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



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 – Dr. G. Braun

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## letter from publisher

Hello Friends,



Sharon

Happy Valentine's Day!

February is one of my favorite times of year. I have swapped out my Christmas lights for Valentine's lights and am ready to celebrate a month of love. I never get tired of receiving a heart shaped box of chocolates. There is something about a shiny red heart shaped box that brings joy to my life. I may be a little simple and silly, but I just love them.

February is also very exciting because it is time to start some seeds - woo hoo! I walked into Whole Foods the other day to pick up a few things - and there they were, right by the door - this year's seeds. I had to control myself, I tend to go a little crazy.

And the third thing I love about February - return of the crocuses. I can't wait to see my little friends pop their heads out of the ground to let us know spring is right around the corner.

As always, thanks to everyone for your continued support! The world needs a lot more love and this high vibing community is such a powerful force for good vibes, so please make it a point to spread love this February.

Warm wishes,

Sharon

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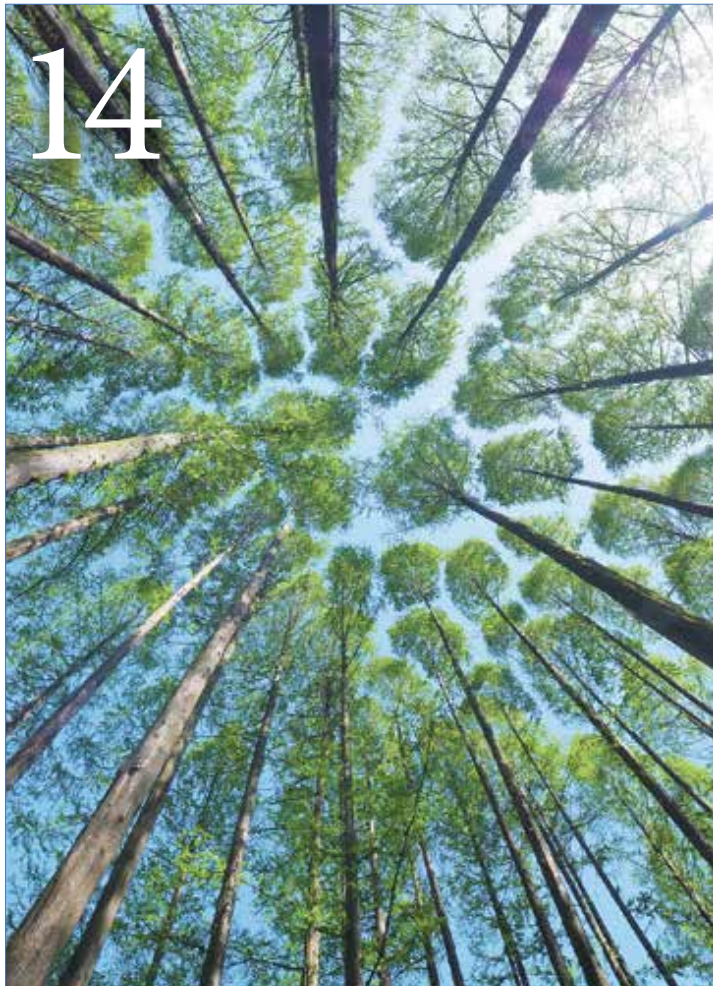
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Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.

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

### EDITORIAL SUBMISSIONS

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

### CALENDAR SUBMISSIONS

Email Calendar Events to: [Sharon@NAjerseyShore.com](mailto:Sharon@NAjerseyShore.com). Deadline for ads: the 10th of the month. Cost is \$20/listing.

### REGIONAL MARKETS

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

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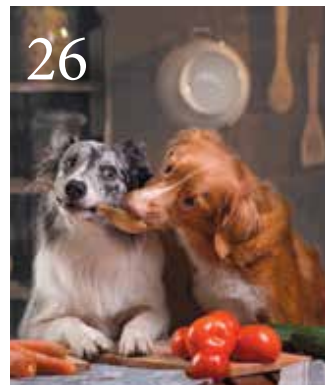
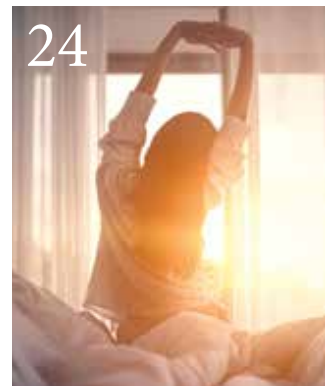
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## Qigong for Good Health: Nine Week Spring Series



Qigong reduces stress, builds stamina, increases vitality and improves the immune system. An ancient Chinese system of self-care, Qigong integrates physical postures, breathing techniques, and mind focus. Qi (Chee) is the vital life force energy that flows through all things in the universe.

A nine-week spring series begins on Tuesday March 21. There are two, one-hour Qigong classes available at either 1pm or 2:30pm. Also, Parking Lot Qigong returns outside in late Spring on Saturday mornings 10:30am. Participants are asked to give a donation to attend the class.

For more details about Qigong and to sign up, please check the website [www.qigongforgoodhealth.org](http://www.qigongforgoodhealth.org). According to UUCMC guidelines for Covid, masking is optional. Students are well-spaced and the Earth Room has a state of the art air filtration system.

The nine-week series cost \$90 per person, second person in the same household, \$45, college student, \$45. If you cannot afford the cost, contact Maxine to make some adjustment in the fee. For all classes, register online, pay at the first class.

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

## Advanced Reiki Level III Training

On Sunday, February 26, 12:30 to 4:30pm, Elena from The Yoga Loft at 462 Adelpia Road in Freehold will host a Reiki Level III Training. This training is for Reiki healers who would like to strengthen their healing abilities taught in the First and Second Degree Training and receive the Advanced Level Attunement. At The Yoga Loft, 462 Adelpia Rd Freehold

The advanced level training will include a deeper understanding of the spirituality of Reiki and the eight ways to perceive energy, another Reiki symbol and other Christian symbols will be introduced, in addition to learning the energy techniques of Beaming and Scanning. Additional hand positions will be shown and ways to perform Collective Absentee Reiki will be covered.

All participants will receive an Advanced Reiki Level Attunement and a Certificate. Reiki treatments will be given to each other, so please avoid eating meat the day before and wear comfortable clothing.

*Please register early to reserve your spot by email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) (if registering by email, please provide your phone number) or call/text 732.239.2333. Cost: \$175.*



## Wander Travel Company



Meet Kerry Bray! Inspired by her free spirit, love for luxe, and study of ancient practices, Kerry founded Wander Travel Company. Wander Travel works with clients to curate experiences for both wellness and luxury travel. Whether you want to focus on your well-being in body, mind, and spirit, or you want to simply relax on a luxurious dream escape with every detail tended, or you'd like a combination of both, Wander Travel will make

the planning seamless.

Wander Travel also offers retreats around the globe, both their own and with select partners, giving travelers opportunities to pause, reflect, and immerse themselves in rediscovery. Services are designed to bring transformational healing through luxury travel. Kerry's personal mission in 2023 is to give back in various ways to deserving individuals in need of nurturing. "I know firsthand just how transformative travel can be as I credit it for saving my life and my spirit through times my soul felt lost."

*Kerry Bray has been a Travel advisor since 2005 specializing in wellness travel retreats. For more information, please call 732.267.5338 or visit [WanderTravelCompany.com](http://WanderTravelCompany.com).*

## Mother's Day Retreat 2023



Wander with me to show gratitude for the women who take care of us year-round. With our Mother's Day Retreat **MAY 10-13, 2023**, now is the perfect time to consider the best gift you could give — time away together or for yourself and create lasting memories for years to come. A perfect treat for the special Mother in your life, especially if it is YOU!

Treat yourself and/or mom to a Miraval Berkshires retreat and be nurtured by a team of well-being specialists and therapies. The Life in Balance Spa draws inspiration from the woodsy Berkshire surroundings. Elemental. Natural. Luxury without being lavish. We invite you to slow down. To notice and appreciate the spectacular here and now. To connect and reconnect.

Wander Travel Company- offering a modern approach to ancient practices through travel and restorative retreats. Reconnecting you back to your Self- body, mind and soul to become more fully present and live your best life.

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## Relief for Joints with Rapid Release

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*Larisa Belote, is a Health Practitioner/Certified Detox Specialist. For more information/rates, please call/text 732.996.6963 or email [larisa@stepbystep-wellness.com](mailto:larisa@stepbystep-wellness.com). Now accepting payments from FSA & HSA.*

## Cacao Ceremony at The Yoga Loft

On Saturday, February 18, 12:30 to 2:30pm, The Yoga Loft at 462 Adelpia Road in Freehold will offer a Cacao Ceremony. Guided by Mama Cacao and Diane Kinoian's intuition, the ceremony is based upon the energy of the room. Typically, the ceremony will last two hours with approximately 30 mins (depending on the number of participants) afterward for optional group sharing of the most significant pieces of wisdom or insights you received.

The ceremony itself will include energy clearing, sacred song, drumming, periods of silence, singing bowls, rattling, etc. whatever feels guided in order to best serve the needs of the participants.

The ceremonial space created can sometimes bring waves of emotions, tears may flow, insights may come, or you may just feel relaxed and anything in between. Attend with an open mind and heart. Mama Cacao will show you the doors within, but she won't push you through. It's up to you to decide if you want to go there and do the deeper personal work.

*Space is limited, register early by email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com). If registering by email, provide your phone number or call/text 732.239.2333.) Cost is \$55. \*Please read important information on the website before registering.*



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I would highly recommend Larisa to everyone. Through her knowledge and compassion, you will thrive and enjoy optimum health." - Shelley B.



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## MINDFUL & MODERN TRAVEL

I feel my story speaks to many. My trips to Kripalu and the Chopra Center, allowed me to discover my spirituality. After becoming a 200-Hour RYT, my teacher's path unleashed and I began concentrating on bringing people together who understand the value and power of **travel & wellness** and how it centers your body, mind and spirit.

