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Dr. JEAN ELJAY

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

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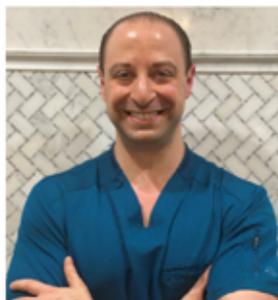
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Publisher **Sharon Shaffery**

Editors **S. A. Chabonais**

Linda Sechrist

Theresa Archer

Director of Operations **Erika Williams**

Design & Production **Joe Steele**

Digital Content Manager **Nancy Seigle**

Distribution **Andria Criscuolo**

Al Foti

CONTACT US

P.O. Box 61

Leonardo NJ, 07737

732-230-7337

sharon@na@jerseyshore.com

ADVERTISING

732-230-7337

SUBSCRIPTIONS

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NATIONAL TEAM

CEO/Founder **Sharon Bruckman**

COO/Franchise Sales **Joe Dunne**

Production Designer **Gabrielle W-Perillo**

Financial Manager **Yolanda Shebert**

Asst. Director of Ops **Heather Gibbs**

Digital Content Director **Rachael Oppy**

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Natural Awakenings Publishing Corporation

4851 Tamiami Trail N., Ste. 200

Naples, FL 34103

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letter from publisher

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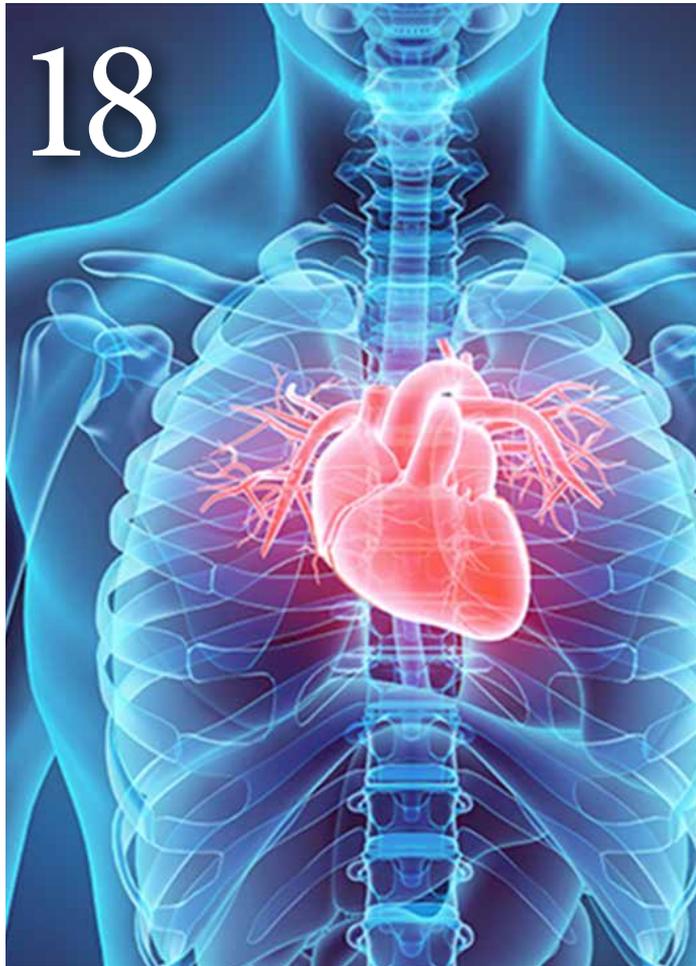
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Natural Awakenings is a family of 50+ healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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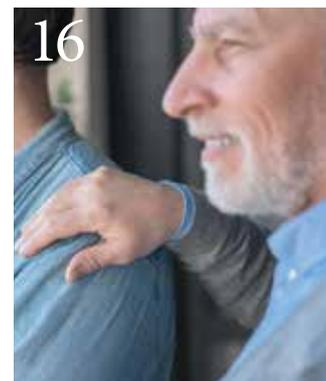
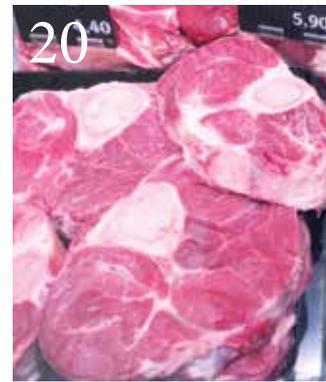
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Celebrate the Summer Solstice at The Yoga Loft



Summer solstice is the time our spirals are the most outward: the sun shines for longer hours into the night, we find ourselves doing more activities and events with loved ones, especially outside.

Our energy output is usually the highest, quite opposite from the inward spiral of winter solstice, spending hours mostly inside from the cold, resting from all the hustle and bustle of the year. The increased light onto the land, into the water, and on our skin provides a wealth of energy, fun, learning, and understanding of our surroundings.

Using the vibrations of a medicine drum, we will journey inward in deep meditation to explore what messages our outward spirals have for us. Plants and guides are a wonderful channel to call upon because they are so abundant in our lives at this time!

