and salt on top of the bones and mix to combine. Fill the slow cooker with filtered water until the ingredients are submerged. Cover with the lid and set to low heat for 12 hours.

Once done cooking, let it cool for about 45 minutes before straining through a fine mesh strainer into a large bowl. Discard the solids. The liquid should be thick and gelatinous. Once cooled, transfer to jars or other containers, labeled with the date and contents, and store in the refrigerator for up to five days or freeze for up to three months. Reheat before serving.

Recipe courtesy of Sara English.

Treating Diabetes With Healthy Food and Exercise

A radical new approach to managing Type 2 diabetes developed by Daniel J. Cox, Ph.D., from UVA Health, has received \$3.5 million in funding from the National Institutes of Health for a large-scale clinical trial.

The approach focuses on educating individuals about making wise dietary and exercise choices to control blood sugar and potentially alter the course of the disease. Rather than prioritizing weight loss or medication, it aims to reduce post-meal blood glucose levels, which are linked to cardiovascular risk and high levels of A1C, a marker of blood sugar over time.

Known as Glucose Everyday Matters (GEM), the approach combines educated food and drink selections with physical activity to prevent blood sugar spikes and hasten recovery if they occur. A small, initial

trial involving 17 recently diagnosed adults with Type 2 diabetes showed promise, with 67 percent achieving remission after three months, and only one participant requiring medication. This trial was the first testing of self-administration instead of face-to-face delivery by medical providers.

This research offers promising hope for

managing Type 2 diabetes through lifestyle interventions, providing patients with new options for controlling and potentially achieving remission from the disease. Cox's personal success with the approach, maintaining consistently low A1C levels without medication for the past 13 years, further supports its potential.

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Calendar of Events



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



TUESDAY, APRIL 2

Welcome to Joy (Journey of Yoga) – 6pm, The Yoga Loft, 58 Main St., Farmingdale. Inspired to try your first yoga class, but have no idea what to expect? Join us for a 6-week beginners series, with Michele designed for those brand new to yoga. Learn the benefits of yoga with step-by-step directions for each posture. Discover the benefits of breath and the peace of meditation. Register early—this series fills up quickly, email info@theyogalofnj.com (please include phone number if registering by email) or call/text 732.239.2333. Cost: \$85.

WEDNESDAY, APRIL 3

Discovering Your Spirit Guides – 8-10pm, with Shamanic Practitioner, Lauren, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Looking to connect with the spirit of the drum and connect with your inner medicine and meet your guides? This event is for both those new to journeying as well as those experienced. Learn the importance of drumming, how drumming can help you heal spiritual wounds and be guided through a journey to help discover your spiritual allies and connect with your higher self. Preregistration is required. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com, cost: \$25.

FRIDAY, APRIL 5

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

Six-Week Senior Series – 10:30am, with Tara, The Yoga Loft, 58 Main St., Farmingdale. Calling all active seniors! If you want to use yoga not only for balance and stretching, but also to build strength and

endurance in all muscles of the body, then this series is for you. Students will be taught how to engage each muscle group in poses and in strength training moves. Students will also be shown how to utilize the wall and other props in order to adapt poses to fit their unique needs. Space is limited; email info@theyogalofnj.com (include your phone number if registering by email) or call/text 732.239.2333. Cost: \$70.

SATURDAY, APRIL 6

Reiki Level I Workshop and Certification – 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, she'll teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$195.00.

WEDNESDAY, APRIL 10

Unraveling Neurodevelopmental Disorders – 6:30pm, Upper Cervical Chiropractic of Monmouth, LLC, 280 US Hwy 9, Morganville. Dr. Larry Arbeitman, D.C. will be presenting the latest information about unraveling neurodevelopmental disorders. The doctor will highlight a natural approach to supporting children with neurodevelopmental disorders, without the use of medications. Seminar is FREE and requires preregistration due to limited seating. Phone today: 732.617.9355.

