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FREE

# natural awakenings

The  
Power of  
Simplicity

Nourishing  
Your Soul

The  
Power of  
Food

## Nourish & Flourish

MARCH 2026 | MONMOUTH • OCEAN | NAJERSEYSHORE.COM

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

Dear Friend,

That’s exactly what Daryle asked me the first day we met.

Three years earlier, a heavy piece of equipment had fallen on him. He broke his back, herniated discs, and was left with severe pain and numbness in his hands and feet. His legs would spasm so violently that he’d fall or be thrown from bed at night. Dozens of doctors tried to help, but nothing worked.

Then something changed. After a short while of Upper Cervical Chiropractic care in our office, Daryle was working, fishing, and playing catch with his daughter again.

And stories like his happen here every week.

## My Own Turning Point

In 2000, I was a first-year chiropractic student and in constant discomfort. A neck injury from my Manalapan High football days had flared up so badly that even after months of traditional chiropractic care, nothing changed.

I began to question everything; my health, my future, even my calling to become a chiropractor. I thought, “What if I have to live like this forever?”

Then a classmate introduced me to a doctor in Atlanta who specialized in Upper Cervical Chiropractic; a precise, gentle technique that focuses on helping pinched nerves heal through the spine by adjusting the upper neck.

He took detailed 3-D x-rays, made an incredibly light correction (**no twisting, cracking, or popping**) and for the first time in years... I felt right again.

That one adjustment changed my life and my purpose. I vowed to dedicate my career to helping others the same way.

## Healing Starts at the Source

Since opening Upper Cervical Chiropractic of Monmouth in 2003, we’ve delivered over 300,000 gentle spinal corrections to patients across the tri-state area — people suffering from:

- Headaches & migraines
- Vertigo & post-concussion syndrome
- Neck & shoulder pain
- Back pain, numbness & tingling
- TMJ, chronic fatigue & fibromyalgia
- Whiplash & other accident-related injuries



And every day, we witness the same truth: The body is designed to heal itself when nothing is interfering with it.

## Real People. Real Results

“I absolutely love going to Upper Cervical Chiropractic of Monmouth! ...this office is truly different. My back has never felt better! The doctors are incredibly kind and genuinely caring, and the entire staff is just amazing. The office is always spotless, and the front desk receptionists go above and beyond to make you feel welcome. I can’t recommend this place enough! “

– Lindsay G

“Before care, I thought my only options were surgery or drugs. Two months later, I was gardening, working, and living again.”

– Dee C

“Life is so much better now that my headaches are gone. No more pinched nerves!”

– Marina

## A Special Invitation

If you’ve been searching for answers, I want to make it easy to find out whether Upper Cervical care in our office could help you.

When you mention this article, you’ll receive your complete new-patient exam for just **\$59** — including digital nerve scan and x-rays (if needed). That’s everything — normally up to \$340 — for only **\$59**.

But please don’t wait. This special offer expires **March 31, 2026**. (By law, excludes Medicare/Medicaid/PIP patients.)

## Great Care at a Great Fee

I’m Dr. Larry Arbeitman and for over 22 years, I’ve served our community with compassionate care; always with the same mission: To restore health from the inside out.

Over 275+ 5-Star reviews, proof of the heart-centered care and results our patients experience every day.

My incredible team — Kara, Aniyah and Sandra— help make our office a place where patients feel genuinely cared for and at home.

Come discover what your body can do when it’s finally given the chance to heal.

Upper Cervical Chiropractic of Monmouth, LLC  
280 Route 9 North, Marlboro, NJ  
(ShopRite Shopping Center)  
Call (732) 617-9355  
or go online at [www.GetWellNJ.com](http://www.GetWellNJ.com)

P.S. You don’t have to live in pain. You just have to remove what’s standing in your body’s way of healing.

**Call (732) 617-9355 today for a natural and fresh approach**



**\$50** Discount for any **Laser-Based Dental Procedure** with this ad. Offer expires 3/31/26



## Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

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

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

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



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

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Hello Friends,



Welcome Springtime!

Wow, that was a long, cold, frozen winter. In years past, my crocuses and daffodils would be peeking up by now—no sign yet, but I can't wait to see them burst through!

Mid-March is the perfect time to direct-sow these hardy crops: peas (especially sugar snap or shelling—give them support to climb), radishes (super-fast, ready in 3-4 weeks), spinach, lettuce (leaf varieties like looseleaf or romaine), arugula, carrots (in loose soil; mix in sand if heavy clay), beets, turnips, Swiss chard, and kale (or other hardy greens). I'm getting super excited just typing this—garden season is here! Hooray!

It's also the ideal moment to plant seeds of intention. Release what no longer serves us and cultivate the life we truly wish to live. This year, millions around the world are celebrating the Year of the Fire Horse (which began February 17th with the new moon and ring of fire eclipse), a rare energy that returns every 60 years. Why "Fire Horse"? It blends the Horse's free-spirited drive with Fire's intensity—sparking revolution over gradual evolution. Rapid changes have marked past Fire Horse years throughout history.

What does that mean for us? 1. We can tap into this amplified energy field. 2. Our intentions manifest at an exponentially faster rate. 3. As Lightworkers, we can send a powerful wave of love into the world—watch out, darkness!

Riding the Fire Horse means waking up each day holding our intentions close and ending it reflecting on even one small step toward them. This powerful cycle only comes once every 60 years—we're so lucky to have it.

Speaking of lucky, I'm endlessly grateful for all of you—our readers, advertisers, and team. So much love and thanks. May the luck of the Irish shine on us all this month! 🍀

Warm wishes

Sharon.



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## Ads & Submissions

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To advertise with Natural Awakenings or request a media kit, email us at: [advertise@NAJerseyShore.com](mailto:advertise@NAJerseyShore.com) or call 732.230.7337.

Ads Deadline: 7th of the month.

### EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: [sharon@NAJerseyShore.com](mailto:sharon@NAJerseyShore.com).

Editorial Deadline: 7th of the month.

### CALENDAR SUBMISSIONS

Email Calendar Events to: [Sharon@NAJerseyShore.com](mailto:Sharon@NAJerseyShore.com). Calendar Deadline: 7th of the month. Cost: \$20/listing.

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Scan code to learn more

### Interested in Franchising?

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



## The 15th Annual Wellness Expo at Georgian Court University

Experience healing of the body, mind, and spirit. Are you interested in exploring alternatives to conventional treatments but don't know where to start? Join us for the 15th Annual Wellness Expo, hosted by the Department of Integrative Health and Exercise Science!

This exciting event will take place rain or shine on March 21, 2026 11am to 4pm in the Casino building. It will feature 50-60 diverse vendors ready to inspire you. Enjoy 30-minute free workshops and activity sessions designed for all ages—there's something for everyone! This is a pet-friendly occasion, so bring the whole family, including your furry friends! Additionally, don't miss out on the chance to meet and interact with current students, faculty and staff from Integrative Health & Exercise Science, Nursing and Social Work, Hackensack-Meridian Health School of Nursing and Wellness.

The best part? Admission is absolutely free! Don't miss this fantastic opportunity to enhance your well-being and discover new paths to health. Mark your calendar now!

For more information, please visit <https://georgian.edu/event/annual-wellness-expo/> and/or reach Sachiko Komagata at [skomagata@georgian.edu](mailto:skomagata@georgian.edu)

## Enhance Your Third Eye

Join April at The Yoga Loft, 58 Main St in Farmingdale. March 14th 12:30 to 2pm. Open your second sight—a hidden faculty of the soul that peers through the veil. Ancient traditions called it the Eye of the Oracle; the alchemists called it the Star in the Mind. Most people live their entire lives with this eye tightly shut, perceiving only the surface of existence.



You are invited to pull back the curtain. We are gathering to stir the dormant forces of the pineal center and awaken the visionary power that is your birthright.

The Evening's Work:

- Breaking the Seal: We will utilize ritual and intent to clear the calcified "rust" from your inner perception.
- The Alchemical Shift: Using specific frequencies and focused will, we will move your consciousness from mundane to magical.
- Decoding the Unseen: Learn to interpret the symbols, syn-

chronicities, and "flashes" that occur when the veil grows thin.

- Commanding the Vision: Transition from a passive observer of life to a conscious architect of your reality.

*This space is for the seekers, the mystics, and those who have always known there is more to this world than meets the eye. No previous knowledge required—only a curious mind and a courageous spirit. Please call/text 732.239.2333 or email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) to register \$55*

## Nourishing the Nervous System: The Foundation of Flourishing

True nourishment goes beyond food; it's about what we feed our nervous system, our thoughts, and our inner world. When life feels overwhelming, many of us try to push through or "fix" ourselves, but lasting well-being begins with safety, softness, and self-trust.



To flourish, we must first nourish our inner landscape. This means slowing down enough to listen to the body's signals, honoring emotions instead of avoiding them, and creating space for regulation before transformation. Inner peace is not a personality trait, it's a physiological state that can be gently cultivated. Practices like mindful breathing, Emotional Freedom Techniques (EFT), and guided meditation help calm the nervous system, release stored stress, and reconnect us to our natural resilience. When the body feels supported, clarity returns, energy expands, and growth becomes sustainable.

Flourishing isn't about doing more, it's about being more present, more embodied, and more aligned. When we nourish ourselves at the root level, we create the conditions for confidence, connection, and joy to grow naturally. Inner nourishment is the foundation from which true flourishing begins.

*Meryl Hayton offers free consultations to help you unlock your fullest potential. Call her at 973.879.9333.*

## Celebrate the Spring Equinox

Join Dee & Sunshine Kate at The Yoga Loft, 58 Main St Farmingdale March 21st 12:30 to 2:00ish as we celebrate the Spring Equinox, the time of renewal, rebirth of nature, and the awakening of our own creativity, energy and passion. Our gathering will be devoted to celebrating and planting seeds for what we want to bloom in the upcoming season of vitality. Twice a year the Sun sits vertically above the equator, giving us nearly equal day and night everywhere on the planet.