This is a magical way to connect with yourself and the parts of you and your world that help you thrive with the sun! Followed by a fire ceremony to release what no longer serves us and to set our intentions until we meet again to celebrate the Winter Solstice.

Join Kat and Dee at The Yoga Loft, 462 Adelpia Road, Freehold, on Friday, June 24, 6pm. Please bring your journal and yoga mat. Registration is required, email info@theyogaloftnj.com or call/text 732.239.2333, cost is \$40.

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Massage is a physical experience that helps both the body and the mind. Studies have shown that the amount of human



contact in our lives plays a vital role in mental and physical development as infants and in our happiness and energy as adults. Touch can enhance feelings of wellness and help us relieve mental and physical stress.

Balance Wellness believes in the whole-body experience of self-care. At Balance you can receive a full-body therapeutic massage along with chiropractic care, acupuncture, cupping, nutrition counseling, mental health counseling, infrared sauna, and meditation classes...all under one roof!

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June Massage Special: Come in for a massage during the month of June and receive a complimentary add-on! Call our office today to schedule an Initial Consultation if you or a family member are looking to achieve optimal health using dietary and supplement support, as well as lifestyle recommendations. Contact Balance Wellness Center @ 732-903-2222



Get Your Aura Photo at The Yoga Loft!

Be sure to schedule your own personal aura photo with Billie Jo at The Yoga Loft, 462 Adelphia Road, Freehold on Saturday, June 18, 12:30pm.

Visualizing your aura can help you with various aspects

of your life. The colors of your aura provide insight into your emotions, thoughts, and state of mind, allowing you to gain spiritual awareness. Auroras are directly related to your chakras. Each color has a unique meaning. The human field changes from time to time, as a function of emotions, health, energy level, and one's views on life. However, the overall aura remains substantially the same over time, subject to minor changes.

To assure an optimal aura therapy experience, please plan to arrive at least five minutes in advance of your scheduled time slot — as most appearances are fully booked, we can't guarantee reservations for late arrivals.

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Alyssa Siegel

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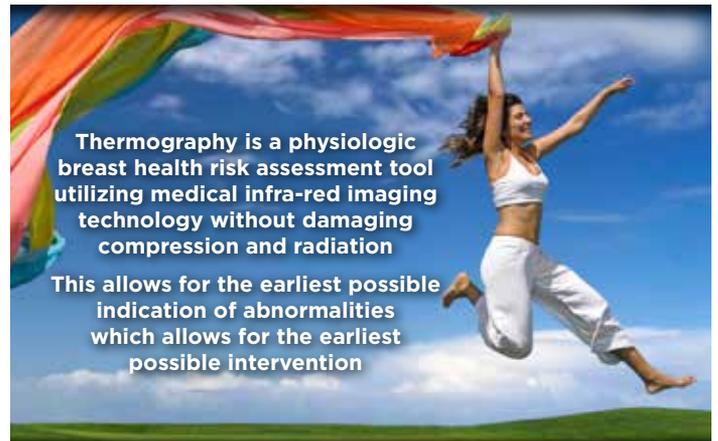


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Reiki Usui Training!



Roseann Petropoulos, Reiki Master/Teacher is offering private, individual Reiki Training in a safe space. Previously, Reiki trainings were designed and held in a group setting over a couple of days. The group would then 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 for one-on-one learning experience. Roseann says, "This approach has proven to be very useful". Most times groups are formed without the consideration of who and where one is on their personal spiritual journey. Each 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.

Reiki 1, \$150 and Reiki 2, \$175. For more information, call Roseann 732.894.3197 or Belmarwellness.com.

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Join our growing community of women painters for a much-needed respite where you can reduce stress and connect to the creative community of women you've been looking for.

Wild and Free Painting is an indulgent and nourishing Process Painting Art Studio for self-care and personal growth. We focus on the act of painting itself and your experience while painting



rather than the final art product. We celebrate your creativity in all of its authentic form and return to the idea that creative expression can serve as a tool to heal, connect, de-

stress, reclaim and discover.

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

For more information and to register, go to <https://www.wildandfreepainting.com/womens-group> Individual Art Therapy sessions are available. Elissa earned a BFA in Graphic Design from The University of Michigan, holds a Masters degree in Art Therapy from New York University, is a Licensed, Registered Board-Certified Art Therapist and Process Painting Facilitator. www.wildandfreepainting.com. Wild and Free Painting is located at 660 Tennent Road, Suite 106, Manalapan, NJ 07726, 347.804.8249.

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Join Shore Holistic Nutrition & Wellness in their free event on weight loss, held virtually via Zoom on Thursday, June 30 at 7:30pm. Email shoreholisticnutrition@gmail.com or call 732.314.1851 to sign up. Space is limited, reserve your spot today!