Cacao Ceremony – 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Guided by our store shamanic practitioner, Lauren will teach about the power of cacao, hold space for a guided journey and provide a sound bath for everyone to enjoy. A cacao ceremony uses the medicinal power of this power plant to connect to yourself in a deeper, loving way, be more in your heart space and heal from within. Participants must bring their own mug and have an empty stomach. No one on antidepressants should participate in this event. Preregistration is required. Phone 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, 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, APRIL 11

Reiki Level II Workshop and Certification – 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This workshop is the second step on your Energy Healing journey. Join

Maria Martin to learn and practice Reiki. In this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Prerequisite Reiki. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$225.

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

FRIDAY, APRIL 12

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

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SATURDAY, APRIL 13

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



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

SUNDAY, APRIL 14

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

Dancing with Dragons – 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Dragons are ancient celestial beings that are here to help guide us, protect us and work with us as we go through life. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. This event will include a guided meditation as well as an opportunity to powder dance to celebrate our new connection to these magical companions. Preregistration is required. Phone: 848.217.2371, email: Ayearandadamysticalshoppe@yahoo.com, web: Ayearandadamysticalshoppe.com. Cost: \$25.

WEDNESDAY, APRIL 17

Grief Circle – 501 Grand Avenue, Asbury Park. Have you lost a pet, family member, or friend and need a safe space to speak about it? Or maybe just allow others who understand loss to hold space for you? Everyone will have an opportunity to introduce themselves and share who has passed on or not! This space will be filled with love and will be a supportive place for each person. This is a free event. Limited space. Call or text Dorian 201.892.5242 to RSVP.

Monmouth County Faith & Ecology Meetup – 5:30pm, First Presbyterian Church of Rumson, 4 E. River Rd., Rumson. Please join us at the Monmouth County Faith & Ecology Meetup for an informal, interfaith gathering for people of faith working on environmental issues in our county. Let's meet each other and learn what we are working on in our faith communities! Let's grow and learn together at this fun networking event. Refreshments will be provided. <https://www.waterspirit.org/events-calendar>

Green Investment Club – 7-8pm. We are an educational and experiential group of socially-conscious investors meeting in Red Bank every 2 months. We have a financial advisor who teaches and facilitates our research. We have existed for over 15 years, and we are open to adding more committed members. Please email mcbarne@msn.com for more info.

THURSDAY, APRIL 18

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

848.217.2371. Web: Ayearandadamysticalshoppe.com. Cost: \$195.

Messages with Spirit PRIVATE READINGS – 12-2pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available Thursday April 18 at 12 pm, 1 pm, 2 pm, at the time of this printing. Upon payment, you will receive your Zoom link.

FRIDAY, APRIL 19

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

Messages with Spirit PRIVATE READINGS – 12-2pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for Friday April 19 at 12 pm, 1 pm, 2 pm at the time of this printing. Upon payment, you will receive your Zoom link.

Healing Circle – 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Reiki Practitioners and energy healers come discuss and share your experiences and techniques and practice your skills working on one another. It's also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. Preregistration required. Phone: 848.217.2371, email: Ayearandadamysticalshoppe@yahoo.com, web: Ayearandadamysticalshoppe.com. Cost: \$10.

SATURDAY, APRIL 20

Sandy Hook Earth Day Beach Cleanup – 10am, Sandy Hook, Parking area B. Join Waterspirit as we do our part to protect the sacred waters of the Atlantic Ocean. On the Saturday before Earth Day we will be conducting our beach clean-up at Sandy Hook Bay, parking area B. Please join us. Together we can make a difference. Registration is required for this free event. <https://www.waterspirit.org/events-calendar>.

SUNDAY, APRIL 21



Ayurveda for the Spring/Summer Season Workshop – 12:30-2pm, with Reiki Master, Elena Slade, The Yoga Loft, 58 Main St., Farmingdale. Ayurveda is an ancient system of medicine developed in India more than 5,000 years ago. The elements of earth, water, fire and air determine the three life forces called "doshas" that we are all born with. In this workshop you will determine your dosha and what that means for your physical, nutritional and emotional wellness and the impact the change of the spring and summer season has on you. Wear comfortable clothes and bring a yoga mat, blanket and bolster and come and learn ways to naturally improve your health and happiness. Please email info@theyogalofnj.com or call 732.239.2333 to register. Cost: \$40 (includes Auyurveda book).