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## Reiki Usui Training

Roseann Petropoulos, Reiki Master/Teacher is offering private, individual Reiki training in a safe space. Previously, Reiki trainings were designed in a group setting over a couple of days. The group would have the opportunity to share the teachings of the Reiki principles and hands-on experience. During this time, Roseann has redesigned the program to allow an individual to gain the full experience with focused attention.

Each trainee will meet with her in a one-on-one learning experience. Instead of groups forming without considering who and where one is on their personal spiritual journey, each trainee will first have the opportunity to discuss the spiritual nature of their understanding of universal consciousness. A personalized class will be arranged to further develop growth and expansion based on the Reiki teachings.

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

*Offering: Reiki 1, \$185; Reiki 2, \$200. For more information, call Roseann 732.894.3197 or Belmarwellness.com.*

## Get Your Free Introduction to Energy Medicine

Greens Natural Food in Ocean will host a free introduction to Energy Medicine on Saturday, February 4, 1pm hosted by Beyond Holistic Healing at 1119 Highway 35 Ocean, NJ 07712. Start your healing journey now with Beth Aitken, an Energy Medicine Healer. Aitken practices Energy Medicine using the modality of Body Intuitive, which combines Eastern (Chinese) Medicine and the West-



ern knowledge of the body. She reads imbalances in the body and brings the body into harmony using a variety of methods, such as acupressure points and a shamanic breathing technique. Body Intuitive is effective to treat stress, pain, digestive issues, detox, emotional issues and more.

In addition to Body Intuitive sessions, she is excited to introduce Genius Biofeedback. Genius Biofeedback is a Quantum Biofeedback software which uses the body's voice and picture to scan for resonance with food, vitamins, sleep, digestion, emotions and so much more! Sessions offered virtually!

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

## Paint from Home or In-person!

Join our growing community of painters for a much-needed respite where you can reduce stress and connect to the creative community of women you've been looking for. Wild and Free Painting is an indulgent and nourishing Process Painting Art Studio for self-care and personal growth. We focus on the act of painting itself and your experience while painting rather than the final art product. We celebrate your creativity in all of its authentic form and return to the idea that creative expression can serve as a tool to heal, connect, de-stress, reclaim and discover.

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

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





# This Month's Monmouth County Co-op Corner

Time for a gesture of love and gratitude to yourself and those around you. How about some delicious delectable Stuffed Mushrooms? Our latest Organic produce box contained amazing button mushrooms, perfectly poised for some serious stuffin'!

Monmouth County Organic Co Op Member Nancy Conn-Levin adapted this recipe that she found on 12tomatoes.com/Two bites Club

## CREAM CHEESE STUFFED MUSHROOMS



### Ingredients:

- 1 lb. mushrooms (we had button mushrooms, but can also use baby bella)
- 2 tbs. butter
- 2 cloves minced garlic
- 1/2 tsp. dried thyme
- 8 oz. cream cheese (or Neufchatel for lower fat option)
- 1/4 cup parmesan
- 1 tbs. fresh parsley
- Salt and pepper to taste

### Instructions:

- Preheat oven to 400 degrees
- Line baking sheet with parchment paper
- Rinse mushrooms
- Remove mushroom stems, finely chop
- Melt butter on medium high heat
- Add finely chopped mushroom stems
- Cook until softened, approximately 5 minutes
- Add garlic and thyme
- Stir in cream cheese and half the parmesan cheese
- Season with salt and pepper
- Once cheese has melted and is smooth, remove from heat
- Stir in most of the fresh parsley (save a little to add to top when serving)
- Let cool slightly, spoon into mushroom caps
- Stop with aremaining half of parmesan cheese
- Bake until golden brown, approximately 15 minutes
- Enjoy/spread the love!

We run all year! Join our Facebook Group "Organic Fruit and Veggie Co-Op Monmouth County NJ" for updates and delivery dates. Check us out, grab a share with no further obligation. Text 732.500.4949 to learn more!

\*Lincroft pod of Purple Dragon Co Op

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& ALTERNATIVE THERAPIES

Beth Aitken

Schedule your free consult  
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or 703-403-6678



## Mental Health Benefits of Breastfeeding

Add maternal mental health benefits to the well-documented physical advantages that breastfeeding offers to moms and their infants. A systematic review published in the *Journal of Women's Health* found that breastfeeding was associated with overall improved maternal mental health outcomes. A majority of the studies concluded that breastfeeding was connected to fewer mental health symptoms. Thirty-six of the 55 articles reported significant relationships between breastfeeding and reduced symptoms of postpartum depression and anxiety. Notably, when breastfeeding challenges arose or when the actual experience of breastfeeding didn't meet expectations, five studies reported negative mental health symptoms.

The researchers suggest that breastfeeding may have protective effects on mental health due to the release of oxytocin—also known as the love hormone—which is associated with decreased maternal stress levels and anxiety. This suggests that breastfeeding may have immediate, short-term effects on maternal mood. Further research is needed to help provide better personalized breastfeeding and mental health counseling to moms.

## Weighted Blanket for Better Sleep



Weighted blankets may be a non-drug option to help ease conditions like insomnia and anxiety by allowing the body to release more melatonin (a hormone that promotes sleep) at bedtime.

In a new study published in the *Journal of Sleep Research*, researchers from Uppsala University in Sweden measured the amount of melatonin, oxytocin and cortisol in the saliva of subjects after sleeping with either a light blanket or a weighted blanket. They found that using a weighted blanket helped naturally increase production of melatonin by 32 percent. There were no significant changes in the levels of oxytocin, cortisol or sympathetic nervous system activity.

## Zinc for Colds and Flu

A study published in *BMJ Open* evaluated the use of zinc for the prevention or treatment of acute viral respiratory tract infections (RTI) in adults. As a treatment for colds and flu, zinc reduced symptoms by two days, compared to the placebo. The researchers surmised that of 100 people with upper respiratory infections, 19 of them recovered by day seven as a result of the zinc treatment. Symptom severity appeared to be lower for those treated with zinc—with improvements seen by day three. Those taking zinc experienced an 87 percent lower risk of developing severe symptoms.

In terms of the prevention of colds and flu-like illness, taking zinc was found to have a modest effect compared to the placebo, with one out of 20 infections prevented. Preventive effects were most significant in reducing severe symptoms. Overall, there was evidence suggesting zinc might prevent RTI symptoms and shorten its duration. Researchers were unable to clearly ascertain the efficacy of different dosages and delivery (oral or nasal spray).



Wellness is the complete integration of body, mind and spirit—the realization that everything we do, think, feel and believe has an effect on our state of well-being.  
~Greg Anderson





## Herbal Toothpaste Deemed Safe and Effective

Toothpaste containing certain plant-derived extracts was found to be effective in the prevention or treatment of gingivitis and early-stage periodontitis, according to a study published in *Dentistry Journal*. The authors noted that people should still get regular, in-depth cleanings and treatments to maintain oral hygiene, and that antibacterial herbal extracts have safer toxicity profiles for human use.

In the double-blind, placebo-controlled trial, patients with a previous diagnosis of gingivitis or initial stages of periodontitis were given an experimental toothpaste or the control toothpaste for a 60-day trial period, during which time they brushed twice daily. The experimental toothpaste contained chemical components and extracts of German chamomile, sage, arnica and echinacea. The control toothpaste contained only chemical active ingredients.

The herbs used in the study showed positive anti-inflammatory, antioxidant, antiseptic and antibacterial actions. Patients in the experimental group experienced diminished bleeding of the gums and teeth whitening. The indices of gingivitis, general oral hygiene, plaque, tartar buildup and mild periodontitis decreased in both groups over the trial period. While both toothpastes eliminated several bacterial periodontal pathogens, the experimental one was more efficient against several of them.

## Put On a Happy Face

According to a new study led by Stanford University and published in *Nature Human Behaviour*, positioning our facial muscles into a smile can actually cause us to feel happier. Researchers collected data from 3,878 participants across 19 countries, using three techniques:

- Mimicking facial expressions of actors seen in photos
- Moving the corners of their mouths to their cheeks using only their facial muscles
- Using the “pen-in-mouth” technique, which moves facial muscles in a simulated smile shape

The study found a noticeable increase in feelings of happiness from people that mimicked smiling photographs or pulled their mouth toward their ears.



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### Lauren Salani, LCSW, BCB

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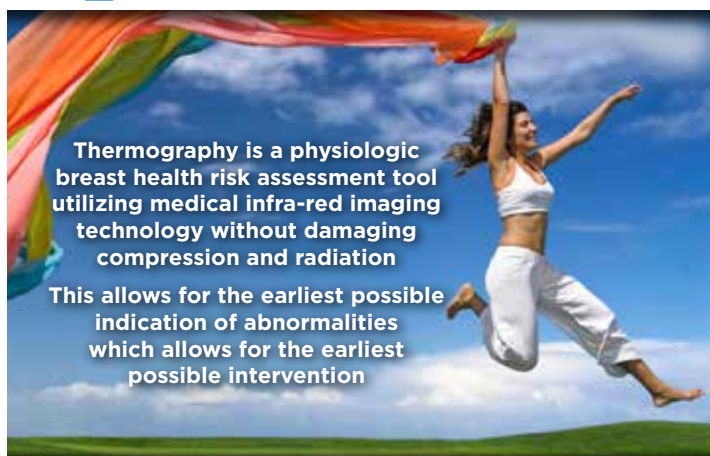
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## WELLNESS SERVICES FOR NATURAL BALANCE

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Philip Getson, D.O.  
Liesha Getson, B.C.T.T.  
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## One Step Closer to Fusion Power

The U.S. Department of Energy recently announced the achievement of fusion ignition at Lawrence Livermore National Laboratory (LLNL). This is a major scientific breakthrough decades and billions of dollars in the making, paving the way for us to be able to produce clean fusion energy. Fusion power is considered a game-changer because it would allow us to produce electricity with no carbon footprint or radioactive waste, using fewer resources than it takes to harness solar and wind power.

On December 5, 2022, the LLNL team conducted the first controlled fusion experiment in history to reach what is known as “scientific energy breakeven”, meaning that it produced more energy from fusion than the laser energy used to drive it. Merely a theory until now, fusion combines two light nuclei to form a single heavier nucleus, releasing a large amount of energy. To achieve this milestone, LLNL built a series of powerful laser systems housed in a facility the size of a sports stadium. The lasers create temperatures and pressures comparable to cores of stars and giant planets.