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the birds are singing and the
lawn mower is broken.
~ James Dent



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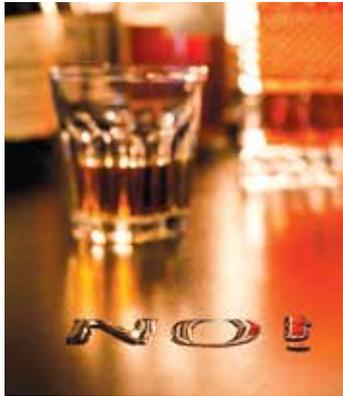
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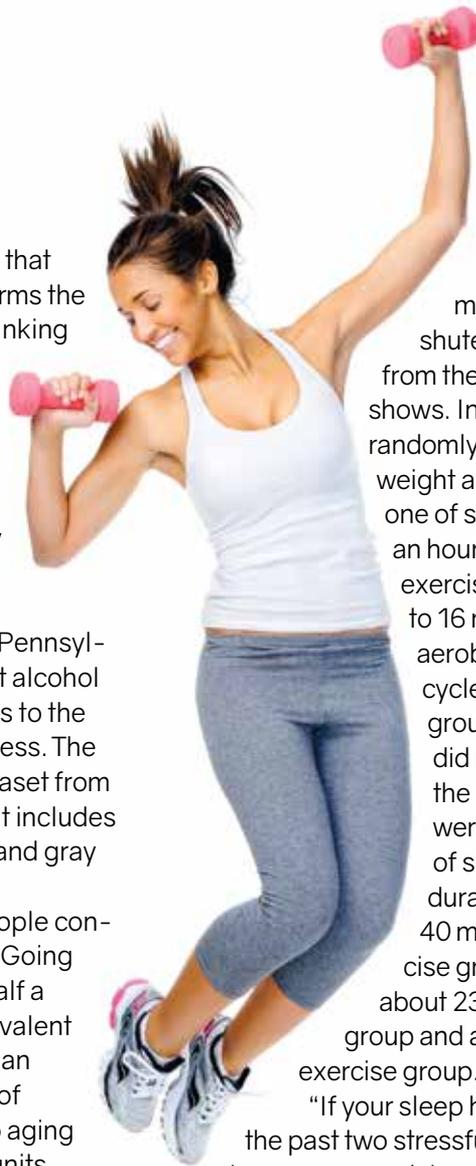


Dmitry Naumov/AdobeStock.com

It is widely known that heavy drinking harms the brain, but even drinking as little as a few beers or glasses of wine per week will reduce brain volume, according to a new study of 36,000 adults. Researchers led by a University of Pennsyl-

vania team reported in *Nature Communications* that alcohol consumption even at modest levels may carry risks to the brain, shrinking it in ways similar to the aging process. The study was conducted using the UK Biobank, a dataset from 500,000 British middle-aged and older adults that includes genetic and medical information, including white and gray matter volume in different regions of the brain.

The researchers found that the more alcohol people consumed on average, the greater the brain damage. Going from zero to a daily average of one alcohol unit (half a beer or half a glass of wine) is linked with the equivalent of a half a year of aging in 50-year-olds. Drinking an average of two units a day (a pint of beer or glass of wine) produces changes in the brain equivalent to aging two years. The difference between zero and four units (two beers or glasses of wine) was equal to more than 10 years of aging. "It's not linear," says study co-author Remi Daviet. "It gets worse the more you drink. There is some evidence that the effect of drinking on the brain is exponential. That means that cutting back on that final drink of the night might have a big effect in terms of brain aging."



Pump Iron to Boost Sleep

For the one in three Americans that are sleep-deprived, working out with resistance exercises to strengthen muscles may produce longer and deeper shuteye than aerobics, new research from the American Heart Association shows. In a 12-month study, researchers randomly assigned 386 inactive, overweight adults with high blood pressure to one of several groups that worked out for an hour three times a week. A resistance exercise group did three sets of eight to 16 repetitions on 12 machines; the aerobics group used treadmills, bicycles or elliptical machines; a combo group used both; and a control group did no supervised exercise. Among the 42 percent of participants that were not getting at least seven hours of sleep at the study's start, sleep duration increased by an average of 40 minutes for the resistance exercise group compared to an increase of about 23 minutes in the aerobic exercise group and about 17 minutes in the combined exercise group.

"If your sleep has gotten noticeably worse over the past two stressful years, consider incorporating two or more resistance exercise training sessions into your regular exercise routine to improve your general muscle and bone health, as well as your sleep," says study author Angelique Brellenthin, assistant professor of kinesiology at Iowa State University, in Ames.

Try Neem and Walking to Ward Off COVID-19 Symptoms



Two new studies suggest that neem (*Azadirachta indica*), a plant used for centuries in India to treat malaria, intestinal ulcers and skin diseases, may offer protection against COVID-19 and future variants. At the University of Colorado Anschutz Medical campus, researchers found that neem bark extract tested on COVID-infected human lung cells proved as effective as a preventive drug. It targeted a wide range of viral proteins and also decreased virus replication and spread after infection. In an Indian double-blind study of 190 healthcare workers or relatives of COVID-19 patients, researchers at the All India Institute of Ayurveda, in Delhi, found that those given a neem extract of 50 milligrams twice daily for 28 days had a reduced risk of 55 percent for infection compared to the control group.