Psychic/Mediumship Workshop – 4-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, with Cherise. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). We'll explore the levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit responsibly, foster our relationship with spirit and our team of guides in the spirit realm. Preregistration required. Phone: 848.217.2371, web: Ayearandadamysticalshoppe.com. Cost: \$65.

MONDAY, APRIL 22 EARTH DAY

WEDNESDAY, APRIL 24

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, APRIL 25

Messages with Spirit PRIVATE READINGS – 12-3pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for Thursday April 25 12 noon, 1 pm, 2 pm, 3 pm, are available at the time of this printing. Upon payment, you will receive your Zoom link.

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

FRIDAY, APRIL 26

Friday Morning Tai Chi in Loch Arbour – 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and har-

mony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Messages with Spirit PRIVATE READINGS – 12-2pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for Friday April 26 12 noon, 1 pm, 2 pm, are available at the time of this printing. Upon payment, you will receive your Zoom link.

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SATURDAY, APRIL 27

Tarot Class – 3-5pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Tarot has been a source of insight and mystery for centuries. Explore its complexities and facets at our monthly 6-class course! This series will provide informal, informational sessions for all levels – from beginners to those more advanced. Jamie will dive into the layered history of one of the world's most mystical tools and teach you not only what Tarot can do, but also the meanings and ways you can incorporate it into your everyday life. Preregistration required. Phone: 848.217.2371, web: Ayearandadamysticalshoppe.com. Cost: \$75.

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SUNDAY, APRIL 28

Mantras & Mudras – 2-3pm, The Yoga Loft, 58 Main St., Farmingdale, with Monica & Michele. Join us for a Mantra & Mudra Workshop, where we will delve deeper into the postures (Asanas) of Yoga and their correlating mantras (vocalizations) and mudras (hand positions). Mantras are sacred sounds that recited repetitively will focus the mind and assist in connecting with the divine. Mudras used in conjunction with mantras or independently during meditation or yoga help to channel energy flow within the body, balance energies and enhance the practitioner's experience. Handouts will be available. Registration is required, as space is limited. Please email info@theyogalofnj.com or call 732.239.2333 to register. Cost: \$40.

Mindfulness in Nature – Sunday, April 28, 2024 2:00 - 3:30pm Ages: 18+ Cost: \$10. Plainsboro Preserve, 80 Scotts Corner Rd. Plainsboro, NJ 08536 Take a meditative walk at the Plainsboro Preserve, led by experienced naturalist Ann Price. Explore mindful connections with the natural elements for a range of healthful benefits. Mindfulness practices and connection to nature can help reduce stress,



reduce anxiety, and heighten our consciousness. Join us as we open our hearts and minds to the natural world. <https://www.waterspirit.org/events-calendar>

Special Event: Akashic Records, Stone Path or Medium Reading – 2-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Akashic Records hold information about your soul's past, present and future. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Ancient stone readings can show you how your life has been through each phase and where you are heading. Do you have a loved one who has passed that you would like to communicate with? Cherise can mediate your connection and help you convey what you would like to say and pass on to you any messages from the other side. Session is 45-60 minutes. Phone: 848.217.2371, web: Ayearandadamysticalshoppe.com. Cost: \$125.

Embrace the Magic of May Day: Beltane Workshop – 6-7:30pm, The Yoga Loft, 58 Main St., Farmingdale, with Jennifer & Alissa. Join us for an enchanting workshop as we celebrate the arrival of Beltane, the joyous festival of May Day! Our time together includes grounding, journaling, guided meditation and a hands-on craft to connect to the energy of the season. Inspired by the ancient Maypole tradition, create your own May Day wand... a conduit for clarity, positivity and high vibrations. Please bring your journal for meditation reflections! Please email info@theyogalofnj.com or call 732.239.2333 to register. Cost: \$40 (includes all materials).