There are still enormous challenges to be tackled in the decades ahead. The first is to develop machinery capable of affordably turning the reaction into electricity without destroying the machinery in the process. The hope is to address these challenges in time to have a positive impact on climate change.

## Reforestation Is More Than Planting Trees

The United Nations designated 2021 to 2030 the Decade on Ecosystem Restoration to prevent, halt and reverse the degradation of ecosystems on every continent and in every ocean. To that end, the European Union and 26 nations, along with donor support, recently pledged \$16 billion to protect, restore and sustainably manage forests. A significant portion of the monies will be spent on reforestation.

Many reforestation projects focus on the number of trees planted, with less attention to how well they survive, how diverse the resulting forests are or how much carbon they store. A study of data from 176 reforestation sites found that on average only 44 percent of newly planted trees last more than five years, with some sites reporting a sapling survival rate of less than 20 percent.

Several studies have explored ways to improve survival rates. Promising measures include planting near mature trees, fencing out cattle, improving soil conditions, planting native species first to pave the way for other tree species and involving local people to support reforestation efforts.

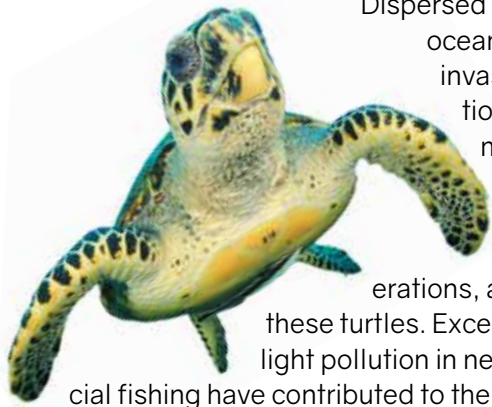
## Finding Hydrogen in Oil Wells

Climate change has spurred researchers and companies to develop fuels with zero carbon emissions. A simple solution is hydrogen because it burns without carbon emissions and is seemingly everywhere—under our feet and in every glass of water. The challenge is obtaining a reliable, safe and sustainable volume of hydrogen at a reasonable cost. There are several methods used today to produce pure hydrogen in large quantities. Most hydrogen is a byproduct of natural gas or coal gasification.

Cemvita Factory, a Texas biotech firm, field-tested a new method of hydrogen production in July, 2022, by injecting a propriety combination of bacteria and nutrients into a depleted oil well. Once inside, the microbes broke down the oil dregs to generate hydrogen and CO<sub>2</sub>. Cemvita Factory estimates there are more than 1,000 depleted oil wells in the United States that are suitable for their microbial treatment. While hydrogen production using depleted oil wells is getting some interest and attention, it still appears to be at a relatively early stage of development. One challenge faced by Cemvita Factory and other innovators in this area is how to prevent the CO<sub>2</sub> from leaking into the atmosphere and contributing to climate change. Methods to capture, store or neutralize the CO<sub>2</sub> byproduct will need to be developed.



# Alarming Decline of the Hawksbill Turtle



Dispersed throughout the tropical and subtropical waters of the Indian, Pacific and Atlantic oceans, the hawksbill sea turtle helps maintain high coral cover on reefs by removing invasive prey. Their ornate, beautifully patterned shells make them a favorite attraction for snorkelers and divers around the world. But those beautiful shells also make them a target for illegal harvesting to be carved into combs, jewelry and other trinkets.

According to the International Union for Conservation of Nature, the population of hawksbill turtles has declined by 84 to 87 percent over the last three generations, and their numbers continue to fall. Illegal poaching is not the only threat facing these turtles. Excessive hunting, loss of coral reef habitats due to warming oceans and acidification, light pollution in nesting areas due to development, marine pollution and fatal run-ins with commercial fishing have contributed to their decline.

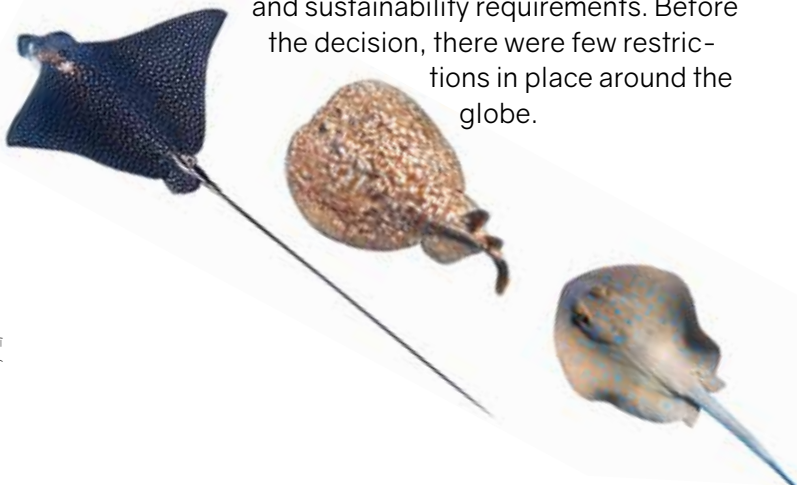
Conservation efforts are underway in places like Australia and the Caribbean, including working with commercial fishers to develop sustainable, turtle-friendly fishing methods. Laws are in place in many parts of the world to deter and prosecute the illegal trade of turtle products. Consumers can do their part by learning to identify, avoid and report hawksbill shell products. For tips, check out this video by Travel for Wildlife at [Tinyurl.com/HawksbillHelp](https://www.tinyurl.com/HawksbillHelp).

# Sharks Win!

In a groundbreaking decision, world governments have awarded increased protections to 54 species of sharks at the 19th Conference of the Parties of the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES). "This decision is the most significant step toward improving global shark management that countries have taken," says Mark Bond, a biologist at Florida International University and an advocate for the CITES protections. "It will ensure international shark trade is regulated and traceable."



Sharks and rays, which are fished for their fins and meat, are the second most threatened vertebrate group in the world, with a third of them threatened with extinction. The inclusion of these sharks on the CITES list helps ensure only legal and sustainable trade in fins and meat is taking place. Almost every shipment of shark products will now require a permit to prove that trade meets legal and sustainability requirements. Before the decision, there were few restrictions in place around the globe.



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# Revitalize with Forest Bathing

by Shoshanna Katzman



Looking for a nature therapy that will resolve burnout and revitalize the soul? Then you may want to explore *shinrin-yoku*, a term coined back in 1982 by The Japanese Ministry of Agriculture, Forestry and Fisheries. It translates as ‘forest bathing’ but has nothing to do with water. Rather, it is the act of immersing and soaking in the healthy energy of the woods. Forest bathing clubs, guides and tutorials have even formed to help people learn how to partake in this restorative experience.

Forest bathing helps to establish a more positive body image. Another study found that being in a forest environment lowered cortisol (stress hormone) level, pulse rate and blood pressure when compared to an urban environment.

Another interesting fact has to do with essential oils – known as phytoncides – which trees and plants emit to protect flora from parasites and germs. When inhaled, these natural antimicrobials provide an energy boost and promote immune function. In addition, they decrease inflammation, reduce oxidative stress, enhance sleep as well as reduce cortisol and blood glucose levels. When going on a forest adventure it is best leave electronic devices behind. This allows one to be more in the present moment while walking mindfully or sitting amongst the trees observing and taking in their natural beauty.

Knowing the profound healing benefits naturally empowers the forest experience. In addition, methods have developed to enhance ability to gain profound benefits. For example, many forest bathers practice qigong to set the mood and increase ability to sense

the subtle energy of nature. The following qigong exercise can be practiced for a few minutes for this very purpose:

Find a level place to stand under the canopy of the forest with feet parallel and shoulder-width apart. Extend your arms outward at shoulder height with palms upward toward the sky. Drop your shoulders and elbows allowing your arms to round downward. Gently lift your crown upward and drop your weight down through your body and through the soles of your feet into the earth. Stay grounded as you clear your mind of extraneous thoughts, tune into your breath and look through your hands into the forest. Feel and immerse yourself in the physical and energetic sensations that arise. Bask in the rejuvenation of your mind, body and spirit. Then take a moment to reflect on your experience, then shake yourself out and continue soaking in the restorative benefits of the forest.

Continuing with a leisurely walk through the woods and allow your body to be the guide. Savor the power of the forest through engaging the five senses of touch, taste, vision, hearing and smell. Experience becoming more connected within yourself as you reconnect with nature. Know that the increased mental clarity and creativity derived from this experience will help you in all aspects of your life. Check out the Association of Forest and Nature Therapy or the Global Institute of Forest Therapy and think about giving forest bathing a try soon.

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



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body, as well as myoglobin, a protein that provides oxygen to muscles. Your body also needs iron to make some hormones.

The best way to reduce iron levels is by donating blood. This happens naturally for women who menstruate, but if you are a man or a woman over 40, you can donate blood to keep your iron from accumulating toxic levels.

Some foods inhibit iron absorption, including tea and red wine. If you are prone to high iron levels or eat a lot of red meat, consider combining your meal with tea or wine to help prevent absorbing too much iron. Another great way to tank your iron levels if they are too high is simply to water fast!

You can test iron levels by taking a Ferritin test, which tests for bound iron levels. If it's above 100 mg/ ML, your levels are too high.

### PARASITES

Millions of Americans develop parasitic infections, and the symptoms often go unnoticed or are misdiagnosed. The most common way to pick up parasites is through food and water. A parasitic infection can lead to serious health problems, including seizures, blindness, pregnancy complications, heart failure, and death.

The human microbiome is full of bacteria, and we are exposed to parasites constantly. Keeping a balance between the good and the bad is critical, so a parasite cleanse can be performed once or twice a year to keep things in balance. Some individuals are achieving great results by using animal parasitic products like Panacur C as well as Ivermectin.

These are three pieces of the health puzzle that all humans should explore if they are interested in living a long and healthy life.

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

# Hidden Toxins Impacting our Health: Copper, Iron, and Parasites

by Ariella Belote, R.N.