For people dealing with the lingering symptoms of long COVID such as fatigue, brain fog and muscle pain, a solution may be daily exercise of at least 30 minutes, because it lowers inflammation and blood glucose levels, suggest Louisiana State University researchers in the journal *Exercise and Sport Sciences Reviews*. "If you can only walk 15 minutes once a day, do that. The important thing is to try. It doesn't matter where you begin," says article author Candida Rebello, Ph.D.

Run Farther with Beetroot and Citrulline



Nitrate-rich beetroot extract and citrulline, a non-essential amino acid, have been shown to be precursors of nitric oxide, which benefits athletic performance by ex-

panding blood vessels and increasing blood flow. To determine whether combining the two produces better results, Spanish researchers gave the two supplements separately and together to 32 male triathletes for nine weeks. The dosages were 3 grams a day of citrulline and 2.1 grams a day of beetroot extract. In a study published in *Biology*, they reported that the combination did not improve markers of exercise-induced muscle damage, but did reduce cortisol levels, and also enabled those participants to run 5 percent farther in the standard 12-minute Cooper Test.

Consider Moxibustion to Reduce Chronic Fatigue



About 1 percent of the global population suffers from the crippling fatigue, brain fog and joint pain of chronic fatigue syndrome (CFS), yet its origins remain obscure, and medications and therapy have been largely ineffective. A new meta-analysis from China's Jiangxi University of Chinese Medicine points to moxibustion, a 2,500-year-old practice of Traditional Chinese Medicine, as a possible treatment. It involves burning a cone or stick made of ground mugwort leaves on or near a patient's acupuncture points, typically on the stomach. Analyzing data from 15 studies of 1,030 CFS patients comparing moxibustion with either acupuncture or medications, researchers found that moxibustion significantly reduced fatigue more effectively than the other approaches and yielded minimal side effects.

TAKE BACK YOUR HEALTH

We work with you to identify the root cause and create personalized Nutrition and Detox Programs to reset your health and correct your body's imbalances. We use state of the art testing to measure cellular inflammation, oxidative stress in different body systems, nutritional deficiencies and neurotoxicity.

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Testimonial: "I came to Larisa with an injured knee. Larisa provided Rapid Release Therapy which is deep tissue vibration therapy and in just 6 sessions I was able to jog and workout again. It was a comfortable and relaxing experience that gave me my life back! 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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Off Limits

National Parks Enacting New Regulations



MichaelVI/AdobeStock.com

Because our national parks and protected areas are feeling the pressure of increased demand for outdoor recreation, the National Park Service (NPS) has cracked down on some recreational activities to

better manage the human impact on natural environments. In 2021, the national park system hosted nearly 300 million recreational visits, and 44 parks set visitation records. The high number of cars creates congestion, pollution and collisions with wildlife. Overcrowding on trails can lead to higher risk of hiking accidents and illegal off-roading.

Two Utah national parks will start requiring reservations. At Zion, Rocky Mountain and Glacier national parks, guests need a permit to hike certain routes. Arches National Park guests will have to book timed entry tickets during the high season. Acadia and Zion announced the temporary closure of some popular climbing sites starting this month to ensure that peregrine falcons can nest without disturbance.

In 2021, the NPS gave park superintendents the authority to ban e-bikes if they adversely impact natural resources or other visitors, as well as scenic air tours at dawn or dusk or within a half-mile of the ground. Biologically important behaviors for many species occur during sunrise and sunset such as foraging, mating and communication. The hours of operation provide quiet periods of the day during which visitors can enjoy natural sounds and preserve opportunities for solitude in designated wilderness areas.

Ban Plastics in National Parks

Our national parks are places of unparalleled scenic beauty and wildlife for all of us to enjoy. These national treasures are being threatened by plastic trash. Nonprofit Free the Ocean is circulating a petition to Get Single-Use Plastic Out of U.S.

National Parks. Sign it at Tinyurl.com/PlasticParkPetition.



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Shady Solution

California Canals Gain Solar Panels

To both conserve water and generate clean energy, Project Nexus, an innovative pilot project from the University of California-Merced, will install solar arrays over 25-foot- and 100-foot-wide canals in the Turlock Irrigation District so operators can monitor and evaluate their impact on water quality and evaporation, as well as assess maintenance and logistical issues. External Affairs Department Manager Josh Weimer says, "In today's world and how we are operating our system, saving every possible drop of water for future beneficial use is something that we are really trying to focus on."

In Europe, canals are lined with tree cover, while India has already started using solar panels. Project partner Solar AquaGrid, LLC, recognized the untapped opportunity to curtail evaporation and advance California's Solar Over Canal initiative. CEO Jordan Harris states, "Research and common sense tell us that in an age of intensifying drought, it's time to put a lid on evaporation. Our initial study revealed mounting solar panels over open canals can result in significant water, energy and cost savings when compared to ground-mounted solar systems, including added efficiency resulting from an exponential shading and cooling effect. Now is the chance to put that learning to the test."