Join us in a celebration and ceremony as we greet the onset of spring. We'll begin with a guided meditation to tune into ourselves. Then we'll settle in to fashion a beautiful creation that you will weave in your intentions for the season ahead.



*Please call/text 732.239.2333 or email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) \$45*

## FREE Psychic & Mediumship Group Reading Going Live March 11th

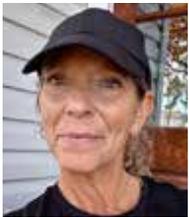
Psychic medium and intuitive guide Dawn Ricci is hosting a free live group reading on March 11, 2026, at 4:00 PM Eastern via Zoom. The gallery-style event offers attendees collective psychic and mediumship messages focused on clarity, alignment, and intuitive guidance for the year ahead.

Unlike private sessions, gallery readings draw on the energy of the group, delivering insights and validation that resonate across participants. Attendees can expect guidance around life direction, strengthened intuition, and energetic alignment — all in a supportive, no-pressure environment. Ricci, who brings over two decades of professional experience as a psychic medium, is known for her grounded, practical approach to intuitive work. Her readings have helped thousands find clarity and connection.



The event is FREE. Save your spot! Register at <https://dawnricci.com/event> today.

## March is Colon Cancer Awareness Month



Time to focus on prevention and healthy living. Recent research from the American Cancer Society and studies presented at ASCO highlight that an anti-inflammatory diet combined with regular structured exercise can help reduce treatment side effects, lower the risk of recurrence, and improve survival for colon cancer survivors. Even better: these habits may help prevent colorectal cancer altogether by reducing chronic inflammation.

A diet rich in leafy greens, colorful fruits and vegetables (high in carotenoids and polyphenols), healthy fats like olive oil, nuts, and avocado, green tea, and whole grains (oats, quinoa, brown rice) fights inflammation through increased fiber, better digestion, and sustained energy.

Everyone's needs differ, so there's no one-size-fits-all plan, but basics apply to all: eat more whole foods, move regularly, and cut back on ultra-processed items, excess sugar, and unhealthy fats. Simple swaps make it easy—like a “Meatless Monday” with lentil sloppy joes and baked sweet potato fries, portobello mushroom steaks with cauliflower mash, or Greek yogurt topped with fresh fruit and nuts for breakfast. A hearty Greek salad with chickpeas, greens, tomatoes, olives, and olive oil works great for lunch.

*Chronic inflammation raises cancer risk, so small changes add up. For personalized guidance, contact Felicia McIntosh Will, CFNC, IHP2 Master in Nutrition Counseling and founder of Sunshine Functional Nutrition and Lifestyle Counseling at 908.902.9598 to craft a plan tailored to you.*

## 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. No prior art experience is necessary. ~

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](http://www.wildandfreepainting.com).

## Qigong for Good Health SPRING SERIES 2026



- A 9-Week Spring Series Begins March 31, in Lincroft.
- Parking Lot Qigong will re-emerge on Saturdays at 10:30 am with warm weather.
- WORLD TAI CHI & QIGONG DAY is on Saturday, April 24th.

Spring is a time for new beginnings and new growth! Join us as a beginner or return as an experienced student and deepen your practice. Reduce stress, build stamina, increase vitality and strengthen your immune system. This amazing ancient Chinese system of self-care integrates body, breath, and mind focus. Qigong is effective and easy to learn. All are welcome. Sign up early online. These classes do fill.

Join Maxine Forster Guenther, M.A., Instructor of Integral Qigong, certified since 2003, in The Earth Room, at the Unitarian Universalist Meeting House (UUCMC), 1475 West Front Street in Lincroft. Classes include:

**9 WEEK SPRING SERIES:** Two 1-hour Qigong classes are available on Tuesdays beginning March 31st at 1pm OR at 2:30pm. For information about the classes, please check the website [www.qigongforgoodhealth.org](http://www.qigongforgoodhealth.org)

Cost of this Spring Series at UUCMC: \$100 for 9 sessions. A 2nd Person in same household is \$50. College student, \$50. If you cannot afford the cost, please contact Maxine to make some adjustment in the fee.

**PARKING LOT QIGONG** will re-emerge in the back lot of UUCMC on Saturday mornings at 10:30 when weather warms, most likely late May. This is a drop-in class by donation. Open to beginners and experienced students. To add your name to the PLQ e-mail list for class notification, contact Maxine at [qigongomi@yahoo.com](mailto:qigongomi@yahoo.com).

Watch for information about world tai chi & qigong day. It is held the last Saturday in April. This year it is on April 26th .

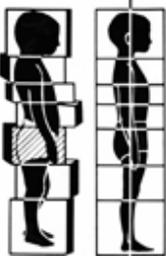
## Improve Your Posture & Alignment with Rolwing®

Winter is the perfect time to tackle health challenges and explore your potential. Rolwing improves posture and alignment. The Rolwing Technique of Structural Integration treats neck and back pain and many musculoskeletal problems. Rolwing

> Continued Next Page <

restores health and well-being after illness and injury.

This gentle, hands-on technique balances the tensions in the myofascial network to improve posture and restore normal mobility. Chronic patterns of tension and bracing are released. As body alignment improves, clients feel taller and move gracefully.



People of all ages receive Rolfing from Rebekah Frome, PTA, LMT, Advanced Practitioner of Structural Integration, and David Frome, PT, LAc., Advanced Rolfer. Patients include those with developmental challenges, scoliosis, arthritis, disc herniations, sports injuries, and neurologic problems. Clients report feeling stronger and more flexible after Rolfing.

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

### Learn the Magical Movements of Tai Chi

Two Rivers Academy of Taiji & Qigong is pleased to announce a new Beginner Taiji Class taught weekly by Shoshanna Katzman on Wednesday after from 4:00-5:00 pm. Taiji is a gentle, yet powerful Chinese way of movement practiced with full body



relaxation and focused mental concentration. Through daily practice, it reconnects the mind to the body, the conscious to the subconscious, and the individual to their environment.

Developed in China over 4,000 years ago, Taiji is practiced widely today to promote physical fitness, vibrant health, and longevity. Its circular movements, rhythmic breathing, and flowing postures that allows one's full potential to blossom. As a "meditation through movement", this ancient healing exercise opens flow of blood and qi (life energy), reduces stress, and guides one to live in harmony with nature.

Shoshanna Katzman, M.S., L.Ac. has practiced Guang Ping Yang Style Taiji over fifty years and teaches the form in its original style. She specializes in helping students integrate their physical and energetic aspects of being through the practice of this ancient dance. Classes are held at Red Bank Acupuncture Center in Shrewsbury. For more information call or text 732-758-1800. You may also like to visit [www.yourcenterofpower.com](http://www.yourcenterofpower.com) to learn about Shoshanna's comprehensive online Taiji curriculum.

## This Month's Monmouth County Co-op Corner

### COLCANNON SOUP



#### Ingredients:

- 8 cups russet potatoes
- 1 large leek, trimmed
- 1 small green cabbage
- 1/2 cup chopped kale (no stems)
- 2 tablespoons salted butter
- 1 32 oz box of broth (I use veggie broth)
- 1/2 cup oat milk
- Salt and pepper to taste
- 2 tablespoons fresh chopped parsley for garnish

#### Instructions:

- ❖ Scrub or peel your potatoes - (leave skin for earthy flavor)
- ❖ Dice potatoes and set aside
- ❖ Trim both edges off leek & cut in half longways - submerge in cold water to separate and release any grit, drain and submerge again, drain and pat dry
- ❖ Core the cabbage and chop
- ❖ Melt butter in large sauté pan
- ❖ Add leeks and cabbage, season with salt and pepper
- ❖ Sauté until soft, stir occasionally - approximately 15 min
- ❖ Move sauté to a larger soup pot or Dutch oven
- ❖ Add diced potatoes and kale
- ❖ Sauté an additional 5 minutes, stirring often
- ❖ Add broth and bring to a boil
- ❖ Reduce to simmer, cook an additional 30 min until potatoes are fully cooked
- ❖ Remove from heat and add oat milk
- ❖ Blend until smooth, add salt or pepper if needed
- ❖ Ladle into bowls and top with fresh chopped parsley

Text 732 500 4949 to join our community cooking crew! or for more information find us on Facebook Group: 'Organic Fruit and Veggie Co-Op Monmouth County NJ.

\*Lincroft pod of Purple Dragon Co Op



# Gardening Our Dreams

by Marlaina Donato



Cristian Zamfir/Shutterstock

**L**ike spring seeds carried by the wind, we sometimes find ourselves in unfamiliar circumstances, unsure of how we arrived there. Whether we believe it to be chance or choice, it is up to us to seize opportunities for growth. When confronted with the unknown, uncertainty can yield to a sense of empowerment if we recall that each day presents a banquet of choices, and the small decisions we make daily are acts of self-nourishment.

Spring can be a clean slate—a fresh, thawed soil in which to sow something courageous and new. With the wisdom gained from our winters, we can travel forward, even if we don't have a map to guide the way. In the beginning, all we need is a spark, and it is okay if no one else sees its potential to ignite.

The renowned artist and sculptor Michelangelo believed that every block of stone contains a masterpiece waiting to be discovered and set free. Seasoned gardeners meticulously plan their harvests long before the

first warm days appear, stockpiling seed catalogs and mapping out goals. Inspired chefs court flavor pairings, and expectant mothers design nurseries. Perhaps we need to remember that we are all creators in our own

right and capable of trusting our own vision.

Many of our aspirations are thwarted by decision paralysis because we overanalyze and ignore intuition. A more promising path may be to combine passion with patience, allowing each small step to organically lead into another. Maintaining our focus in the present moment and keeping our eye on the path—rather than the destination—leaves room for an outcome more fruitful than we might have imagined.

This month's to-do list:

- Trust inspiration.
- Start a journal to record ideas and build upon them.
- Cheer for someone else's goals.