### COPPER TOXICITY

Copper toxicity is real and maybe a missing link in the holistic picture of your overall health. When you have dysregulated hormones, copper is something you have to explore. Copper is related to estrogen in the same way zinc is related to progesterone.

Copper is found in every tissue in your body, and it plays a role in making red blood cells and maintaining nerve cells and the immune system. It also helps the body form collagen and absorb iron and plays a role in energy production. Sources of organic copper include avocados, nuts, seeds, tea, and cacao.

Bioavailable copper helps the body, while synthetic or inorganic copper can build up and become harmful to the body as in the instances of household pipe systems. As water traverses the pipes, it picks up this toxic copper, which starts to accumulate in

your body. Two other common sources of poisonous copper are dental fillings (compounded by other toxins like mercury) and the copper IUD.

The result of too much copper is bioaccumulation in the brain, which leads to all kinds of neurotransmitter issues and diseases. One common concern is neurodegenerative diseases like Alzheimer's, ALS, and Parkinson's.

Despite the severity of copper toxicity, the solution is quite simple. Preventative measures can be made by avoiding any copper in your vitamins (which is generally synthetic), as well as getting a proper water filter for your home (like a reverse osmosis filter).

### IRON TOXICITY

Iron is a mineral that the body needs for growth and development. In addition, your body uses iron to make hemoglobin, which is a protein in red blood cells that carries oxygen from the lungs throughout the



# Deciphering Egg Carton Labels



There are many egg choices in the grocery store with different labels—cage-free, free-range, pasture-raised, organic. Here is what these terms mean.

## CAGE-FREE

Cage-free eggs are defined by the U.S. Department of Agriculture (USDA) as eggs laid by hens that are able to roam vertically and horizontally in indoor spaces while having access to fresh food and water. Although this method of egg production is considered to be more humane than the longtime standard of battery cages, some cage-free farms may restrict outdoor grazing, and their hens' nutrition may not be as good as that of hens allowed outside.

## FREE-RANGE

Free-range hens follow the same rules as cage-free, with the added requirement of having access to the outdoors during their laying cycle. How much time the hens are permitted to spend outside is open to interpretation, although some animal welfare groups define it as at least six hours per day of outdoor access with at least two square feet of outdoor space per bird.

## PASTURE-RAISED

This term isn't defined by the USDA, but if eggs come with a third-party animal welfare certification seal, more robust standards of care have been applied. Certified Humane

and American Humane Certified both expect pasture-raised, egg-laying hens to have at least 108 square feet of pasture with live vegetation, and for those fields to be rotated so that fresh vegetation is always available. Having access to the outdoors year-round means they must also have access to a barn for protection from predators. Pasture-raised (and organic eggs described below) often have darker, yellower yolks and contain less cholesterol, which may be due to the continuous access to live vegetation and because they have more omega-3 fatty acids.

## ORGANIC

Organic egg-laying hens must be provided with 100 percent organic feed without the use of pesticides, herbicides or fertilizers. They must also be able to graze outside for at least 120 days per year and are given antibiotics only in the event of an infection.

## ADDITIONAL TERMS

**Local or locally produced eggs** must originate less than 400 miles from the processing facility or within the state the eggs originated from and were processed in.

**Vegetarian fed** ensures that no animal byproducts were used to feed the hens.

**Grass fed** is not defined by the USDA.

**No hormones** is a misleading term, as the USDA has banned the use of hormones, & all eggs are hormone-free.

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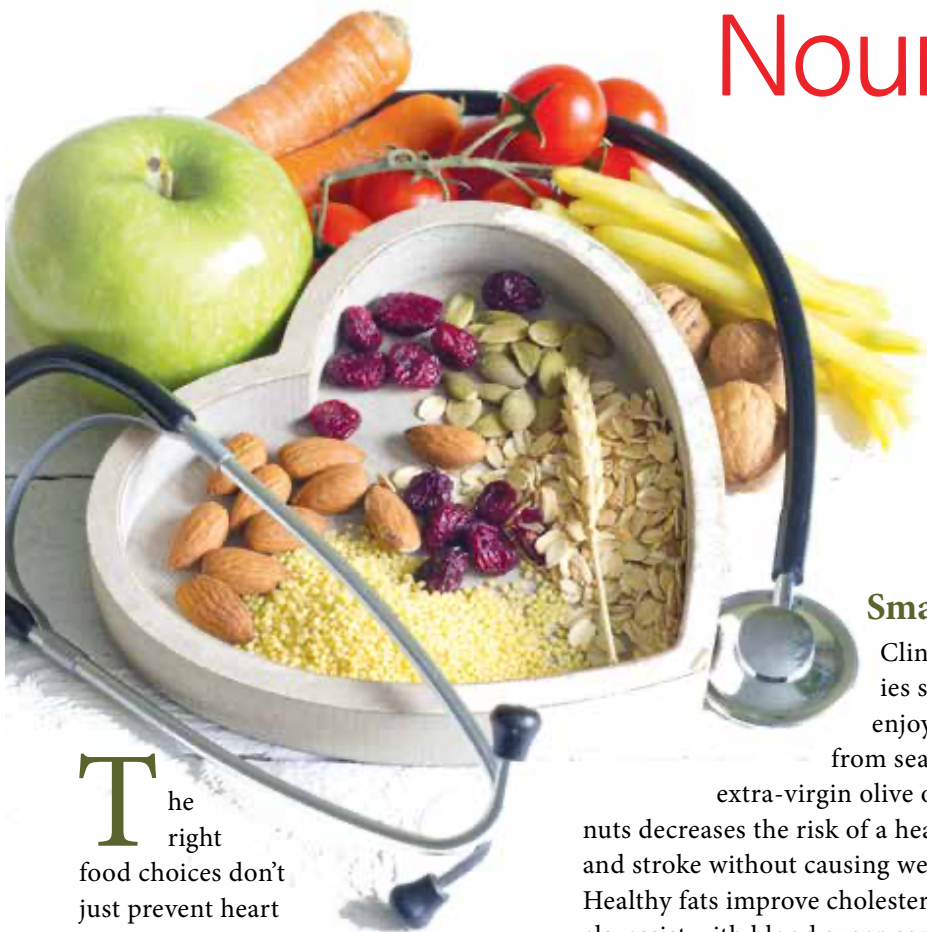
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# Nourish the Heart

## FOODS THAT PROMOTE CARDIAC HEALING

by Steven Masley, M.D., FAHA, FACN, CNS



**T**he right food choices don't just prevent heart disease and help shrink artery plaque, they also nourish and heal the heart. For a healthy ticker, enjoy these five food groups every day.

### Fabulous Fiber

Fiber is the roughage in vegetables, fruits, beans and nuts, and it is loaded with age-busting nutrients. Eating fiber suppresses appetite, promotes weight loss, improves blood sugar and cholesterol levels, decreases inflammation and feeds a healthy gut microbiome.

The challenge is to get more fiber every day. Too often, people consume fiber from processed grains and flour, and the sugar load that comes with grain fiber has many adverse impacts on heart health. The best option is to enjoy daily fiber from the following sources: three cups of colorful vegetables; two pieces of fruit, such as one cup of berries and one apple; two handfuls of nuts and seeds; and one-half to one cup of beans.

### Smart Fat

Clinical studies show that enjoying fats from seafood,

extra-virgin olive oil and nuts decreases the risk of a heart attack and stroke without causing weight gain. Healthy fats improve cholesterol levels, assist with blood sugar control, are critical for the brain, improve hormone balance and reduce inflammation.

Fats enhance the texture of food, adding that smooth, creamy mouth feel to a meal that makes eating a pleasure. Enjoy healthy fats from avocados, seeds and dark chocolate daily.

### Clean (Not Mean) Protein

Raising animals in large-scale conventional operations with cruel living conditions is not just mean, it also produces less nutritious meat that can be loaded with hormones, antibiotics and pesticides. Choose clean protein instead, which does not contain added hormones, pesticides and other toxins. Good sources of protein are organic dairy products and eggs, wild seafood and animal protein that has been grass-fed or organically fed while living on open pasture. Beans are also a great protein-packed choice that improves blood sugar and cholesterol profiles. They are the most powerful anti-aging food ever tested.

### Beneficial Beverages

Start with at least four cups of water per day. It doesn't matter whether it's flat or sparkling, so long as it's pure. Pure water can be purchased or made at home or at work with a reverse osmosis filter system.

Except for people that are caffeine sensitive, one to two servings of caffeinated beverages can be enjoyed daily. In moderation, those tea and coffee pigments are good for us.

Don't forget a fiber- and protein-rich smoothie to stay satisfied and revved up all morning. A balanced and delicious recipe includes one serving of protein powder, frozen organic cherries or blueberries, almond milk and chia seeds.

Take advantage of the option to enjoy wine with dinner—just be sure to limit wine intake to no more than two servings daily.

Avoid any beverage with added sugar or commercial sweeteners. Don't be fooled into drinking juice; without the fiber, fruit juice is much closer to drinking soda than to eating fruit.

### Powerful Probiotics

Not only do probiotics help gut function—a healthy gut microbiome decreases inflammation and supports weight control. The latest research reveals that the microbes in the gut have a dramatic impact on the risk for heart disease, as well. Because healthy microbes feed on fiber, eating fiber is good for the gut microbiome, too.

The right gut microbes offer numerous benefits. They lower harmful cholesterol levels, improve blood sugar levels, lower blood pressure to normal levels, assist with weight loss, decrease inflammation and decrease



production of trimethylamine N-oxide (also known as TMAO), a marker for heart disease. Support the gut microbiome by eating probiotic food sources daily, such as yogurt,

kefir, sauerkraut, pickled veggies and miso.

*Steven Masley is a physician, nutritionist, trained chef, clinical professor at the*

*University of South Florida and creator of health programs for public television. He is the author of The 30-Day Heart Tune-Up. Learn more at [DrMasley.com](http://DrMasley.com).*

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## FRITTATA WITH SPINACH, MUSHROOMS AND CHEESE

YIELD: 4 TO 6 SERVINGS

- ½ pound fresh spinach, washed and drained, stems removed, chopped*
- 2 Tbsp extra-virgin olive oil*
- ½ medium sweet onion, finely chopped*
- 2 cups mushrooms, sliced*
- ½ tsp sea salt*
- 1 tsp Italian herb seasoning*
- 2 medium garlic cloves, finely chopped*
- 8 large cage-free, organically fed eggs*
- 2 Tbsp organic, whole fat milk (or sour cream)*

*½ cup organic Comté (or Gruyère) cheese, grated*  
*¼ cup Parmigiano Reggiano cheese, grated*

Preheat oven to 375° F.