Access Denied

Don't Fence Me In

A group of biologists in the northern Rockies published a paper in 2018, "A fence runs through it: A call for greater attention to the influence of fences on wildlife and ecosystems." In 2020, a meta-analysis in *BioScience* looked at all the studies of the effects of fences and found that their profound impacts are often ignored or greatly underestimated. The impacts extend far beyond blocking animal migration routes and include furthering disease transmission by concentrating animals, altering the hunting practices of predators and impeding access to key areas of water and forage. Fences are going up rapidly as border barriers and livestock farming increase.

In the case of the U.S./Mexico border wall intended to prevent illegal immigration, "The main threat ... is the landscape-level impacts of curtailing or completely precluding wildlife movement and eliminating landscape connectivity at large scales," says Aaron Flesch, a wildlife biologist at the University of Arizona, who has studied the wall's impacts. Bighorn sheep and jaguars are cut off from their kind on the other side of the border. That means that the genetic interaction needed to keep small populations of jaguars or ocelots healthy may be affected. It also means bighorn sheep in Mexico may not be able to migrate north to escape a hotter and drier climate.

Cool It

South Pole Registers Historic Temperature



Normally, temperatures fall with the end of the southern summer, but the Dumont d'Urville station, on Antarctica, registered record temperatures for March of 40.82° F at a time of the year when readings are usually already sub-zero. Gaetan Heymes, of France Meteo, describes the unseasonably mild weather as a historic event. The U.S. National Snow and Ice Data Center says that Antarctica's sea ice fell below 772,204 square miles in late February for the first time since 1979.

Around the same time, the Conger Ice Shelf, as big as Los Angeles, collapsed into the sea and there was sufficient atmospheric moisture to produce a significant snowfall. While researchers can't definitively say that climate

change is to blame, Jonathan Wille, a postdoctoral researcher at the Université Grenoble Alpes, in France, notes, "It was something we didn't think was possible in Antarctica—the magnitude of heat, especially in what should be the cold season in Antarctica. We've never seen the atmosphere behave like this over Antarctica."

The heat wave and dramatic inland snowfall highlight the importance of a better understanding of the complicated dynamics of atmospheric rivers that maintain the ice sheet now, but could be cause for concern in the future. Understanding these patterns better could be the key to learning the polar region's fate.



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The Gift of an Imperfect Father

by Marlaina Donato



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For many of us, Dad was the first person to throw us a ball, take us fishing or treat us to ice cream after a game. If we were fortunate, he was the one who made a bad day better, was a strong protector who kept the metaphorical wolves from the door and, by example, secured our place in the world. Fathers give us many “firsts”, and for some of us, that also means a broken heart.

Parents, like all human beings, are fallible, learning as they go, never quite getting it right, but doing the best that they can. Sometimes their “best” is tangled in a net of unresolved personal trauma, addiction or mental illness, and we learn to bear the bitter with

the sweet. “Someone I loved once gave me a box full of darkness. It took me years to understand that this, too, was a gift,” wrote poet Mary Oliver, and her words can be a beacon as we journey through healing the father wound.

Once we come out the other side of childhood, it might be difficult to love someone that destroyed our trust and even more difficult to love ourselves. This “gift” might take decades for us to unwrap. Children of difficult dads sometimes blossom like lotuses into more compassionate beings from the mud of absence, cruelty or indifference. Perhaps with a shift in perspective, we may realize how their weaknesses might have given us survival tools and resilience.

Flipping the coin to examine what they have done right and giving credit where it is deserved can also help us to open that dead-bolted door to forgiveness. Taking inventory, both positive and negative, can encourage us to become a different kind of parent.

In a black-and-white world, the heart’s gray areas can teach us how to lean into our own healing. We inherit a lot from our wounded fathers, including an energetic opportunity to change the familial emotional code, and it can be beautiful.

Marlaina Donato is an author, composer and painter. You can connect her at WildflowerLady.com.



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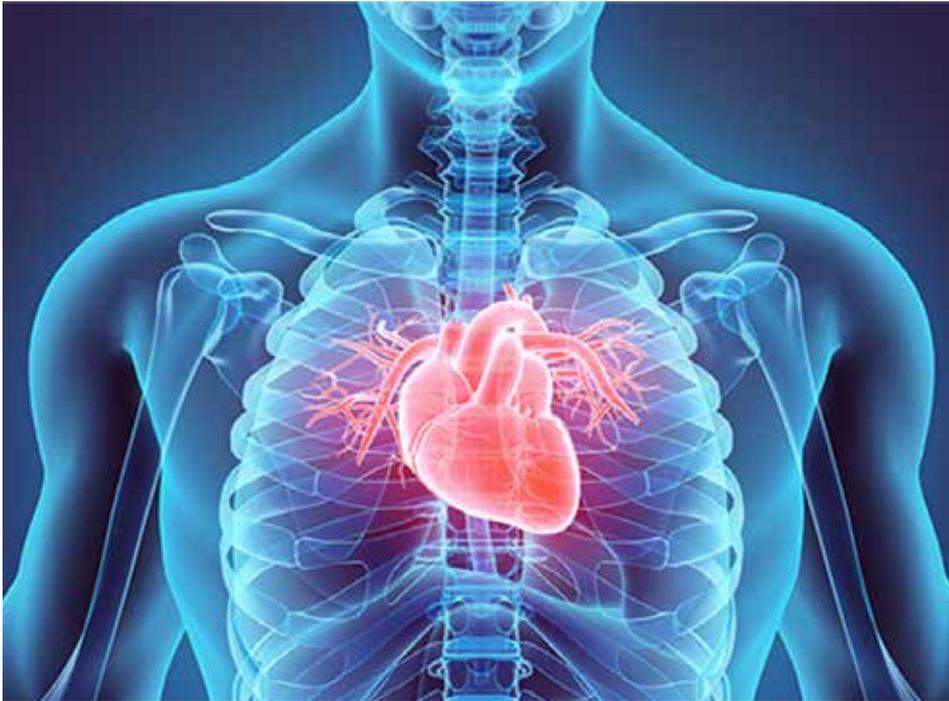
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The Heart of Summer