*Marlaina Donato is an author, artist and composer. Connect at [WildflowersAndWoodSmoke.com](http://WildflowersAndWoodSmoke.com).*

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## Cupping Therapy for Muscle Fatigue

High-intensity exercise causes inflammation and muscle fatigue, which can limit athletic performance, increase the risk of injury and slow the speed of recovery. In recent years, elite athletes have sought relief with cupping therapy, which uses bamboo, glass or acrylic cups to create negative pressure on the skin over an acupoint or painful region. The suction purportedly alleviates muscle pain, enhances blood flow and reduces muscle stiffness.

A 2025 study published in the *Journal of Physiological Intervention* investigated whether dry cupping does indeed reduce muscle fatigue and inflammation. Ten table tennis athletes completed two identical high-intensity training sessions followed by either dry cupping or no cupping, with a two-week interval between sessions. Fatigue was assessed based on the participants' perceived exertion levels before and after each session, as well as 30 minutes after cupping. Blood samples were also collected to measure immune cells, inflammatory indicators and markers of muscle damage and metabolic stress.

Participants reported lower perceived exertion after cupping as compared to no cupping. Blood tests revealed that the therapy reduced inflammatory markers and blood urea nitrogen, a muscle damage marker. However, no significant changes were observed in two other muscle damage markers compared to no cupping. The findings suggest that dry cupping may support post-exercise recovery by reducing inflammation and perceived fatigue, rather than directly limiting muscle damage.



Michelle Aleksa/Shutterstock

## Alarming Airline Water Safety Scores

The 2026 Airline Water Study by the Center for Food and Medicine and Longevity provided insights into the quality of onboard water served to passengers. The study encompassed 10 major and 11 regional airlines, spanning a three-year period ending in September 2025.

Water samples taken from aircraft water tanks were tested for *E. coli* and other bacterial species. Additionally, compliance with water safety regulations was assessed. About 2.7 percent of the more than 35,000 samples tested positive for coliform bacteria. Notably, one-third of CommuteAir's samples exhibited positive results for coliform bacteria.

During the three-year study period, there were 32 violations for *E. coli* across the 21 carriers. The study authors noted that onboard water quality is influenced by the domestic or international source of the water and the equipment used to transfer it to the aircraft.

Each airline received a numerical score ranging from zero to five, accompanied by a corresponding letter grade. Four major airlines, namely Delta, Frontier, Alaska and Allegiant, received a grade of A or B. Spirit, JetBlue and American Airlines received the lowest scores, each earning a D grade. Nearly all regional airlines had poor water quality, with only GoJet earning a B grade. The remaining nine regional carriers earned C or D grades, while Mesa Airlines received an F.

The study's authors advised passengers to never drink onboard water that is not from a sealed bottle. Additionally, they recommended avoiding onboard tea or coffee and using an alcohol-based hand sanitizer rather than washing their hands in an aircraft bathroom.



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## Bison Outshines Beef for Cardiovascular Health

Bison poses a lower risk of fatty plaque formation in the arteries than beef, according to a 2013 double-blind clinical trial published in *Nutrition Research*. The study was small, involving 14 healthy males that consumed equal amounts of both meats. Cardiovascular biomarkers were evaluated before and after a single 12-ounce serving, as well as before and after seven weeks of chronic consumption, defined as 12 ounces per day, six days a week.

A single bison meal caused less elevation in triglycerides, oxidative stress and oxidized low-density lipoprotein (LDL or “bad cholesterol”), as well as better artery dilation, compared to the single beef meal. After the seven-week consumption period, neither meat caused weight gain or changes in cholesterol levels. However, beef led to increases in inflammatory and oxidative stress markers, as well as a decline in blood vessel responsiveness, while the bison did not.

Although all meat cuts used in the study were considered lean, bison has a healthier fatty acid profile with more omega-3s and less saturated fat than beef. While both are red meats, bison appears to place less strain on the cardiovascular system, making it a potentially healthier red-meat option.



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## Climate Tipping Points and the Urgency for Action

The 2025 Global Tipping Points Report, published by the University of Exeter and Stockholm Resilience Centre, indicates that the world has already crossed the first climate tipping point involving the widespread mortality of warm-water coral reefs on which nearly one billion people and a quarter of all marine life depend. Caused by rising ocean temperatures, acidification, overfishing and pollution, this massive damage to coral reefs is expected to continue unless global warming is reversed.

The 2025 World Meteorological Organization Global Annual to Decadal Climate Update also predicts that a 2.7° F warming threshold will be reached within the next five years, which will result in more frequent and extreme weather events, disruptions in food production, limited water access and a rise in sea levels. Compiled by 160 scientists from 23 countries, the report calls for urgent action to prevent further tipping points.



## Polynesian Island Nation Fights Against Rising Seas

Tuvalu, a country in Oceania comprising nine coral islands and atolls, is home to about 11,000 people. With an average elevation of just six-and-a-half feet above sea level, it faces a dire threat from climate change and rising sea levels. A 2023 NASA study predicts that most of the country will be submerged below high-tide levels by 2050.

In response to this existential threat, Tuvalu and Australia signed an agreement in 2023 allowing Tuvaluans to resettle in Australia as permanent residents. Should circumstances improve, these residents will have the option to return to their homeland. The first 280 people to relocate were selected in mid-2025, with an anticipated 40 percent of the population moving within the next decade.

## Submerged Stone Circles of America

Stonehenge, near Amesbury, England, boasts one of the globe's most famous ancient standing stones, dating back to 2,500 B.C. Even older stone circles can be found in Japan and Australia. In the United States, two ancient stone arrangements lie at the bottom of the Great Lakes. One is a 9,000-year-old caribou hunting structure on an ancient land bridge that once connected northeast Michigan to southern Ontario, now submerged under Lake Huron. The other is a yet-to-be-studied arrangement of stones at the bottom of Lake Michigan, discovered in 2007. Despite its potential significance, a lack of funding has prevented archaeologists from fully excavating the site. Notably, Lake Michigan was dry until 15,000 years ago.



## Glacier's Rapid Disintegration Upends Sea-Level Rise Forecasts

A new study led by the University of Colorado Boulder and published in *Nature Geoscience* details the unprecedented 2023 retreat of Antarctica's Hektoria Glacier, comparable in size to the city of Philadelphia. Using seismic data, satellites and remote sensors, the research team surveyed the glacier, capturing its topography and retreat at different time intervals. They noted that the glacier retreated five miles in just two months, 10 times faster than any previous record. The scientists believe the glacier floated above the ice plain, exposing it to warm ocean water and tidal forces, which caused large chunks of ice to break off.

This accelerated retreat is reshaping sea-level rise predictions. The study highlights the swift destabilization of grounded glaciers, indicating that current models likely underestimate the pace of Antarctic ice loss and the resulting coastal flooding from sea level rise. This is especially concerning for larger ice sheets like Thwaites, which rivals the size of Great Britain.



Nancy Pauwels/Shutterstock

## China Struggles With Declining Birthrate

Despite government efforts, China's birthrate has plummeted for the fourth year in a row. The Chinese government announced that 7.92 million babies were born in 2025, a nearly 17 percent decline from 9.54 million in 2024. This marks the lowest birth rate per 1,000 people since records began in 1949, contributing to a shrinking population following more than 11 million deaths in 2025.

While this trend is global, China faces a more severe challenge due to a dwindling workforce to support its aging population. Despite implementing measures such as media campaigns, financial incentives, subsidized housing, menstrual cycle tracking, abortion reduction and taxes on contraceptives, the government's efforts have yielded minimal results.



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# Nourishing Your Life

by Shoshanna Katzman



The art of living in harmony with the natural rhythms of life is a central theme of Chinese medicine. One way this is imparted is through integrating the principles of Yang Sheng which means ‘nourishing life’ – based on the belief that “prevention is better than cure.” It provides a health discipline that empowers people to consciously take care of themselves by following various methods to keep energy flowing abundantly and freely through their bodies.

In terms of nutritional guidance, it emphasizes predominantly eating warming foods such as cooked grains, roasted vegetables, and hearty soups. Drinking adequate amounts of warm or room temperature water is also recommended. This means reducing intake of raw foods and avoiding

the use of ice due to their tendency to create coldness, dampness, pain, and stagnation. Consuming more warming food and drink supports digestion by strengthening spleen function which transforms and transports ingested food and drink throughout the body.

Healthy digestion is further supported by using the changing seasons as a guide for how we live, eat, and care for ourselves. This includes consuming more yin cooling foods in the summer and more yang warming foods in the winter. Yang Sheng suggests adding foods that nourish the organ system associated with a particular season. This means eating bitter greens in the spring to nourish the liver. Light and cooling seasonal fruits and vegetables in the summer to nourish the heart. Root vegetables in the late summer to nourish the spleen. Healthy fats, eggs, pears, and soups in the fall to moisten dryness and nourish

the lungs. And bone broth, black beans, walnuts, and black sesame seeds in the winter to nourish energetics of the kidney.

*Regular usage of herbs to balance energy is another “nourishing life” practice. Ginger root as a daily tea, added to foods, used as foot bath, or external compress over the lower back has warming and qi building properties. Goji berries are delicious as a snack or added to a soup to nourish the blood.*

Establishing harmony between body and mind is another goal of Yang Sheng through the practice of ancient Chinese exercises. Taiji’s “meditation through movement” and Qigong’s integration of “body, breath, and mind” help reduce stress and promote Body-Mind connection. Here is a one-minute Qigong exercise for low energy days. It warms kidney energy, encourages



Image by Gabby Adom from Pixabay



circulation of qi and blood, and calms the nervous system.