Place spinach in a saucepan with ½ cup of water. Cover with a lid and allow to steam on high heat for 5 minutes. Remove from heat and drain; squeeze out excess water. Set aside.

Heat a sauté pan to medium heat; add olive oil, then onion; stir occasionally. After 1 minute, add mushrooms and continue heating for about 3 to 4 minutes until the onion is translucent and the mushrooms have softened. Add garlic and Italian herbs and heat 1 minute, then remove from heat.

In a large bowl, whisk the eggs and milk together. Stir in the Comté or Gruyère cheese, steamed spinach and sautéed onions with mushrooms.

Grease a pie dish with extra virgin olive oil, then pour the egg and vegetable mixture into the pie dish. Sprinkle Parmigiano Reggiano cheese over the top.

Bake for 25 to 30 minutes, or until it has the texture of custard—trembling and barely set. For a golden crust, turn on the broiler for the last couple minutes of baking, but don't over-bake, or it will get tough. Check it 5 minutes before it's supposed to be done.

*This recipe and photo were excerpted from The Mediterranean Method. ©2019 Steven Masley, M.D. Used with permission of Harmony Books. All rights reserved.*

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## Want to Heal Quicker from Injury or Post-surgery?

By Chris Pepitone, D.C.

**M**any people undergo surgeries that are necessary for either saving your life or improving your quality of life. Even more people get injured daily. These situations are out of our control but how you handle the healing process is not. The choice you have is to optimize the healing and reduce the pain or just let the chips fall as they land. Fortunately, for the people that are motivated to bring out the best in themselves there are therapies that can help. You can enhance the healing process by significantly reducing how long it takes to heal from

injuries or surgeries. Hyperbaric Oxygen Therapy is one of those amazing therapies.

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Through these ways it has the potential to cut healing time up to one half (depending upon the injury).

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# Natural Virus Killer

## Copper can stop a virus before it starts

By Doug Cornell

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

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



**New research: Copper kills viruses in seconds.**

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

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

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

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

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

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

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

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

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

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

He hasn't had a cold in 10 years.

Users say:

**"It works! I love it!"**

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

**"Is it supposed to work that fast?"**

**"One of the best presents ever."**

**"Sixteen flights, not a sniffle!"**

**"Cold sores gone!"**

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

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

**"Best sleep I've had in years!"**

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

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

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

Soon people found other things they could use it against.

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

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

The EPA says copper works just as well when tarnished.

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

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# A New Window for Personal Choice

by Lauren Salani, LCSW, BCB



**R**ecently, a study published in the *Journal of the American Medical Association (JAMA)* regarding the equal effectiveness of

both Escitalopram (Lexapro) and Mindfulness Meditation to reduce symptoms of anxiety hit the news waves.

In the study, 200 women were assessed on anxiety symptoms and randomly assigned to a group to take a daily pill or to a group to meditate for 45 minutes per day. At the end of the research period, the participants remaining in the study experienced the same decrease in anxiety symptoms. Some participants dropped out due to the medication side-effects and some participants dropped out because focusing on a mantra for 45 minutes per day was too much time out of their schedules.

This study offers a window into new options for people suffering from anxiety.

They now have a personal choice for how they want to care for themselves. Anxiety is more prevalent since the pandemic. It interferes people's daily functioning and relationships. For some, taking a daily pill works just fine. Others may prefer a more natural approach. Maybe some people would find a combination of the 2 treatments to be most effective for them.

Meditation is a continual focus on a neutral word or phrase while also focusing on the breath for 45 minutes. This continual focus, without any other instructions, could have been a very challenging task for people with anxiety. The research results speak to the strength of the meditation practice to significantly reduce anxiety.

Expanding the meditation skills in the study to include more mindfulness techniques would have further eased the women's frustration and made them less likely to drop out of the study. Meeting themselves with curiosity, openness, com-

passion, and non-judgment when restlessness occurred would have helped them stay steady in the face of their changing day-to-day internal weather.

Another assistance to further reduce anxiety, would be mindfulness-based biofeedback. Biofeedback is a computerized tool that monitors a person's breath, temperature, muscle relaxation, etc. in real time and then feeds it back to the person so they can better learn to calm themselves in less time. When biofeedback is paired with mindfulness meditation people can learn to calm themselves well, in about 20 minutes. They can measure proof of their success by their own biological data readings on the screen!

Learning the tenets of mindfulness such as curiosity, self-compassion, openness, non-judgment while seeing yourself respond in a positive way, reinforces that you are feeling in the right direction. With practice, this calmer more positive state becomes the person's new normal. Mindfulness is one of the oldest and most basic skills known to mankind. It is a way of being which doesn't belong to any one culture or tradition. It is our birth-right, but it seems lost to us in our busy 21st century world.

The good news is that we can more easily learn to use these ancient, meditative techniques to reduce anxiety with the help of technology. The process of calming becomes more efficient, interesting, and meaningful. So now, there is evidence through JAMA that a natural approach is equally effective to a medication approach to treating anxiety.

If you are suffering from anxiety and you want to further explore your options for a natural treatment that better suits you, Stress Relief Services offers mindfulness-assisted biofeedback therapy in a warm, supportive environment.

*Lauren Salani, LCSW, BCB, Psychotherapist, Senior Fellow, BCIA, Biofeedback International Certification Alliance, Trained in EMDR, EMDR Institute Stress Relief Services, Atlantic Executive Center, Building C107 Monmouth Road, Suite 104, West Long Branch, NJ 07764 Phone: 732.542.2638, Web: StressReliefServices.com, LaurenASalani@gmail.com.*

# BABY STEPS TO LIVING GREENER

## TIPS FOR LOWERING TOXINS IN THE HOME

by Tom O'Bryan, DC, CCN, DACBN

Millions of Americans are spending more time in their homes as employers embrace work-at-home arrangements following the pandemic. Many families have redesigned living spaces to accommodate one or more offices, and as they streamline their abodes, it is important to also take care of any potential hazards.

Some dangers around the house are easy to spot, like toys left in a hallway where people might trip or exposed electrical wires that could cause a fire. Other hazards are not as obvious but equally dangerous. Daily exposure to invisible household toxins, for example, can cause serious health consequences.

Almost beyond comprehension, the average person is exposed to 700,000 to 2 million toxins each day, and some of these are “forever chemicals” that never leave the body or take decades to be expelled. This huge toxic burden can accumulate in the body, strain the immune system and compromise overall health. “The research is very clear—huge, huge, strong correlations between toxin load and most of your autoimmune diseases,” remarks Joseph Pizzorn, ND, author or co-author of six textbooks for doctors and seven

consumer books, including, most recently, *The Toxin Solution*.

The good news is that many of these threats can be corrected with a little insight, planning and budgeting. Changes to our everyday choices can go a long way toward keeping our bodies and homes healthy and safe, while also creating a greener and healthier environment.

### The Air We Breathe

The air inside our homes can be up to 100 times more polluted than outdoor air, containing pollutants such as mold, smoke, out-gassing chemicals, pollen, pet dander, bacteria and viruses. There are many portable HEPA and carbon air filter options available at different price points that will help remove contaminants. According to a 1989 Clean Air Study by the National Aeronautics and Space Administration, common houseplants can remove organic pollutants from indoor air and, when combined with activated carbon air filters, are more effective. Examples of such plants are the Boston fern, spider plant, variegated snake plant, peace lily, English ivy, cornstalk dracaena and many other inexpensive varieties.

### Between the Sheets

Flame-retardant chemicals in our sheets, mattresses, mattress pads and even pajamas out-gas minute amounts that can accumulate in our bodies over time. Because we spend approximately one-third of our lives in bed, it is important to ensure that the sleeping environment is as healthy as possible. Consider switching to organic cotton options for all bedroom items. Pressboard furniture is soaked with formaldehyde; replace it with solid wood pieces to reduce exposure to off-gassing. Turn off Wi-Fi at night to reduce exposure to EMF radiation. These changes can be made gradually, as the budget allows; think of them as an investment that will pay off with improved sleep and wellness.

### In the Kitchen

For many of us, turning on the faucet for a glass of water can produce a cocktail of toxic chemicals, including lead, arsenic and per- and polyfluoroalkyl substances (PFAS)—also known as the “forever chemicals.” The Environmental Working Group’s Tap Water Database ([ewg.org/tapwater](http://ewg.org/tapwater)) provides a searchable database of contaminants found in drinking water by zip code.



Investing in a water filtration system is a great way to avoid these chemicals. They, too, are available at different price points. Whether it's a countertop unit, a filter mounted on the faucet, an under-sink device or a whole-house system, the best solutions include charcoal granulation, a two-micron filter and reverse osmosis.

Smart swaps in cookware and bakeware are also a must. Begin by replacing nonstick pans with stainless steel, glass or cast-iron options. If replacing them all at once isn't economically viable, start with the most damaged and scratched pans and continue as finances allow.

Food storage can be another source of toxins. Studies have found that certain chemicals in plastics can leach into our food. Move away from plastic storage containers to glass, and swap plastic wrap for a non-toxic alternative like beeswax wrap or reusable bowl covers.

## In the Bathroom

Clean the shower head and install a chlorine shower filter. Gradually begin to replace soap and shampoo with non-toxic products that contain all-natural ingredients; specifically look for ones that are paraben-free, gluten-free and organic.

For other personal products such as perfume, move away from synthetic fragrances, which can contain endocrine-disrupting chemicals, and replace them with all-natural alternatives such as essential oils. Toothpaste should be gluten- and fluoride-free. Newer options contain hydroxyapatite—a naturally occurring



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mineral—which can be an alternative to fluoride and help remineralize teeth. Replacing makeup all at once can be costly, so begin with lipstick and lip balms and look for gluten-free alternatives.