by Shoshanna Katzman



Summer is a time when our consciousness and spiritual awareness peaks. The primary element of summer is fire which rules the heart. Nourishing and balancing the energetics of our heart during this season can impact regulation of blood circulation, sleep quality, and sharpness of our memory.

Putting our heart into activities and relationships which bring joy into our lives is a must. Seize the opportunity to laugh, run, jump, and play regardless of our age. Seek ways to spread positive energy. Keep oneself cool, calm and collected by “going with the flow” of summer heat.

Eating less and more lightly on hot, bright days is certainly a healthy practice. Chinese food therapy informs us of the benefit of lemons, limes, celery, cucumber and lettuce for cooling the body. Drinking lots of water and dangling our feet in water helps to balance the heat of summer and prevent many common summer ailments. The color associated with summer is red, meaning that it is a good idea to include apples, watermelon, strawberries, red potatoes and goji berries into our diet. Moreover, add in some foods with a bitter taste such as radishes, dandelion, parsley, kale, arugula as well as collard and mustard greens for their cooling effect and nourishment of the heart.

Refraining from indulging in greasy, fried and heavy foods along with excessive consumption of sweets is also recommended to reduce the tendency for “damp heat” developing within the body. And, keep in mind iced drinks while cooling to the body, hinder proper digestion, metabolism and contributes to excess dampness leading to abdominal bloating, pain and sometimes diarrhea along with a sense of heaviness within the head. It is also essential to always remember that the biggest key to healthier digestion is to eat just enough, rather than overloading oneself with too much food and drink.

Summertime draws us to eating brightly colored fruits and vegetables. It is also the perfect opportunity to match the dazzling colors of summer flowers by wearing bright and vibrantly colored clothing. Awakening early and taking a moment to go outside and perform a Qigong exercise brings summer nourishment inward from the sun is another method for enhancing our energetics during this season.

Simply stand with feet turned out wider than your shoulders with arms by your sides. Take a deep breath into your lower belly and upon exhalation arch backward, gaze upward toward the sun and draw your arms upward, outward and then back behind to the sides of your body. Open your heart to the sky and draw its yang nourishment inward to your body. Then come upright and bring arms upward and back so relaxed by your sides once again. Take a moment to then reflect on how you feel before proceeding with your day.

The goal is to live in harmony with oneself and the changing rhythms that summertime brings. Making time to see your acupuncturist for a seasonal tune-up is another way to ensure that our energetics stay balanced and ready to handle the increasing temperatures and required lifestyle adjustments. And don't forget to spread love within yourself and those around you in the true spirit of the compassionate heart. Enjoy and make this year's summertime one of the most memorable as it fills you with genuine love, playfulness and creativity.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for nearly 35 years where she provides acupuncture, Chinese herbal consultation in addition to Taiji and Qigong lessons. 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 a comprehensive curriculum entitled Center of Power: Life Mastery through Taiji. For more information call or text 732.758.1800 or send an email to info@healing4u.com.

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Meat is a Superfood

by Larisa Belote



Have you tried lots of unsuccessful diets in the past in order to combat autoimmunity? Research now shows why the Carnivore Diet

might just be the answer.

The Carnivore Diet is an all-animal food diet. The diet is on a scale of pure meat, while others include dairy, eggs, fish, and even some plant matter like berries or greens. The diet works by eliminating the triggers found in plant foods that can lead to health issues, including gut irritation and aggravation of autoimmune conditions. Although many people consider meat to cause disease, the reality is that those studies are epidemiological and cannot draw causal links. On the contrary, many studies link saturated fats to health.

Americans' 37.5% saturated fat intake comes from junk food which includes

pizza, grain-based desserts (cookies, cakes), dairy desserts (ice cream), processed meats, candy, chips, fries, pasta, and burritos. Only 24.2% of Americans' saturated fat intake comes from whole foods like beef, eggs, full-fat dairy, butter, and nuts (quality not considered). The problem is really not meat, but refined sugar, flour, and vegetable oils.

One common argument against an all-meat diet is that "meat causes cardiovascular disease." The reality is that zero studies create a causal link between meat and cardiovascular disease. Antioxidants, fiber, and vitamin C lack in the Carnivore Diet, but the argument is made that when someone is not eating plant matter, they simply need fewer antioxidants and vitamin C.