### “Warm the Kidneys, Settle the Mind”

*Stand with feet parallel and shoulder-width apart, knees straight but softened, and palms placed over your lower abdomen. Lift your crown and drop weight downward - allowing yourself to root deeply into the earth. Breathe slowly through your nose and center yourself.*

*Next, place palms together and briskly rub them back and forth until warm. Then place them over on your lower back, gently rubbing up and down or in small circles. Experience warmth sinking inward and nourishing your kidney energy.*

*When ready, relax arms by your sides and gently bounce up and down slightly at the knees for about 30 seconds. As you do so, allow your jaw, shoulders, and belly to relax.*

*Finish by returning your hands to your lower abdomen and take three slow, rhythmical deep breaths into your lower belly. Then stand for a moment and reflect on your experience. When you are ready, shake yourself off to remove any kinks and get on with your day.*

Enjoy the process of nourishing your life with these simple, yet profound ways of bringing forth abundant flow of qi and blood throughout your body, maximizing digestion, reducing stress, and harmonizing body, breath, and mind.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center ([www.healing4u.com](http://www.healing4u.com)) for 35 years in Shrewsbury, NJ providing acupuncture, Chinese herbal consultation along with Taiji and Qigong private and group classes. She is author of “Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy”, co-author of “Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness” and “Center of Power: Life Mastery through Taiji” a comprehensive online curriculum ([www.yourcenterofpower.com](http://www.yourcenterofpower.com)). For more information call or text 732-758-1800.

The cover features a purple and white color scheme. At the top left is a circular emblem with a yin-yang symbol in the center, surrounded by intricate patterns. The title "The Center of Power Curriculum" is written in a large, elegant font, followed by the subtitle "Life Mastery Through Taiji" and the tagline "a comprehensive toolbox for the Taiji Player". Below this, a paragraph describes the curriculum's content. A QR code and the website URL "www.yourcenterofpower.com" are positioned in the lower half. The author's name, "Shoshanna Katzman, M.S., L.Ac.", is at the bottom right.

The advertisement has a background of stylized green bamboo leaves. The main title "Red Bank Acupuncture &amp; Wellness Center" is prominently displayed at the top. Below it, a list of services is shown: "Acupuncture • Chinese Herbs", "Therapeutic Massage", and "Taiji &amp; Qigong Lessons". A black banner at the bottom lists the practitioners: "Shoshanna Katzman, L.Ac., M.S., Director", "Heather Quinlivan, L.Ac., MSTOM", and "Bonnie Anderson, LMT". A white box at the very bottom contains the text: "We are a caring group of practitioners dedicated to helping you heal naturally and balance your energy", followed by the phone number "732-758-1800", the address "830 Broad St. Suite A, Shrewsbury, New Jersey 07702", the website "www.healing4u.com", and "Gift Certificates Available".

# Nourishing Your Soul

by Lauren Salani, LCSW, BCB



Since the end of the Covid-19 pandemic, many people have become more intentional about their health. They are paying closer attention to physical fitness, anxiety levels, mood, and relationships. The World Health Organization (WHO) defines health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

Mental health is now recognized as a vital component of overall wellness. The WHO describes mental health as “a state of well-being that enables people to achieve their potential, cope with the normal challenges of life, work successfully and productively, and contribute to their community.” In our fast-paced, often chaotic world, managing stress has become essential for daily well-being. One of the most powerful ways to support both body and mind is through better sleep. Quality sleep allows the brain to recover from the day’s demands and prepares us to face tomorrow with clarity and resilience.

Harvard Health outlines four key ways to “Nourish Your Soul”: staying physically active, eating a balanced diet, calming the mind, and sleeping well. When we move our bodies, fuel them with nutritious food, and intentionally wind down, we set the stage for restorative sleep—ideally seven to eight hours per night. While scientists still don’t fully understand every reason sleep is so critical, research consistently shows it is essential for mental alertness, emotional regulation, and cognitive function. Poor sleep often contributes to heightened anxiety, unstable moods, and strained relationships. Sleep truly nourishes the soul. When we’re sleep-deprived, we feel

foggy, disconnected, and mentally sluggish. Focusing becomes exhausting, thoughts arrive slowly, attention drifts, and even simple tasks feel overwhelming.

A recent study led by senior author Laura Lewis at MIT, published in *Nature Neuroscience*, provides new insight into what happens in the brain during lapses in attention. The researchers discovered that when focus slips during the day, cerebrospinal fluid (CSF) briefly flows out of the brain. This “washing” process normally occurs at night during deep sleep, when the brain clears out metabolic waste products that accumulate while we’re awake. The team emphasized that this nightly cleaning is vital for maintaining brain health and optimal functioning.

When sleep is insufficient, the body appears to compensate by triggering these fluid pulses during wakefulness. This offers a

protective mechanism—attempting to make up for missed cleansing time—but it comes at a cost: attention drops sharply, often at moments when we need focus the most.

The study also revealed that these attention lapses coincide with widespread physiological changes: breathing and heart rate slow, pupils constrict, and blood flow patterns shift. Dr. Lewis noted, “It is interesting that the results suggest there is a unified circuit governing both high-level brain functions—our attention and ability to perceive and respond to the world—and fundamental physiological processes like fluid dynamics, brain-wide blood flow, and blood vessel constriction.”

*Lauren A. Salani, LCSW, BCB Stress Relief Services Atlantic Executive Center 107 Monmouth Road, Suite 104 West Long Branch, 732.542.2638 StressReliefServices.com LaurenASalani@gmail.com*



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## 11:30am

Mary Flynn and Carol Strelic | You Are Here To Be Human - That is the Assignment!

## Noon

Sufyan Brache, DO | When the Body Loses Its

## 12:30pm

Rozelle Holmes, RRT, BS, Cand. MA | N=1: Continuous Glucose Monitoring Between Clinical Recommendations and Lived Experience

## 1pm

Luke Chaplain, Cand. MA | From Awareness to Alignment: Regulating the Nervous System

## 1:30pm

Vincent Chen, PhD | Flourishing, Not Fads: Nourishing Your Body, Mind, and Longevity

## 2pm

Sachiko Komagata, PhD, PT | Lifestyle as Medicine: We Know What to Do, but We May Not Know How.

## 2:30pm

Lori Nixon Bethea, PhD | Anxiety within Children

## 3pm

Rachel Epstein | Cooking Demonstration "Fiber for the Win!"

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Deborah Kehoe, Cand. MA | Receive Vibrational Sound Frequencies for Enhanced Wellness



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# The Power of Simplicity

by Dawn Ricci



**T**he world celebrates the hustle. It rewards the overbooked calendar, the sleepless grind, the relentless push toward more — more productivity, more achievement, more everything. But here is what the Universe knows that most people have yet to discover:

*There is no sustainable growth on a path of exhaustion and depletion.*

The soul was never designed to operate like a factory line, and the life someone truly desires will never be manufactured through force.

Simplicity is not laziness. It is not giving up or falling behind. Simplicity is a radical return to what matters — choosing heart space over head space, pace over race, and alignment over aggression. It is the quiet understanding that the things one needs most are not seized; they are received. The Universe does not respond to frantic energy. It responds to clarity, openness, and trust. One cannot force what is meant to flourish. One must allow it.

So how does a person begin to simplify their life — and in doing so, activate the very manifestation they have been chasing? It starts with five intentional shifts, each one paired with a core principle of manifestation.

## **Honor the Inner Voice.**

Simplicity asks a person to stop outsourcing their decisions to the opinions of others and start trusting the whisper within.

That gut feeling, that quiet knowing, that inexplicable pull toward or away from something — it is not random. Intuition is the body's way of communicating what the mind has not yet caught up to. The simpler the life, the louder that voice becomes.



Image by Martin dalsgaard from Pixabay

### Declutter the Mind.

Before simplicity can take root in someone's outer world, it must first be cultivated within. A mind crowded with noise, comparison, and overthinking cannot receive clear direction. Journaling, medita-



tion, or even a few minutes of silence each morning creates the mental space where clarity lives. When a person knows exactly what they want — stripped of everyone else's expectations — the Universe finally has something specific to deliver.

### Notice What Is Already Working.

A cluttered, overstimulated life makes it nearly impossible to recognize the signs, synchronicities, and small wins that are already showing up. Simplicity sharpens the lens. When someone slows down enough to notice the evidence of alignment — a door opening, a conversation that shifts everything, an unexpected opportunity — their faith in the process deepens. Gratitude becomes effortless because the proof is everywhere.

### Release the Need to Control the Timeline.

One of the greatest acts of simplicity is surrendering “the how” and “the when”. Belief is not about blind optimism; it is about a grounded intuitive knowing that what is meant for someone will not pass them by. The person who simplifies their life stops white-knuckling outcomes and starts trusting that alignment has its own divine schedule.

### Move with Intention.

Not Urgency. Manifestation is not passive, but the action it requires is purposeful — not panicked. A simplified life replaces the frantic to-do list with aligned, intentional steps. One meaningful conversation. One honest decision. One brave move. These small, deliberate actions carry more energetic weight than

a hundred tasks performed from a place of depletion.

The days of hustle and burnout do not have to define anyone's story. The Universe has always been ready. It is simply waiting

for the noise to stop — so the life that was always meant to unfold can finally begin.

*Dawn Ricci is a Certified Spiritual Mentor, Intuitive, and Speaker who helps individuals rise beyond life's most difficult moments and tap into their soul's wisdom. To help rewrite the story, download Dawn's free guide, Manifestation Mastery: Your Guide to Hi-Vibe Living at <https://dawnricci.com/guide> today.*

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# Stress-Free Fitness

## The Role of the Nervous System in Exercise Recovery

by Marlaina Donato

**H**igh-intensity interval training (HIIT) can lower the risk of cardiovascular disease and cancer, stabilize blood sugar levels, improve body composition and combat depression, but, during times of stress, it can become counterproductive. Chronic stress triggers a steady release of hormones such as cortisol and epinephrine, keeping the sympathetic nervous system in overdrive.

Hitting the gym too hard or too often when we have too much on our plate disrupts the vagus nerve's ability to shift gears and bring the body back into balance. This is when we might notice fat storage (particularly around the belly), an increased appetite, fatigue, systemic inflammation and lack of muscle gain.