## Baby Steps

While it may feel overwhelming to embark upon a green living journey, positive change doesn't happen all at once. Pick one area and make baby steps. Even small, incremental actions can have a powerful cumulative impact on the mind, body and planet.

*Dr. Tom O'Bryan is the founder of theDr.com, author of The Autoimmune Fix and chief health officer for KnoWEwell, the parent company of Natural Awakenings Publishing Corp.*

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# Whole Foods for Dogs and Cats

HUMAN-GRADE MEALS  
FOR OUR FURRY  
BEST FRIENDS

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



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**A**s guardians of our beloved pets, choosing the best food for them can be a daunting task, with so many options online and in grocery stores, as well as conflicting advice about what is healthiest. For thousands of years, pets were fed human food scraps, and in the last 50 years, as dogs were elevated from being pets to valued members of the family, handing them treats directly from the dinner table became a common practice.

Nevertheless, commercial pet food has become an enormous industry in a relatively short period of time—it has only been around for just over 150 years, according to the Pet Food Institute. Globally, the pet food market was valued at almost \$95 billion in 2021 and is expected to continue growing, according to Grand View

Research. North America dominated the market, accounting for a 49.9 percent share of worldwide revenue that year.

The immense popularity of commercial pet food can be attributed to numerous reasons. Socioeconomic factors make buying processed pet food affordable; nutritional science makes it look sophisticated; veterinarians endorse it and marketing agencies persuade guardians that it is the best option. Many pet guardians may be concerned that table scraps are not as healthy for their pet as kibble. As a result, most dogs and cats consume commercial diets, many of which include byproducts from the human food industry.

Kelly Swanson, a University of Illinois professor and the author of a 2018 nutrition study published in the *Journal of*

*Animal Science*, told *Science Daily*, “A lot of companies test for complete and balanced nutrition but don’t go beyond that.” She further noted that her study evaluated certain diets by looking at additional factors: “Would dogs like them? Were they digestible? Would they increase activity?”

## Leveling Up a Pet’s Diet

Because they are unprocessed and unrefined, pet diets made of whole foods contain more intact nutrients and provide more fiber for digestive health, which can help with constipation, diarrhea or both. According to a 2021 study published in the *Journal of Animal Science*, some types of fresh, “human-grade” food may be simpler for pets to digest than dry, commercial kibble.



A recent study examined the gut microbiome of pet and stray dogs from South Africa, India and Loas and compared their gut microbiomes to those of dogs that lived 1,000 years ago. The researchers found that the varied diet of the stray dogs of Loas had the most robust microbiome and that it was comparable to the diet consumed by ancient dogs. Like in humans, a healthy and balanced gut microbiome is important for digestion and to fight inflammation.

While there are some foods that pets should avoid, such as alcohol, dairy, chocolate and grapes, many types of meat and vegetables that humans eat can be served to their pets. Because whole-food ingredients like chicken, pork, lamb, beef and chicken eggs are readily available at local grocery stores, it's easy to get started. The key is ensuring that a pet gets a balance of protein, fat and carbohydrates. There are plenty of homemade pet food recipes available online that consider this balance. The needs of a pet will vary based on species, age, weight and overall health, so consulting with a veterinarian is recommended to keep the pet's health on track.

### Tips for Homemade Pet Food Success

- If it is in the budget, choose grass-fed or pasture-raised meats, which have a healthy omega-3 to omega-6 ratio and are anti-inflammatory.
- The diet should include calcium, iron, zinc and other essential nutrients based on species and individual needs. Consult a veterinarian for guidance.
- Although dogs do not require carbohydrates in their diet, they can digest them. Dogs use dietary carbohydrates to maintain and replace glycogen levels.
- Introducing vegetable fiber—kale, collard greens and fruit such as apples—to a dog's digestive system helps prevent gas pain.
- Obtain ingredients from organic sources whenever possible, because

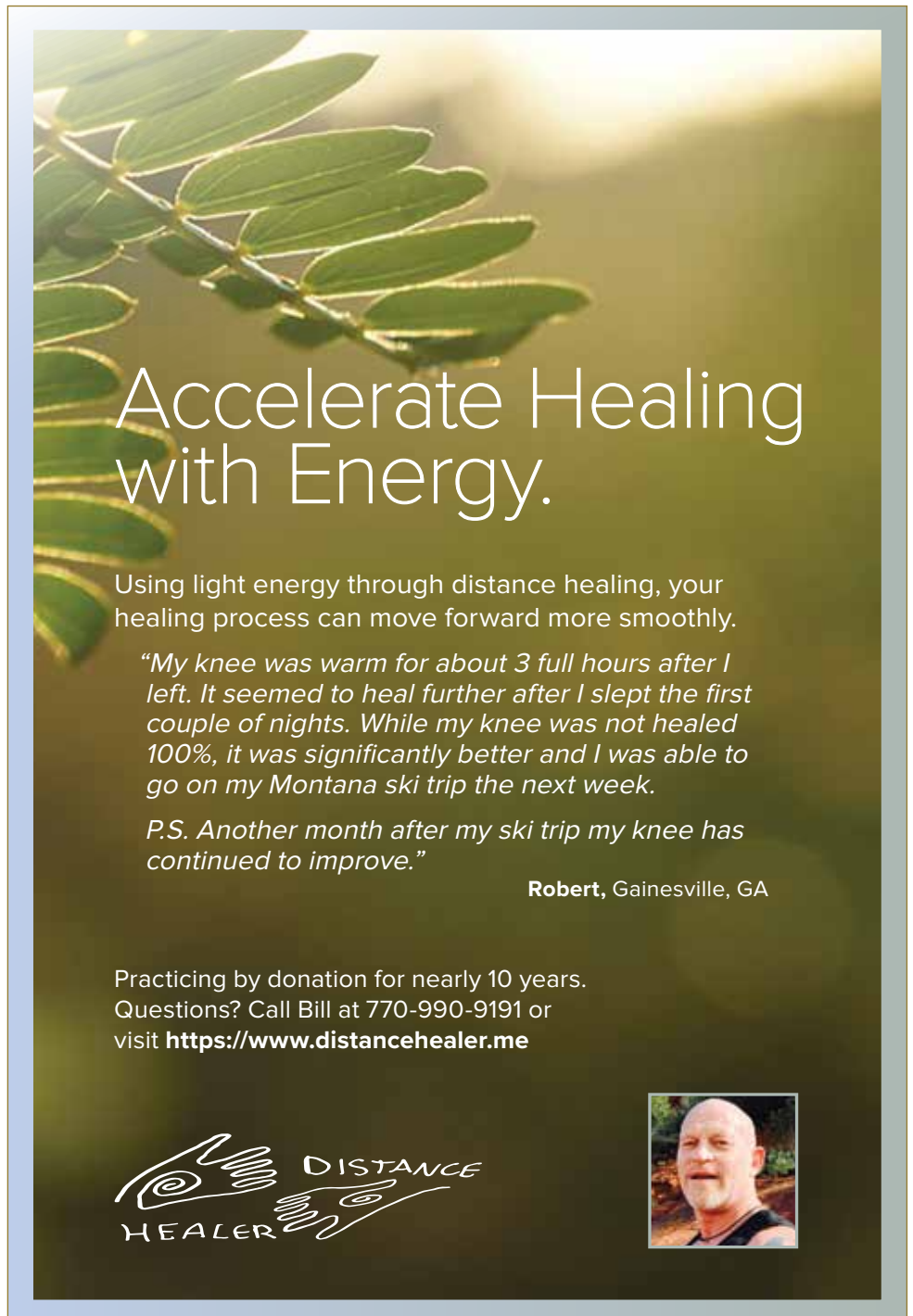
they contain no pesticides or chemicals that could harm a pet's health.

- Avoid processed foods and artificial ingredients.
- Buy pet foods without preservatives, byproducts, fillers or food dyes.

The Association of American Feed Control Officials ([aafco.org/consumers](http://aafco.org/consumers)) offers a wealth of information and guidance regarding commercial pet foods and ingredients. While they do not have a whole

foods classification, they do provide information about natural and organic pet foods. Feeding pets whole food is a great way to help them stay healthy and happy. Make their food at home using fresh ingredients, or look for commercial brands that incorporate whole foods in their products. A pet's best health starts in the bowl.

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



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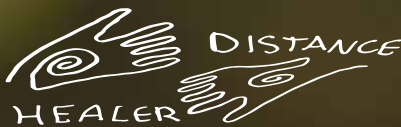
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*P.S. Another month after my ski trip my knee has continued to improve."*

**Robert, Gainesville, GA**

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# Welcoming the Unknown

by Marlaina Donato



Despite the whirlwind of our to-do and places-to-go lists, the wheel of the year turns once more, allowing us to close another chapter of our lives with grace. If we take a breath, we might notice December's invitation to kick off our shoes, curl up in our favorite chair and drop down into our heart space.

Whether we light scented candles for ambience, drink cocoa while sitting around a bonfire or continue time-honored spiritual customs, welcoming the light can ignite hope when we need it most. By cultivating the inner sun, that place deep within us that blazes with resilience and plenty, we not only fortify ourselves, but everyone around us. Throughout the year, many of us invest in making healthy choices, but neglect soul sustenance. Swapping trivial distractions for more face-to-face conversations, answering someone's forgotten email or bringing a homemade pot of soup to a neighbor that is busy packing for a move creates a feast of light during all seasons.

"Thousands of candles can be lit from a single candle," wrote Gautama Buddha, and perhaps we would be astounded to see how far the smallest gesture can travel. Inviting a friend that has no family to a holiday dinner or out for coffee, spending more quality time with a child or buying a gift card for the receptionist at the dental office begets a chain reaction of small joys. When we fill our bellies with everyday magic, slow down to finish a cup of tea, turn off the news and notice the crescent

moon nestled in the twilight, we become more inclined to feel blessed.