Although fiber is often linked to digestive health, some studies suggest the opposite, and anecdotal evidence demonstrates that

many people solve their gut problems with the Carnivore Diet.

Many plant foods contain anti-nutrients and inflammatory agents which are nature's way of ensuring it can survive and reproduce. By fortifying their structure, the members of the plant kingdom have a chance at survival against the elements and against being eaten by predators. Those who fair better on a strict meat-only diet, whereby any plant consumption triggers feeling worse—generally, these people are dealing with autoimmune conditions or a severely damaged gut. For this population, even small amounts of these anti-nutrients can set them back in health.

Meat contains very little vitamin C, in fact there is more in organ meats like liver. Carnivore diet contains no fiber at all and the body does not make it. Although fiber is said to be essential for bowel and digestive health, many people report a significant increase in digestion and bowl movements on the Carnivore Diet. Some studies even suggest that removing fiber from your diet can improve constipation, not make it worse.

Meat is a superfood; it is a nutrient-dense food that, unlike marketed superfoods, offers complete human nutrition. For example, a cow that has spent its whole life grazing pastures in the sun will be much denser in polyphenols than a factory-farmed cow fed on grain.

It is best to treat the Carnivore Diet as an elimination diet. First, strip it back to the most basic of nutrient-dense foods: meat. Then, introduce foods one by one (perhaps starting with animal products) and see how your body reacts. If it feels just as good or better, keep the food. If it feels worse, then maybe that food is better out of your diet.

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



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Reflex Pain: What it is and How to Treat it

by Chris Pepitone, D.C.



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What actually occurs when the body undergoes an injury? Whether it a burn, or tripping and rolling an ankle, the initial reaction

to the injurious stimuli is pain. This occurs as nerves fire in sequence until they hit the area of the brain where pain is perceived. A reflex arc is then created which causes a contraction around the injury to protect as well as retract from whatever is creating the damage.

Once the pain is gone, the tissues relax, and complete healing can occur. When the reflex arc for contraction is strong enough and the initial pain is gone, the muscles and tissue surrounding the initial injury do not relax. This will cause further hypoxia (low oxygen) in the tissue and will increase sensitivity to that area resulting in residual pain.

Residual pain could be attributed to the

initial trauma, however, it could also be a result of the lack of resolution to the body's attempt at protecting and fixing.

If there is an irritated nerve that innervates the tissues of an injured knee, as an example, then the muscles and tissue around that knee become contracted and pain ensues. This applies to all areas of the body.

Whether or not the pain has an orthopedic cause, breaking the reflex arcs which allows for healthy relaxation of the tissues can and will expedite the healing process. And, the best part is that you can become pain free instantly.

The goal of treatment of reflex pain is to discover the major reflex(s) that create the rest of the painful areas. Once this is accomplished it is possible to find the insulting muscle, fascia, vertebra, joint, or organ that is generating the reflex pain. By treating these areas, you can break the

pain patterns virtually anywhere.

Reflex pain treatment is a specialty treatment initially developed in the 1930s. It is a difficult art to master as it requires a true understanding of biomechanics, the musculoskeletal system, neurology, organ systems, and the cranial system.

Any patient regardless of the severity of pain can benefit from this style of treatment incorporated into any healing modality. For patients who are extremely hypersensitive to touch and experience severe pain which eludes most practitioners, seem to benefit greatly as reflex pain treatment is very gentle.

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Mental Health Matters

by Dr. Jeff Hurewitz, D.C.

The idea of going to therapy for the first time can be overwhelming.



Balance Wellness Center, strives to create an open, trusting, and supportive therapy environment where your comfort and health are a priority. Drs. Margo and Cierra treat a full range of mental health conditions, including eating disorders, trauma, and issues facing women, along with overall stress and anxiety.

They provide both individual and group psychotherapy which affords their clients the option to choose which modality works best. They offer flexible hours including both evening and weekend availability. Individual therapy provides a safe space for a person to be vulnerable with their emotions in a non-judgmental environment.

The Balance Wellness Center approach includes long-term, insight-oriented treatment that helps clients reach their goals. While therapy can include many things, Balance Wellness Center places the therapeutic relationship as the most important aspect of treatment success.

In addition to individual therapy, they also offer monthly group therapy sessions. The pandemic created an enormous sense of loneliness and group therapy can provide the missing connections. Their group sessions are completely confidential which means that your information will not be shared outside of the group therapy setting. This confidentiality provides people with an opportunity to connect with others and can often be a very empowering experience. Common topics of conversations are assertiveness, resilience, self-care, boundary setting, and soon-to-offer eating disorders.

In addition, Balance Wellness offers many other services in combination with therapy to heal both the mind and the body. They offer guided meditation classes two nights a week which provides an opportunity to focus on the present moment, quiet the mind, and relax the body. Studies have proven that a daily meditation practice can improve sleep quality, reduce depression, and improve overall happiness as well as many other benefits.