"If you are working out hard and constantly stressed, you are basically fighting against yourself," says Stephanie Mansour, a *Today Show* fitness contributor who also provides daily motivation on her fitness app, Step It Up With Steph. "During this time, your cortisol levels spike and make it harder for your body to use insulin properly, which slows down fat burning and even breaks down the muscle that you have been working so hard to gain."

Feeling wired but tired, experiencing mood swings and getting sick more often are signs that it might be time to dial things back and focus more on recovery. To initiate a parasympathetic response—the other branch of the autonomic nervous system that helps

the body reset—it might be a good time to consider alternative forms of exercise and a diet rich in nourishing foods. Stanford Lifestyle Medicine recommends moderate cardio exercises such as walking, swimming, cycling or light jogging, along with restorative practices like yoga, breathwork, tai chi and Pilates.

### Move To Reset and Rest To Recharge

Cindy Brauer, the founder of Mojo Fitness, in Berwyn, Pennsylvania, advocates for a combination of rhythmic flow

exercises, followed by intentional cooldowns to activate the parasympathetic system and strengthen vagal integrity.

"Different movement styles speak different languages to the nervous system," she explains. "Our HIIT-based dance fitness techniques provide a powerful sympathetic challenge. We use creative, ever-changing movement patterns that intentionally elevate heart rate, engage the lungs and stimulate the brain, helping trigger the release of brain-derived neurotrophic factor (BDNF), a crucial protein that supports brain health, learning and adaptability."

At the end of each class, Brauer leads participants through a series of extensive stretches, balance exercises and breathing techniques. She emphasizes the importance of consistent routines that strike a balance between predictability and flexibility, enabling the nervous system to feel secure while preserving its capacity for movement.

For nervous system regulation, Mansour recommends a combination of HIIT and



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Svitlana Huiko/Shutterstock

yoga or stretching, acknowledging that individual needs may vary at different times. “When balanced, both types of modalities can sustain energy levels throughout the day and facilitate relaxation and unwinding at night, creating a workout system that works best for you.”

In addition to switching up routines, complementary strategies include saunas, cold plunges for vagal tone enhancement and somatic therapies such as myofascial release. Resting without external stimuli like smartphone scrolling can have far-reaching benefits, too. “I encourage my clients to prioritize sleep,” says Mansour. She recommends aiming for seven to nine hours of slumber per night. To enhance sleep quality and counteract stress, she suggests incorporating a few minutes of meditation, outdoor walks or five minutes of stretching every day.

## Food Factors

A 2024 study published in the journal *Nutrients* underscores the pivotal role of nutrition in post-exercise recovery. It emphasizes the significance of consuming adequate nutrients to replenish glycogen stores, repair muscle tissue, lower inflammation and bolster the immune system. Supporting a healthy microbiome by eating prebiotic-rich foods like oats, apples and flaxseeds can enhance nutrient absorption and aid recovery, especially after exercise. Anti-inflammatory foods rich in healthy fats, including walnuts, eggs, omega-3-rich fish and avocados, will help balance the nervous system.

Brauer highlights the importance of consuming healthy carbs, which support the production of serotonin, a neurotransmitter

and hormone that regulates happiness and calmness. Her other recommendations include staying hydrated, getting enough minerals (particularly magnesium and potassium) and practicing mindfulness. “Slowing down at mealtime, chewing fully and eating without constant distractions sends a powerful signal to the vagus nerve that it’s safe to rest and digest,” she adds.

Mansour’s go-to recovery foods include salmon and colorful fruits and veggies

that are naturally packed with vitamins and antioxidants. She also reminds us to maintain stable blood sugar levels by eating protein every few hours to prevent sugar cravings or other uncomfortable symptoms of low or high sugar such as fatigue, dizziness, irritability, headaches and weakness.

*Marlaina Donato is an author, artist and musician. You can connect with her at [WildflowersAndWoodSmoke.com](http://WildflowersAndWoodSmoke.com).*

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# The Power of Food

Food has the power to heal and help us or inflame and damage us.

by Felicia McIntosh-Will, CFNC, IHP



## Food Can Affect Our Sleep Quality.

Less fiber and high saturated fat intake can impact how restorative our sleep can be. Eating a full meal too close to bedtime affects how we fall asleep and stay asleep. Caffeine and alcohol consumption both affect our circulation resulting in poor sleep while not eating enough of the proper ratios of carbs, protein and fat worsens sleep quality.

Getting poor quality sleep can increase hunger and make way for sugary and fattening food cravings, possibly leading to overeating. It can also lead to a reduction in the body's ability to breakdown sugars and increasing risk for type 2 diabetes and heart problems. Eating 3 hours before laying down gives the body a chance to digest and process nutrients allowing for better sleep quality.

## Food Can Affect Our Energy Level.

By increasing intake of fiber-rich food, staying hydrated and exercising you can support healthy digestion. Depending on individual factors such as age, gender, certain medications and medical conditions as well as stress level, food takes an average of one to two days to digest and eliminate and can use up to 30% of our energy. All of our body systems and organs are affected by digestion. Thoroughly chewing your food, taking time between bites, spreading out meals throughout the day and eating cooked or sautéed complex carbohydrates can make digestion easier and help increase nutrient absorption. The nutrients of whole grains, nuts, seeds, legumes, fruit and vegetables, as well as quality lean protein



**H**ave you heard the phrase “what you put in your body you get out of it”? That being said, this is not to cause fear but to bring awareness to... how we feel, what we're thinking and even how we're relating to everyday situations.

### Food Can Affect Our Mental Health.

Your gut is also known as your second brain. There's a signaling that goes on between the two affecting neurons, hormones, digestion and immunity. 90% of serotonin, the happy hormone, is produced in our gut and crosses the blood-brain barrier. It regulates motility, mood, sleep and appetite. An imbalance in healthy gut bacteria may contribute to symptoms of depression, anxiety and emotional instability. A diet high in leafy greens, berries and salmon, tomatoes, walnuts supply us with micronutrients crucial for brain and gut health while a diet full of sugary, fried and artificial sweeteners can increase depressive symptoms.

take longer to digest, helping us to feel full longer and can aid in proper digestion to fuel energy levels for the day.

March is Colon Cancer Awareness month. More and more younger people, under the age of 50 are being diagnosed. Colonoscopies are available starting at age 45 and if you have a family history testing at a younger age has been recommended. It is slow growing and treatable when caught early. Processed meats, high saturated fat intake, high sugar intake and smoking have all been linked to colon cancer while eating the rainbow of colorful foods to increase antioxidant and nutrient intake, omega-3's from fatty fish have been shown to be anti-inflammatory.

*For more information on group, one-one counseling, or collaboration please don't hesitate to call Felicia McIntosh Will, CFNC, IHP2 Master in Nutrition Counseling and founder of Sunshine Functional Nutrition and Lifestyle Counseling at 908.902.9598 to craft*

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NuvoCell is revolutionizing regenerative medicine by taking the same ingredients currently used in stem cell injections, stabilizing them with lipid nanoparticles, and formulating them into a topical cream with natural transdermal ingredients that act as carriers to deliver powerful regenerative relief to discs, cartilage, muscles, tendons, ligaments, and nerves. All without injections or downtime, and easily applied at home.

## 51% decrease in pain in just 1 month

In an 80-person pilot study utilizing a transdermal regenerative cream, the average Visual Analog Scale (VAS) pain score among patients diagnosed with chronic low back pain and osteoarthritis decreased by 51%.



## TARGET AREAS

- Neck
- Back
- Shoulders
- Elbows
- Wrists and Hands
- Hips
- Knees
- Ankles
- Feet



*JoAn was recommended for knee replacement surgery after suffering from debilitating knee pain for years but was determined to find alternative ways to regain her mobility and live pain-free. After just one month of using NuvoCell, she is amazed by the results she has seen in her knee and in her quality of life.*



Full Video Here



*Brian, a 3x world champion rodeo rider, struggled with back pain for years from competing. After trying various treatments, he found real relief with NuvoCell. Hear his story and why he is continuing to use NuvoCell on his back and other areas.*



Full Video Here



*Brad, a retired contractor, lived with severe shoulder pain for over 50 years after a car accident left him with a separated shoulder, broken collarbone, and torn rotator cuff. A recent fall made things worse, forcing him to give up golf and basketball. Recently, his wife introduced him to NuvoCell. After applying it twice daily for two months, his pain dropped by over 90%. Today, Brad is back to playing golf, shooting hoops, and enjoying life again - pain-free.*



Full Video Here

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# Pet Reactions to Food

## How To Ease Their Discomfort

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

**P**ersistent itching, recurrent ear infections, digestive upset and dull coats are common in pets and often indicate a food reaction. Distinguishing food allergies from sensitivities can be confusing because their symptoms often overlap. However, understanding the difference is essential to arrive at an accurate diagnosis, effective dietary strategies and better long-term outcomes.

**Food allergies** occur when the immune system misidentifies a normally harmless food as a threat and triggers an inflammatory response. According to a 2023 article published in the *Journal of the American Veterinary Medical Association*, when the immune system's tolerance to food breaks down, the response involves either antibodies or immune cells like T-cells. Common symptoms include persistent itching, recurrent skin or ear infections, vomiting, diarrhea or a combination of skin and tummy symptoms. Over time, even small amounts of the offending ingredient can provoke noticeable reactions.

**Food sensitivities**, also referred to as food intolerances, differ from food allergies because they do not involve antibodies or immune cells. Instead, food intolerance arises when foods overwhelm the pet's digestive capacity, its metabolism or its normal gastrointestinal

function. Common symptoms include intermittent diarrhea, gas, vomiting, variable itching and changes in energy or behavior, with reactions often appearing hours or days after the food was eaten.