A few worthy inspirations to pass along:

- Make it a spiritual offering to choose joy today
- Close the year by letting go of a grievance or an outdated belief
- Tell someone how they bring light into your life
- Share a favorite book that is inspiring
- Acquire a new source of light—a lantern or salt lamp—for your favorite room
- Leave an uplifting quote on a loved one's voicemail

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

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# calendar of events

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

## THURSDAY, FEBRUARY 02

**Eco-Anxiety Support Group:** 1:00 PM hosted by Waterspirits online. Addressing heavy feelings in community can be a way of generating the personal resilience needed to cope with an uncertain future. Waterspirits hosts eco-anxiety peer support groups using the Good Grief Network's "10 Steps to Personal Resilience and Empowerment in a Chaotic Climate" method. Join us to help gain peace of mind.

## FRIDAY, FEBRUARY 3

**Friday Night Unwind:** 6-7:30pm, The Yoga Loft, 462 Adelpia Road, Freehold. Join Dee and Elena for an evening of pampering and self-care. We will begin moving into gentle yoga postures, and after a few postures, we will pause to rest to receive Reiki and essential oils. This workshop was created to treat yourself to gentle yoga, Reiki, essential oils and finally closing with savasana. Complete bliss. All levels of practice are welcome. Please bring your own mat, blanket and pillow. Space is limited; please register at [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com). Include your phone number if registering by email or call/text 732.239.2333. Cost: \$40

## SATURDAY, FEBRUARY 4

**Reiki Level I Workshop and Certification:** 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, you'll learn the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required at [ayearandadaymysticalshoppe.com](http://ayearandadaymysticalshoppe.com), for more information, call 848.217.2371. Cost: \$195

**Free introduction to Energy Medicine:** 1pm, Greens Natural Food in Ocean. Hosted by Energy Medicine Healer, Bath Aitken from Beyond Holistic Healing. Start your healing journey now. Beth practices Energy Medicine using the modality of Body Intuitive, which combines Eastern (Chinese) Medicine and the Western knowledge of the body. She reads imbalances in the body and bring the body into harmony using a variety of methods, such as acupressure points and a shamanic breathing technique. Body Intuitive is effective to treat stress, pain, digestive issues, detox, emotional issues and more.

## SUNDAY, FEBRUARY 5

**Full Moon Circle:** 7:30-8:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Enjoy experiencing the Full Snow Moon with us. It is called this as in some parts of the world snow is usually the deepest in this month. We'll have a sound bath and give blessings toward home, hearth and family. Preregistration is required at [ayearandadaymysticalshoppe@com](mailto:ayearandadaymysticalshoppe@com). For more information, email [yearandadaymysticalshoppe@yahoo.com](mailto:yearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$20

## WEDNESDAY, FEBRUARY 8

**Free Drumming Circle:** 3-5 pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury

Park. The Drumming 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. Find more details at [ayearandadaymysticalshoppe.com](http://ayearandadaymysticalshoppe.com) or call 848.217.2371.

**Dreamcatcher Making Workshop:** 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Shaman, Lauren Porter will bring you the history of the dreamcatcher and its native traditions and, then, help you make your own personal, unique catcher of dreams. You can make one for yourself, or a loved one in this two-hour workshop. Preregistration is required at [ayearandadaymysticalshoppe.com](http://ayearandadaymysticalshoppe.com). For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$60 and includes materials.

## THURSDAY, FEBRUARY 9

**Reiki Level II Workshop and Certification:** 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This workshop is the second step on your Energy Healing journey. Join Maria Martin to learn and practice Reiki. In this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Prerequisite Reiki I and preregistration are required. Go to [ayearandadaymysticalshoppe.com](http://ayearandadaymysticalshoppe.com). For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$225 and includes materials.

## FRIDAY, FEBRUARY 10

**Create a Keepsake Affirmation:** 6pm, The Yoga Loft, 462 Adelpia Road, Freehold. Lauren DiPalma of Honeybee Lane will help you make a date with yourself to create some self-love and support. We'll begin with a meditation to open up our creative spirit. Everyone will create a one-of-a-kind wooden charm with genuine crystals. Students will choose a word, crystal, a silver honeybee charm, beads and ribbons to create a unique charm. Keeping a positive mindset while creating this charm is inspirational and pure magic. Please register at [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com). Include your phone number if registering by email or call/text 732.239.2333. Cost: \$40 and includes materials.

## SATURDAY, FEBRUARY 11

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

**Restorative Yoga with Crystals Bowls:** 12:30pm, The Yoga Loft, 462 Adelpia Road, Freehold. Join Kailey in a restorative yoga workshop and experience the benefits of a very slow form of yoga. Students should bring blankets, bolsters and pillows

to enhance their experience. Adding the crystal singing bowls to this class adds an extra level of healing, as the frequencies of the bowls aid our bodies into a restful state. All levels of practice are welcome. Please register at [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com). Include your phone number if registering by email or call/text 732.239.2333. Cost: \$35

**Free Drumming Circle:** 1:30-3pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. And be sure to stay and get an Aura photo with detailed report, a reading or energy healing from one of our gifted Psychics or Healers. Readings include, Tarot, Mediumship, Stones, Medicine Cards and Limpia (Egg Reading). Circle to be led by Shaman, Lauren. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371.

**Cacao Ceremony:** 7-9pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Guided by our store shamanic practitioner, Lauren will teach about the power of cacao, hold space for a guided journey and provide a sound bath for everyone to enjoy. A cacao ceremony uses the medicinal power of this power plant to connect to yourself in a deeper, loving way, be more in your heart space and heal from within. Participants must bring their own mug and have an empty stomach. No one on antidepressants should participate in this event. Preregistration is required at [ayearandadaymysticalshoppe.com](http://ayearandadaymysticalshoppe.com). For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$45

## SUNDAY, FEBRUARY 12

**Sunday Circle:** 12pm, The Yoga Loft, 462 Adelpia Road. Topic this month – Give Yourself Some Love. Join Dee and gather with us one Sunday a month to explore a new topic that will focus on enhancing your well-being to assist you in leading a better, fuller, life. February, the month of love, isn't it time that you actually take time to love yourself? Each workshop will include handouts, essential oils and meditation. Please bring a journal and a pillow or bolster to sit on. Please register at [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com). Include your phone number if registering by email or call/text 732.239.2333. Cost: \$40

**Psychic/Mediumship Workshop:** 3-5pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Cherise will lead this class as part of a mentorship series which will introduce the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). We'll explore the levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit responsibly, foster our relationship with spirit and our team of guides in the spirit realm. Preregistration is required at [ayearandadaymysticalshoppe.com](http://ayearandadaymysticalshoppe.com). For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$65

## TUESDAY, FEBRUARY 14 HAPPY VALENTINES DAY

## WEDNESDAY, FEBRUARY 15

**Seal Monitoring at Sandy Hook:** 9am, Sandy Hook. Join Waterspirits: as we monitor seals at Sandy Hook while we record and report data. In the U.S., all marine mammals, including seals, are federally protected under the Marine Mammal Protection Act. Please be respectful and view and photograph seals from a distance of at least a 150 feet away (half a football field). Further is better! Preregistration is required. <https://www.waterspirit.org/events-calendar>

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

## THURSDAY, FEBRUARY 16

**Wicca 101 Class:** 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This class is a 12-month course with one class each month taught by Anthony and Sara. They will take you thru a magical year and instruct you on the correct ways to learn the "craft," guiding you on your journey. Anthony is a High Priest and Sara a High Priestess, each with decades of knowledge and practice in the arts. Preregistration is required at [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com). For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$25

## FRIDAY, FEBRUARY 17

**Healing Circle:** 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Reiki practitioners and energy healers come discuss and share your experiences and techniques and practice your skills working on one another. It's also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. Preregistration is required at [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com). For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$10

## SATURDAY, FEBRUARY 18

**Reiki Level II Workshop and Certification:** 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This workshop is the second step on your Energy Healing journey. In this level II workshop, in addition to getting your second attunement, Maria Martin will teach you the Art of healing with Reiki, including Hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Prerequisite Reiki I and preregistration are required. Go to [ayearandadaymysticalshoppe.com](http://ayearandadaymysticalshoppe.com). Private sessions are available. For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$225

**Special Event:** 4-8pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Medium

readings with Cherise. 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. Preregistration is required at [ayearandadaymysticalshoppe.com](http://ayearandadaymysticalshoppe.com). For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$125

## SUNDAY, FEBRUARY 19

**Special Event:** 1-5pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Akashic Records hold information about your soul's past, present and future. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Session is 45-60 minutes. Preregistration is required at [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$125

## TUESDAY, FEBRUARY 21

**Seal Monitoring at Sandy Hook:** 2:30pm, Sandy Hook. Join Waterspirits: as we monitor seals at Sandy Hook while we record and report data. In the U.S., all marine mammals, including seals, are federally protected under the Marine Mammal Protection Act. Please be respectful and view and photograph seals from a distance of at least a 150 feet away (half a football field). Further is better! Preregistration is required. <https://www.waterspirit.org/events-calendar>

## THURSDAY, FEBRUARY 23

**Reiki Level II Workshop and Certification:** 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, she'll teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Private sessions are available. Preregistration is required at [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com). For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$195

## FRIDAY, FEBRUARY 24

**Heart Health:** 12:30pm, The Yoga Loft, 462 Adelpia Road, Freehold. Sue West will lead this heart-centered workshop which will focus on the importance of "loving your heart," as it is the center of your overall good health physically and emotionally. You will learn about which foods are heart-healthy and how to incorporate them in your diet, how exercise and movement can help your heart and your emotional wellness, and how practicing heart-centered living can help keep your "ticker" happy! Take home recipes, samples of heart-healthy oils and snacks after moving through a peaceful Heart-Centered Meditation. Please advise Dee of any food allergies prior to class. Please register at [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com). Include your phone number if registering by email or call/text 732.239.2333. Cost: \$40

**Working with Stones and Crystals:** 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Whether you're new to collecting or have been drawn to them for a long time, Maria will help you have a working knowledge and relationship with your stones and crystals. You'll learn how to choose stones by vibration and feel, work with them in your everyday life, how to care for your collection and more! Includes a Crystal Bible book and two stones/crystals. Preregistration is required at [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com). For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: \$60

## SATURDAY, FEBRUARY 25

**Introduction to Tarot:** 3-5pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Tarot has been a source of insight and mystery for centuries. Explore its complexities and facets at our monthly six-session class! This series will provide informal, informational sessions for all levels – from beginners to those more advanced. Jamie will dive into the layered history of one of the world's most mystical tools and teach you not only what Tarot can do, but also the meanings and ways you can incorporate it into your everyday life. Preregistration is required at [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com). For more information, email [ayearandadaymysticalshoppe@yahoo.com](mailto:ayearandadaymysticalshoppe@yahoo.com) or call 848.217.2371. Cost: First class, \$75 (includes Tarot Deck); subsequent classes.