MONDAYS

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

Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

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

TUESDAYS

Meditation For Earth – 12:15pm, in-person Sanctuary at the Rumson Presbyterian Church, 4 East River Road, or livestreamed on Waterspirit's YouTube channel <https://www.youtube.com/channel/UCFzJcKCCtU22hEjrmOLitwQ> Please join Waterspirit for a 30 minute "Meditation for Earth."

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

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

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

WEDNESDAYS

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



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

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.

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

THURSDAYS

Flowing Qigong Vitality Series with Melinda Applegate – 9am at Spring Lake Train Station. Drop-in classes. All levels welcome. Qigong is an internal martial art form that brings more power and potential in your life. Enjoy these moving meditations every Thursday morning with us to both relax and energize in a fun and easy way. Nourish your Qi. Contact Melinda Applegate at 707.357.4632 and www.flowingqigong.com

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

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

Beginner Taiji Class taught by Shoshanna Katzman – 2pm, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Practicing Taiji helps you to discover internal peace, enliven energy and achieve overall wellness – while building strength, flexibility, stability and endurance. It provides palliative support for many types of injuries and health conditions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is learning how to perform the first part of the Guang Ping Yang Style Form. Call or text 732.758-1800 or check out www.yourcenterofpower.com.

Psychic Readings and Energy Healings – 2-7pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing for \$30. Have a question about a direction you are looking to embark on? About a job, 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. Phone: 848.217.2371. Web: Ayearandadaymysticalshoppe.com.

SATURDAYS

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

SUNDAYS

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

*April, the angel of the months,
the young love of the year.*

—Vita Sackville-West

SAVE THE DATES

WEDNESDAY, MAY 1

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

WEDNESDAYS, MAY 8 & 22

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

FRIDAYS, MAY 10, 24 AND SATURDAYS, APRIL 11, 25

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

FRIDAYS, MAY 10, 24 AND SATURDAYS, APRIL 11, 25

Wild Edible Walk – Friday, May 24, 10am-12 noon, ages: 18+. Join experienced naturalist Anne Price as she guides us through the Plainsboro Preserve in search of wild edibles. Participants will learn how to safely identify plants we can enjoy as well as plants we should avoid and collect some foods to prepare a meal. Foraging is a way to establish a deeper connection with the natural world. Registration required. www.waterspirit.org/events-calendar. Cost: \$20.

Community Resource Guide



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

ACUPUNCTURIST & HERBALIST

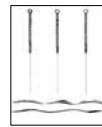
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Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization 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.

CHIROPRACTOR

UPPER CERVICAL CHIROPRACTIC OF MONMOUTH, LLC

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



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

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RBC Wealth Management
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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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Gemmahealthcoach.com
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Are you struggling with life-changing events or feeling stuck without the motivation to make positive changes? As an ICF Professional Certified Coach and a National Board-Certified Health Coach with additional certifications in Positive Psychology, Life Coaching, Lifestyle Medicine, and Holistic Nutrition, I can help you incorporate the tools that research shows increase your health and happiness and help to motivate you to achieve your personal and professional goals in all areas of their life. My coaching packages include support, guidance, and accountability in and out of the office the entire time we work together. Please feel free to contact me for a complimentary consultation.



MASSAGE

ACUPRESSURE & INTUITIVE MASSAGE/ BODYWORK

Melinda Applegate
Asian Healing Arts Practitioner, AOBTA CMT,
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Beth Aitken
Instagram @beyond_holistic_healing
Email: beyondholistichealing@gmail.com
Web: Bethaitkin.com 703.403.6678



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SHORE HOLISTIC NUTRITION & WELLNESS

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



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

RETAIL

A YEAR AND A DAY MYSTICAL SHOPPE

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

REIKI/ENERGY HEALING

DORIAN CATTANI LLC

501 Grand Ave. Asbury Park, NJ
doriancattani@gmail.com
Instagram @spirituallyrescued
doriancattani.com 201.892.5242



Dorian Cattani is a Reiki Master, Energy Healer and Meditation Teacher. She is now offering private Reiki sessions in her beautiful new office. Group Meditation sessions coming soon.

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