Although food allergies and food sensitivities can exhibit similar skin and gastrointestinal signs, veterinarians differentiate between them based on reaction patterns, dose sensitivity, timing and response to dietary intervention, rather than relying solely on symptoms.

### Dietary Triggers and the Role of Elimination Diets

Food allergies are most often caused by specific proteins. A 2016 study published in *BMC Veterinary Research* indicates that the most prevalent allergens in dogs include beef, dairy, chicken, wheat and lamb; while in cats, beef, fish and chicken are most frequently implicated. Food sensitivities, on the other hand, are usually related to how the pet's body handles certain ingredients. These reactions may occur when foods are highly processed, contain additives or are difficult for the pet to digest, rather than being caused by the immune system.

The most reliable way to identify the problematic food is through an elimination diet, followed by gradual reintroduction of ingredients. During the elimination phase, pets are fed a simplified diet with ingredients they have rarely or never eaten. All treats, flavored medications, supplements and table foods are removed during this process. This phase typically lasts eight to 12 weeks, although chronically affected pets may require a longer duration. Signs like itching,



Chendongshan/Shutterstock



vomiting, diarrhea or ear problems are meticulously monitored. Once symptoms improve or stabilize, individual ingredients are slowly reintroduced one at a time, with several days separating each addition. If symptoms return after a specific ingredient has been reintroduced, that food is identified as the trigger.

A 1994 study published in the *Australian Veterinary Journal* demonstrates that an elimination diet can lead to improvements, and the recurrence of symptoms confirms food-related reactions. This method also helps veterinarians determine whether the reaction is more consistent with a genuine allergy or a non-immune sensitivity, thus guiding long-term dietary management.

## Supporting Healing From the Inside Out

Dr. Peter Dobias, a conventional and integrative veterinarian, emphasizes that food sensitivities and food allergies should be viewed as expressions of deeper systemic imbalances rather than isolated dietary shortcomings. He explains that regardless of whether a pet develops a sensitivity or an allergy, the underlying contributors frequently overlap. These include genetic predisposition, toxin accumulation, nutrient deficiencies, gut dysbiosis (imbalance), chronic stress and limited dietary diversity during early development.

Dobias treats both allergies and sensitivities with foundational restoration rather than symptom suppression. His approach includes feeding species-appropriate, minimally processed whole foods; providing essential nutrients like omega-3 fatty acids, probiotics, vitamins and minerals; supporting liver detoxification; and maintaining spinal and structural health. While allergies

often appear more acutely and require immediate management, he stresses that addressing underlying imbalances benefits both conditions.

“Allergies are a signal that the body’s systems and metabolism need support, not just that a single food needs to be eliminated,” Dobias asserts. This perspective helps explain why quick dietary fixes often fail. Removing a single ingredient without addressing digestive capacity, detoxification

or inflammation may temporarily reduce symptoms, but it does not resolve the conditions that allowed reactivity to develop. Effective dietary intervention therefore requires structure, patience and a broader understanding of how food interacts with the whole system.

*Ruth Roberts, an integrative veterinarian and holistic health coach for pets, is the creator of The Original CrockPet Diet. Learn more at [DrRuthRoberts.com](http://DrRuthRoberts.com).*

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# What Are Multiple Chemical Sensitivities?

by David Frome, PT, LAc



**M**ultiple chemical sensitivity (MCS) is becoming a chronic, widespread health problem. People with MCS become sick when exposed to small amounts of common chemicals found routinely in modern life. It is an acquired, recurrent health problem that affects many organ systems, including the brain, lungs, liver, and kidneys.

The occurrence of MCS is on the rise and is directly related to exposure to airborne chemical pollutants. Many of these chemicals are encountered routinely and are believed to be harmless. Researchers are seeing the correlation between chemical exposure and the incidence of MCS, and other debilitating illnesses, including cancer.

While the American Medical Association has not yet fully recognized MCS, it recently (2025) adopted a fragrance regulation that encourages health care facilities, government agencies, and nonprofit organizations to adopt and promote fragrance-free policies. This is a landmark shift that begins to recognize the health impacts of

fragrances on individuals with sensitivity. Other countries, including Canada and Japan, have recognized Multiple Chemical Sensitivity (MCS) as a disability under human rights law.

Multiple chemical sensitivities are a challenging issue to study for several reasons.

▲ The symptoms and triggers of MCS vary from person to person. For some, diesel exhaust triggers headaches. For others, the scent of cleaning products can trigger asthma or behavioral problems.

▲ The number of potential triggers is daunting. Here in the USA, chemical products are brought to market without extensive testing.

▲ MCS is usually a multi-organ system dysfunction. The problem can affect your brain, lungs, immune system, kidneys, liver, and more. Each person with MCS may have different organs in crisis.

▲ There has been strong lobbying by the American Chemistry Council to dispute the legitimacy of MCS and the health concerns from chemically related illnesses. These chemicals include pesticides, per-

fumes, cleaning products, and new carpets. There are literally tens of thousands of possible chemical triggers for MCS.

Estimates vary widely for how many people in the general population are affected. We know that veterans of the Vietnam and Persian Gulf wars, 9/11 first responders, and flood victims of Hurricane Katrina were exposed to unusually high doses of toxic chemicals. Of this group, over 35% have developed MCS.

## What are some of the symptoms of MCS?

- Asthma
- Depression
- Headaches
- ADHD
- Recurrent respiratory infections
- Inexplicable outbursts of anger or rage
- Learning problems, reduced memory
- Loss of mental clarity
- Reduced fertility

In future articles, more information will be provided on how to identify MCS and what you can do to avoid this debilitating illness.

*Rebekah and David Frome practice acupuncture, Rolfling, and Craniosacral Therapy at Frome Physical Therapies in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at [www.fromept.com](http://www.fromept.com) or 973.509.8464. We invite you to share your experience with MCS. We would like to develop a community of support for those affected and others interested in avoiding this illness. Watch for more posts on the diagnosis, treatment, and avoidance of MCS and environmental illness. Also, watch for the formation of an MCS support group.*

*The contents of this article are not meant to be diagnostic or prescriptive. Health problems are often complex. Please consult your physician before choosing a course of treatment.*

## Calendar of Events



Email [info@NAjerseyShore.com](mailto:info@NAjerseyShore.com) for guidelines and to submit entries.

### WEDNESDAY, MARCH 4

**Chakra Balancing Meditation with Reiki**-6:30-8 pm. New Earth Gifts & Services, Manasquan. Join us for a nourishing evening of energy awareness, relaxation, and restoration. This workshop offers a simple introduction to the chakra system, exploring how energetic balance influences emotional, physical, and nervous system well-being. You'll be guided through a deeply calming chakra-balancing meditation, supported by Reiki to restore flow and harmony. No prior experience is needed just come as you are. Space is limited; pre-registration is recommended. Cost: \$49 Sign up here: <https://newearth-healinggifts.com/upcoming-events>

**Dreamcatcher Making Workshop**: 7-9pm with Shaman, Lauren Porter. Learn the history of the dreamcatcher and its native traditions, then, with the help Lauren, make your own personal, unique catcher of dreams. You can make one for yourself, or a loved one in this workshop. Price includes cost of materials \$45.00 per person. Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

### THURSDAY, MARCH 5

**Group Reiki and Meditation** - 8-9:30pm. Enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you. You will receive Reiki to help you in whatever the Creator knows you need. For your comfort, you may bring along a yoga mat, etc., or use one of the chairs we provide. \$30pp Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

### FRIDAY, MARCH 6

**Working with Stones and Crystals**- 8-9:30pm. 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 2 stones/crystals. \$45.00 per person. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Seal Monitoring at Sandy Hook**- 3-4:30 pm. Mount Mitchell Scenic Overlook (460 Ocean Boulevard Atlantic Highlands, NJ). Join Waterspirit for this afternoon event to learn about and monitor Sandy Hook's seal population. We will meet with Waterspirit's environmental educator, Scott Carlin, at Mount Mitchell and then visit several local sites in search of seals and other wildlife. Register at: <https://www.waterspirit.org/events-calendar>

### SATURDAY, MARCH 7

**Reiki Level I Workshop and Certification** - 11am-3:30pm. A Year and a Day Mystical Shoppe, 413

Bond St, Asbury Park. Learn how to nurture and heal the light within yourself and others. Reiki Master Maria Martin will teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. 848.217.2371, web:[Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). \$195

### SUNDAY, MARCH 8

**Emerging Into Wholeness**: A Spring Reset for Body & Energy with Angie - 12:30 to 2:00pm at The Yoga Loft, 58 Main St. Farmingdale. As winter softens and spring begins to stir, this workshop offers a gentle space to reset, renew, and reconnect with yourself. Rather than rushing into change, we'll honor the natural rhythm of emergence—slow, intentional, and grounded. This experience weaves together gentle yoga, breathwork, somatic awareness, and crystal singing bowl sound therapy to help release stagnant winter energy and invite clarity, balance, and wholeness. All levels welcome. No prior experience necessary. Please call/text 732-239-2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to join. \$40

**Candle Magick and Mojo Bags** - 6:30-8:pm - Whether you are a seasoned practitioner, or a beginner to the magickal arts, this candle magick class is for you. Learn how to inscribe, dress and infuse your intentions in a candle for the optimal results of your working or ritual. Not called to work with candles? Learn how to create a mojo bag to infuse your intention that may be carried on you, or someone else for healing, abundance or protection. Interested in both? No problem (Ask about discount)! \$45pp Candle Only (includes materials). \$25 Mojo Bag Only (includes materials) Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ 07712 Call: 848-217-2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

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

### TUESDAY, MARCH 10

**Psychic & Card Readings with Dawn Ricci** - Get clear, trusted guidance on love, relationships, family, money, and health. Dawn taps into the cosmic database of your life through intuitive card readings — you ask the questions, she delivers the answers. Sessions are live via Zoom. When you schedule and pay, you'll receive your personal Zoom link. Special Limited Offer: 3 cards · 20 minutes · only \$60 - Book your session at <https://dawnricci.com/cards>

### WEDNESDAY, MARCH 11

**Limpia/Egg Cleanse**- 7-10pm. Have you been feeling stuck, like your energy needs a refresher? Not sure what energies you might be carrying? Our medicine woman, Lauren Porter, will be performing Limpia, also known as an egg cleanse, to willing

participants. You'll receive a one-on-one 15-minute full-body energetic cleansing using egg medicine and then will receive a reading of the egg to help give clarity on what you released. This is a great way to remove spiritual blockages and gain insight. Release the burdens of the winter and be ready for Earth's spring awakening! \$45 per person; Appointment is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**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](http://purpledragon.com).