## SUNDAY, FEBRUARY 26

**Movement, Meditation & Mindfulness:** 6-8pm, The Yoga Loft, 462 Adelpia Road, Freehold. Monica will lead this workshop where students will learn some gentle and effective ways to gently stimulate your Body and Mind. Wear comfortable clothes; bring your mat, strap, a small blanket and a bottle of water. Handouts will be provided. Please register at [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com). Include your phone number if registering by email or call/text 732.239.2333. Cost: \$40

## on going events

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

## MONDAYS

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

**Qigong Class taught by Shoshanna Katzman:** 11am on Zoom - Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall



calm and relaxation. Call or text 732.758.1800 or email [info@healing4u.com](mailto:info@healing4u.com).

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

**Taiji Class:** 1pm on Zoom - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email [info@healing4u.com](mailto:info@healing4u.com).

**Taiji Class:** 6pm on Zoom - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email [info@healing4u.com](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.

## TUESDAYS

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

**Waterspirit's Weekly Meditation for Earth:** 12:15 pm - Join us in person, 4 East River Road, Rumson, or online on Waterspirit's YouTube channel. Please join Waterspirit for a "Meditation for Earth." We read a short Earth-centered reflection, followed by an excerpt from Hal Borland's 12 Moons of the Year. Then we lead a simple meditation to music followed with silence. The meditation lasts approximately 30-35 minutes. No matter where you are in the world, you can join us as we meditate for our Earth! Learn more about Waterspirit: <https://www.waterspirit.org>

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

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

## WEDNESDAYS

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

**Taiji Class:** 9:30am, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email [info@healing4u.com](mailto:info@healing4u.com).

**Taiji Class:** 5pm, Red Bank Acupuncture & Wellness Center, Shrewsbury or on Zoom during inclement weather - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email [info@healing4u.com](mailto:info@healing4u.com).

**Sound Healings/Meditations:** 6:30-7:30pm - Join our weekly group sound healings and meditations. Enjoy unique sound healings and meditations mind, body and spirit. Using crystal bowls, guided sounds, singing and chanting we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. to maximize your experience. Cost: \$25 per person; Preregistration 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). Ask us about private meditation sessions and Veteran Discounts.

## THURSDAYS

**Qigong Class:** 5:30pm on Zoom - Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. Call or text 732.758.1800 or email [info@healing4u.com](mailto:info@healing4u.com).

**Taiji Class:** 6:30pm on Zoom - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email [info@healing4u.com](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

**Taiji Class:** 9am, Red Bank Acupuncture & Wellness Center, Shrewsbury - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email [info@healing4u.com](mailto:info@healing4u.com).

**Friday Psychic Readings and Energy Healings:** 2-7pm - Get a 10-minute Reading or Energy Healing for \$30.00. Have a question about a direction you are looking to embark on? About a job, relationship, or move? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com).

**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

**Qigong for Good Health** with Maxine Forster Guenther: Outdoor "Parking Lot Qigong," weather permitting, 10:30-11:30am in the back lot at UUCMC, 1475 West Front Street, Lincroft - E-mail [qigongomi@yahoo.com](mailto:qigongomi@yahoo.com) to be on the reminder list. More info at [www.qigongforgoodhealth.org](http://www.qigongforgoodhealth.org) Be sure and check by e-mailing [qigongomi@yahoo.com](mailto:qigongomi@yahoo.com)



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SATURDAYS; MARCH 4 & 18

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# community resource guide

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

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



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

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Dr Chris Pepitone and Dr Mai Tran of Pure Health Services provide holistic patient-first quality care to help you regain your health and wellness

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### JEFF BALL, CFP, FINANCIAL ADVISOR

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



Jeff Ball is on a mission is to help clients navigate the financial services industry effectively. He is committed to educating clients about money and investments, helping to reduce money-anxiety and empowering clients to take control of their finances. His goal

is to help clients to reach their financial goals and to achieve a sense of financial well-being. Jeff wants clients to get the best deal possible from RBC and all of their financial service providers.

## HYPNOSIS

### DR JAIME FELDMAN, DCH

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



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### LIFE AND HEALTH COACH, LLC

Debshap60@gmail.com  
Debbieashapiro.com  
732.730.4343



Assisting those who feel stuck in the many facets of life, Debbie Shapiro provides tools and techniques to clarify your path, plan your actions forward and accomplish your goals.



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Break old habits. Create a lifestyle that brings you happiness and peace in your body, mind, heart and soul. Visualize your life as you want it to be. Know it in your minds-eye. Feel it come to life each day. Roseann is a certified Hypnotherapist and Reiki

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

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Beth Aitken  
bethaitken@gmail.com 703.403.6678



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ALYSSA SIEGEL MSN,RN,FNP-C, CPEN  
1806 NJ-35, Suite 205E  
Oakhurst, NJ 07765 732-314-1851



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

## RETAIL

### A YEAR AND A DAY MYSTICAL SHOPPE

413 Bond Street, Asbury Park, NJ 07712 (848)217-2371  
www.ayearandadaymysticalshoppe.com  
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Mliparireflexology.com (732)887-3352



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

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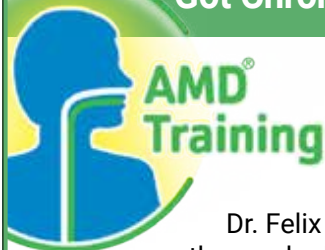
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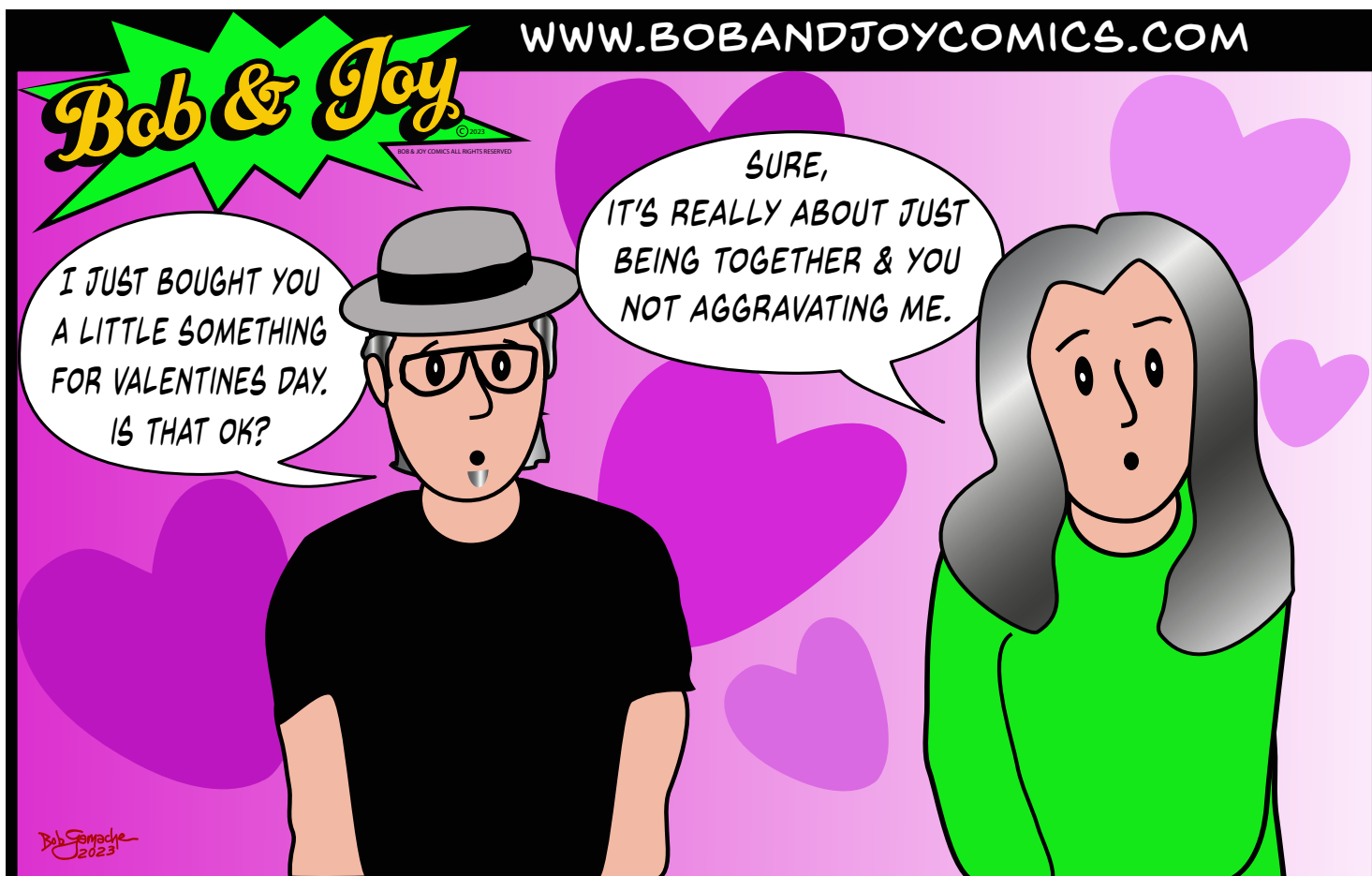


**Discover Impaired Mouth Syndrome:** Get to know the red flags for yourself and your kids. Practitioners learn how you can empower your patients' total health. [Join free Webinar to learn more.](#) ▶



*"I can't unsee it [signs of impaired mouth] now. Every time I take a class with Dr. Liao, I leave with at least a dozen new pearls of knowledge. It's has been life-changing and paradigm-shifting."* – Dr. Teresa Scott, Spring, Texas

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

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

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