### THURSDAY, MARCH 12

**Reiki Level II Workshop and Certification** - 11am-4:30pm. This workshop is the second step on your Energy Healing journey. Join Maria Martin 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! Pre-requisite Reiki I; \$225.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

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**The Inner Peace Immersion**- Sunny Naples, Florida. March 12-15. Join us in this renewal retreat designed to help high-functioning women release stress, regulate the nervous system, and embody calm with ease. For questions call Meryl Hayton 973-879-9333

### FRIDAY, MARCH 13

**Friday Night Unwind with Nicole and Isabella**- 6-7:30pm - at The Yoga Loft, 58 Main St Farmingdale. The evening is all about pampering and self care. This is a wonderful time to take care of you, to refresh and renew. We will begin to move into gentle yoga postures, after a few postures, we will pause to rest to receive Reiki and essential oils. This workshop of was created to treat yourself to gentle yoga, Reiki, Essential Oils and finally closing with savasana. Complete bliss. All levels of practice are welcome. Space is limited to 9 students, please register at [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732-239-2333 \$45

**Group Reiki and Meditation** - 8-9:30pm. Enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you. You will receive Reiki to help you in whatever the Creator knows you need. For your comfort, you may bring along a yoga mat, etc., or use one of the chairs we provide. \$30pp Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848.217.2371 Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

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

## SATURDAY, MARCH 14

**Free Drumming Circle**-1:30-3pm. Circle to be led by Shaman, Lauren. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Web: Ayearandadaymysticalshoppe.com

**Dancing with Dragons** – 8-10pm. Dragons are ancient celestial beings that are here to help guide us, protect us and work with us as we go through life. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. This event will include a guided meditation as well as an opportunity to power dance to celebrate our new connection to these magical companions. \$30 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

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## SUNDAY, MARCH 15

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

## TUESDAY, MARCH 17

**Gentle New Moon Flow Yoga**- 6:30-8 pm. 4 E. River Rd., Rumson, NJ. Join Waterspirit and Yoga Instructor, Angel Tener, for Gentle New Moon Flow Yoga. Both beginner and experienced participants will enjoy this class as we develop energy and balance. Flow through poses to promote strength, flexibility, and body awareness. Connect with nature and with your inner self as Angel guides us through breathing and mindful movements. Registration is required at: <https://www.waterspirit.org/events-calendar> \$5 pp.

## WEDNESDAY, MARCH 18

**Shaman Class** – 7-9pm - NEW CLASS FORMING (spots still available!)- Are you interested in Shamanism? Wanting to meet your primary guide? Join Shaman, Lauren Porter on a series of monthly

classes: Introduction to Shamanism. Learn how to properly journey to meet your medicines and allies, clear and create sacred space, put together your mesa and medicine bag, work with the plant, animal and stone kingdoms, embrace your shadow self, dream work and much more. Classes will be held the third Wednesday of each month for 12 months. \$25pp each class; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

**Psychic & Card Readings with Dawn Ricci** Get clear, trusted guidance on love, relationships, family, money, and health. Dawn taps into the cosmic database of your life through intuitive card readings — you ask the questions, she delivers the answers. Sessions are live via Zoom. When you schedule and pay, you'll receive your personal Zoom link. Special Limited Offer: 3 cards · 20 minutes · only \$60 - Book your session at <https://dawnricci.com/cards>

## FRIDAY, MARCH 20

**Spring Equinox Celebration**- 7-8:00 PM. 4 E. River Road, Rumson, NJ 07760. Daylight is lengthening, temperatures are warming, trees are blooming and we are celebrating. Join Waterspirit on March 20 as we celebrate the arrival of Spring with music, movement, poetry, contemplation, and light refreshments. The Spring Equinox is a time to reflect on the freshness and excitement of the rebirth of nature. Bring your family and friends. Our musical guest is the talented Carlotta Schmidt. Our Equinox program will be celebrated in person and livestreamed. Register at: <https://www.waterspirit.org/events-calendar>

## SATURDAY, MARCH 21

**Reiki Level II Workshop and Certification** - 11am-4:30pm. This workshop is the second step on your Energy Healing journey. Join Maria Martin 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! Pre-requisite Reiki I; \$225.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

**Spring/Vernal Equinox Ceremony** – 8-10pm – Join us in honoring the spring's warmth, light from the sun, and the awakening of the earth. The Spring Equinox reminds us to strive for balance in our lives. The world around us can be stressful to our body, mind and spirit. The earth begins waking up, plants start to sprout from the ground, and animals come out of hibernation. We will have a meditation and ceremony, along with each participant receiving a mini tarot reading. \$15 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

## SUNDAY, MARCH 22

**Sacred Shift with Nicole** -11:30 am-12:30 pm at The Yoga Loft 58 Main St Farmingdale. Sacred Shift Energy Circles are monthly gatherings designed to help you reconnect with your inner energy and release what no longer serves you. Each circle blends gentle education about the subtle body with guided meditation, intention setting, and Reiki-infused healing. We explore how life patterns reflect

energetic imbalances, creating space for clarity, grounding, and empowered shifts. This is a safe and supportive space to ground, restore balance, and cultivate deeper self-awareness. Please call/text 732-239-2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to let us know you'll be joining \$25

**Psychic/Mediumship Workshop** - 3-4:30pm with Cherie. 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. First Class \$75 pp; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

**Sound Healing/Meditation** - 6:30-7:30pm, Join our group sound healing meditation. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing, chanting, etc. we'll facilitate your healing journey. Use one of our chairs, or bring along a meditation mat, pillow, etc. for your comfort. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

## TUESDAY, MARCH 24

**Psychic & Card Readings with Dawn Ricci** - Get clear, trusted guidance on love, relationships, family, money, and health. Dawn taps into the cosmic database of your life through intuitive card readings — you ask the questions, she delivers the answers. Sessions are live via Zoom. When you schedule and pay, you'll receive your personal Zoom link. Special Limited Offer: 3 cards · 20 minutes · only \$60 - Book your session at <https://dawnricci.com/cards>

## WEDNESDAY, MARCH 25

**Psychic & Card Readings with Dawn Ricci** - Get clear, trusted guidance on love, relationships, family, money, and health. Dawn taps into the cosmic database of your life through intuitive card readings — you ask the questions, she delivers the answers. Sessions are live via Zoom. When you schedule and pay, you'll receive your personal Zoom link. Special Limited Offer: 3 cards · 20 minutes · only \$60 - Book your session at <https://dawnricci.com/cards>

**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](http://purpledragon.com).

## THURSDAY, MARCH 26

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

**Beyond Crystal Basics** - 8-10pm. Join Shamanic Practitioner and Reiki Master, Maria Martin in this intensive workshop to explore what the purposes of your stone and crystal friends may be. We'll go over some basics of cleansing and caring for your friends and how to connect with their energies, then dive deep to meet their spirits and see how you are meant to work together. Bring a small selection of your beloved crystals and stones with you for this workshop. \$45pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

## FRIDAY, MARCH 27

**Friendship Circle with Patty** -6-7pm at The Yoga Loft, 58 Main St, Farmingdale. Join Patty in this warm, supportive gathering to come together to share, connect, and grow through meaningful conversations and activities. It's a space where trust, kindness, and mutual respect foster lasting connections, creating a sense of belonging and community. Each gathering provides an opportunity to support one another in personal growth, celebrate achievements, and offer encouragement during challenges, making it a safe haven for authentic friendships to flourish. Our gathering will be focused on "Awake" Please call/text 732-239-2333 or email info@theyogaloftnj.com to let us know you'll be joining. \$20

**Healing Circle**-8-10pm. 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. No special training is required. You may come and receive healing and participate in the meditation. \$10 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Web: Ayearandadaymysticalshoppe.com

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

## SATURDAY, MARCH 28

**Mini Healing Sessions at the Heart of Oneness Holistic Expo**- 10-7. NJ Convention and Expo Center, Edison. Meryl will be offering mini healing sessions at her booth #437 and sharing her Clearing Method program in a 50 minute workshop. All are welcome.

**Akashic Records, Stone Path or Medium Reading** -1-4pm. 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. 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. \$145 pp; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

**Healthy Frequencies Sound Bath** - 3-4:30pm. Join us for a good vibes symphonic voyage where you'll be bathed in healthy frequencies that have profound effects on well-being with relaxing sounds and unique live music. Musician, audiophile, and engineer, Dave Gatenby, will use a variety of sound-producing methods to envelop you in the soothing vibrations of ancient healthy frequencies. 732-361-8956, web: www.kurstudios.com/events \$25

**Meditation for Earth**- 12:15-12:45 pm. Waterspirit's hybrid Meditation for Earth is held every Tuesday. Please join us in-person at the First Presbyterian Church of Rumson (4 East River Rd. Rumson, NJ) or virtually on Waterspirit's YouTube channel. Learn more at: <http://www.waterspirit.org/meditationforearth>

**Sound Healing/Meditation**-8-9pm. Join our group sound healing meditation. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing, chanting, etc. we'll facilitate your healing journey. Use one of our chairs, or bring along a meditation mat, pillow, etc. for your comfort. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

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

## SUNDAY, MARCH 29

**Mini Healing Sessions at the Heart of Oneness Holistic Expo**- 10am-5pm. NJ Convention and Expo Center, Edison. Meryl will be offering mini healing sessions at her booth #437 and sharing her Clearing Method program in a 50 minute workshop. All are welcome.

**Stone Path Readings**- 1-4pm. The art of Ancient stone readings can show your life through each phase and where you are heading. We can use the stones to give insight into questions and situations you would like guidance for. Readings are available for individuals and couples. Life Path Readings are \$45 pp; In-Depth Readings are \$85 (up to 30 min). Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

## TUESDAY, MARCH 31

**6 Week Beginners Series with Michele**-6pm-7pm at The Yoga Loft, 58 Main St Farmingdale. This is perfect for those new to yoga or looking to reconnect with the basics. This series offers a supportive environment to explore foundational poses, gentle breath work, and introductory meditation techniques. Each week, we'll build confidence and ease in movement, helping you release tension and find greater flexibility—both in body, mind and spirit. Come learn the fundamentals of yoga and embark on a journey toward well-being in a safe, welcoming space. No experience is necessary; just bring your curiosity and willingness to explore! Please remember to bring your mat, Register early—this series fills up quickly, please Email info@theyogaloftnj.com (please include phone number if registering by email) or call/text 732-239-2333 \$85

## Ongoing Events

Email [info@NAjerseyShore.com](mailto:info@NAjerseyShore.com) for guidelines and to submit entries.

## MONDAYS

**Intermediate Taiji Class taught by Shoshanna Katzman**- 1pm. Red Bank Acupuncture & Wellness Center in Shrewsbury. 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](http://www.yourcenterofpower.com)

**Beginner Taiji taught by Shoshanna Katzman**- 5:30pm at Red Bank Acupuncture & Wellness Center in Shrewsbury. The Taiji path is filled with many life-enhancing movements, enlightening discoveries, and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being - culminating in harmonization, integration and overall wholeness. Students in this beginner group are learning the first section of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out [www.yourcenterofpower.com](http://www.yourcenterofpower.com).

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

## TUESDAYS

**Tea and Tarot Tuesday Meditations**- 5:30-7pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Guided group meditations and enjoy connecting with a different plant (tea) each week. Receive a message from Tarot just for you. Call ahead for what plant will be provided and advise us of any allergies. For all levels. Bring meditation mat, pillow, etc. 848.217.2371 Web: Ayearandadaymysticalshoppe.com\*\*Private sessions and Veteran Discounts available. Preregistration required. \$15.

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

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

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

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

### WEDNESDAYS

**Advanced Taiji taught by Shoshanna Katzman** - 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury. The Taiji path is filled with many life-enhancing movements, enlightening discoveries and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this advanced group have finished the third section of the Guang Ping Yang Style Form and will soon be learning it on the opposite side along with playing push hands. Call or text 732-758-1800 or check out [www.yourcenterofpower.com](http://www.yourcenterofpower.com).

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

### THURSDAYS

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

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

### FRIDAYS

**Friday Morning Tai Chi in Loch Arbour**- 7:30-8:40 AM. Tai chi improves balance, strength, and posture. It can even extend your longevity! In fair weather, our class currently meets outdoors in Loch Arbour. When the weather is inclement, we meet on Zoom. All levels are welcome. Learn more online at [www.fromept.com](http://www.fromept.com). To reserve a spot, call (973) 509-8464

**Advanced Taiji 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](http://www.yourcenterofpower.com).

**Beginner Taiji taught by Shoshanna Katzman**- 2:00pm at Red Bank Acupuncture & Wellness Center in Shrewsbury. Practicing Taiji helps you to discover internal peace, enliven energy, and achieve overall wellness – along with 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 working on the first part of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out [www.yourcenterofpower.com](http://www.yourcenterofpower.com).

**Psychic Readings and Energy Healings** – 2-7pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing. Have a question about a direction you are looking to embark on? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. Phone: 848.217.2371. web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$30

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

### SATURDAYS

**Akashic Records Readings & Energy Healing Sessions**- 12-8 pm, 347 Soul Collective, 39 W Front St. Keyport, NJ. Come in for an Akashic Records Reading or a Reiki + Energy Healing Session with Chelsea Palermo, MFA. Reiki + Energy Healing Sessions include more advanced energy healing techniques, and be combined with Transformational

Writing, and/ or PEMF BIO Mat Sessions. Walk-ins welcomed. Though online booking is preferred to reserve your spot. [www.chelseapalermo.com](http://www.chelseapalermo.com) Email: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com) VIRTUAL SESSIONS AVAILABLE

**Qigong for Good Health with Maxine Forster Guenther** – 10:30-11:30am Outdoor "Parking Lot Qigong," For information about Parking Lot Qigong in Lincroft, weather permitting, check [www.Qigongforgoodhealth.org](http://www.Qigongforgoodhealth.org) for current information.



## SAVE THE DATES

WEDNESDAY, APRIL 8, 22

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

FRIDAY, APRIL 10, 24  
SATURDAY, APRIL 11, 25

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

SAT - SUN, APRIL 25 & 26

**Emotional Freedom Technique A Foundational Experiential Training for Yoga Teachers & Helping Professionals.** This experiential 10 hour module is designed for yoga teachers and helping professionals seeking practical tools for emotional regulation and nervous system support. Participants explore EFT and Optimal EFT through guided practice, demonstrations, and partner work, learning to identify emotional patterns, release stress, and support inner calm. The training offers accessible techniques that complement yoga, meditation, and somatic practices, and can be integrated into self-care, classes, and client support within appropriate scope of practice. Sign up here: <https://pennington.honoryoga.com/trainings>

APRIL 30 - MAY 3

**The Inner Peace Immersion.** Orenda Retreat Center - Catskills, NY Join us in this renewal retreat designed to help high-functioning women release stress, regulate the nervous system, and embody calm with ease. For questions call Meryl Hayton 973-879-9333



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**LAUREN A. SALANI, LCSW, BCB**  
Senior Fellow, Advanced Board Certified in Biofeedback by the BCIA, Biofeedback Certification International Alliance, Member of Association for Applied Psychophysiology and Biofeedback. Trained in EMDR. Stress Relief Services - 107 Monmouth Rd, Suite 104, West Long LaurenASalani@gmail.com Branch, NJ 07764. 732.542.2638



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**FINANCIAL SERVICE**

**JEFF BALL, CFP, FINANCIAL ADVISOR**

RBC Wealth Management  
328 Newman Springs Road  
Red Bank, NJ 07701 732.576.4634  
[Jeffrey.ball@rbc.com](mailto:Jeffrey.ball@rbc.com) or [jeffballrbc.com](http://jeffballrbc.com)



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

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**RETAIL**

**A YEAR AND A DAY MYSTICAL SHOPPE**

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Michele Lipari- Certified Reflexologist  
298 Broad St., Red Bank, NJ 07701  
[Mliparireflexology.com](http://Mliparireflexology.com) 732.887.3352



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

**REIKI/ENERGY HEALING**

**CHELSEA PALERMO, MFA**

347 Soul Collective  
39 W Front Street, Keyport, NJ  
[www.chelseapalermo.com](http://www.chelseapalermo.com)  
732.646.6226 @IG [chelseapalermo\\_poet](https://www.instagram.com/chelseapalermo_poet)  
[chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com)



Chelsea Palermo, MFA, is a poet, intuitive, & alchemist. She is Usui Reiki Master, Energy Healer, Akashic Records Reader, Somatic Practitioner & beyond. Chelsea offers Akashic Records Readings, Energy Healing & Reiki Sessions, Transformational Writing Sessions & Group Healing Classes in her private healing practice at 347 Soul Collective and online. Visit her website for all offerings, upcoming Masterclasses and to book your session.



## REIKI/ENERGY HEALING

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### MERYL HAYTON

Inner Peace Specialist, Advanced Certified EFT Practitioner, Energy Healer  
Website: <https://merylhayton.com>  
Free Consultations,  
merylhayton@gmail.com 973.879.9333



Meryl Hayton is a trauma-informed Inner Peace Specialist focused on nervous system regulation and rewiring stress-response patterns. Through EFT, somatic approaches, and energy healing, she supports women in reducing chronic stress and cultivating lasting calm, clarity, and emotional resilience.

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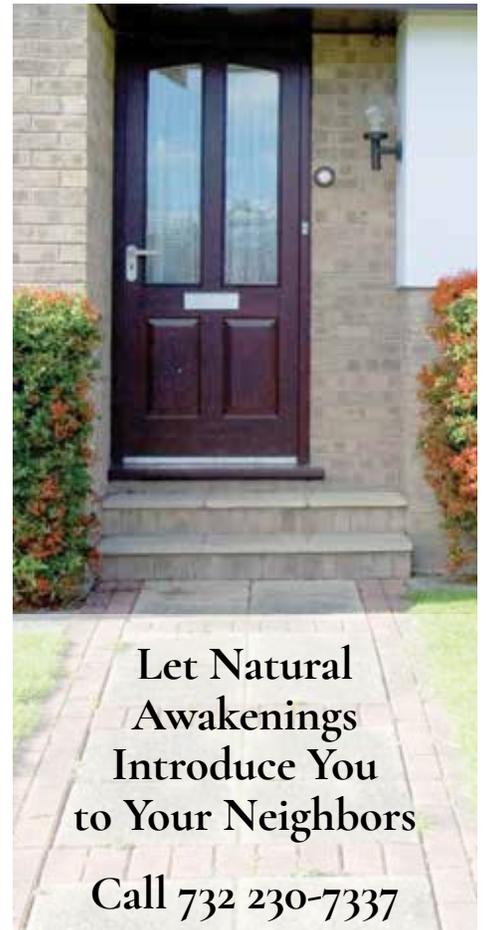
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We are located in the charming downtown section of Farmingdale. Our mission is to provide a serene, safe and welcoming space where students can experience the life-enhancing benefits of yoga. First time students and seasoned practitioners alike make The Yoga Loft their "yoga home" where they're among like-minded friends.



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