Their infrared sauna is another modality that can complement therapy. Infrared saunas have been shown to optimize the production and reception of the natural antidepressants in our brain—dopamine, norepinephrine, and serotonin. It's also been shown they

help to lower the level of cortisol in the body, the chemical associated with stress and tension. Sauna use elicits a multitude of beneficial health effects, including improved sleep and mood-boosting benefits.

Acupuncture is another modality that they offer that is often used in conjunction with therapy. The stress-relieving elements of acupuncture help to improve emotional regulation, overall mood, and boost overall feelings of wellbeing. Acupuncture stimulates the body's natural feel-good hormones and reduces the level of stress hormones like cortisol. Studies show that acupuncture is an effective treatment for anxiety, with fewer side effects than medications. Acupuncture is also used in conjunction with chiropractic care by way of stimulating the nervous system and removing any musculoskeletal interference resulting in a healthier mind and body.

In today's world, the amount of stress that is experienced daily has put most people in a state of fight or flight. Addressing the mental health crisis is a priority. Balance Wellness has all the tools required to support you mentally, physically, and spiritually. Stay Balanced

Please refer to their website mindandspine.com for more information or to see their group therapy schedule. Located at 1999 Route 88, Brick, NJ.



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THE RISE OF SUSTAINABLE WINE AND SPIRITS

by Sheila Julson



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Iconic food and beverage magazines such as *Bon Appetit* and *Food & Wine* affirm that sustainable and socially responsible wines and spirits are becoming a major force in the market, yet consumers wanting to pour an Earth-conscious tittle need a sobering amount of research to sort through what's truly eco-friendly.

The U.S. Food and Drug Administration does not require wine makers to list ingredients on labels or regulate the use of terms such as “natural” and “sustainably grown”.

“There are more than 70 additives that are allowed in wine that don't have to be disclosed on the label,” explains Brad Kruse, who with his wife, Allie, owns Nonfiction Natural Wines, a Milwaukee-based specialty wine retailer. “The only real requirement relating to additives is the declaration of sulfites, which makes it trickier, because even wines with no added sulfites have to have the warn-

ing on the label because some naturally occur in the wine.”

Some wine labels tout that they're made with organic grapes or grapes that are farmed sustainably. “But those may still have a host of other additives or lots of added sulfites,” says Kruse.

Certifications can act as a shortcut to locate eco-friendly wines. Demeter USA, for example, certifies vineyards that follow strict biodynamic rules for how the wine is farmed and processed, including limiting sulfites. But many small producers that operate naturally don't bother obtaining certification.

Independent wine shops with knowledgeable employees can help consumers choose wisely. Kruse recommends looking for the name of the importer on the back label, saying, “If you learn a handful of importers that focus on naturally made wines, such as Louis/Dressner, Zev Rovine or Jenny & Francois, it can be a quick way to find a good option.”

Sustainability in the Vineyards

Rudy Marchesi, the former chairman of Demeter USA, practices biodynamic farming at his vineyard, Montinore Estate, in Forest Grove, Oregon. “We view our farm as one whole organism, below and above the ground,” he says.

Biodynamic farming, founded by philosopher Rudolf Steiner a century ago, requires using nutritionally rich compost teeming with microbiology of fungi and bacteria, as well as synchronizing specific farming practices with the seasons. These practices help the vineyards buffer droughts and weather swings, resulting in a consistent product that reflects the region. “Wine connoisseurs and collectors look for wines that have a sense of place and tell the story of where they’re from,” Marchesi says.

Distillers Move Toward Sustainable Practices

Alcohol is an agricultural product, so producing a sustainable spirit starts with the grain itself, says Herman C. Mihalich, founder and distiller of Mountain Laurel Spirits, in New Hope, Pennsylvania. “Rye is a much less resource-intensive grain to grow compared to crops like corn,” he says. The recipe for the company’s signature Dad’s Hat Rye Whiskey calls for malted barley and rye, but no corn. “Rye doesn’t need much fertilizer and few, if any, pesticides. It’s easy to grow and it preserves soil because it’s a fall planting crop that helps prevent erosion,” he says.

Their grains are sourced from a nearby farmer, and they save water by capturing cooling water from the still’s condenser and storing it in a tank, then using it to clean tanks and make spent mash that can be used for livestock feed. The bottles are made locally by Stoelzle Glass, in Monaca, Pennsylvania.

When seeking sustainably produced spirits, customers have to do their due diligence, Mihalich says. “It requires a little digging and asking the right questions: What grains are you using and from where? How are you using water?”

When *Extreme Chef* host Marsh Mokhtari and his wife, Jan, founded Gray Whale Gin, they rotated proprietorship with two existing distilleries instead of using land and resources to build a new one. A vacation in Big Sur inspired the couple to “capture California in a glass” and make a product with ingredients found along the gray whale migratory route between the Baja Peninsula and Oregon. They hired a professional forager to collect juniper berries along the coast. “Juniper for most gin is sourced from Italy or Macedonia,” says Mokhtari. “We predominantly use juniper berries from California, which are light purple and larger, with a cedar component.” They also source mint and limes from sustainable farms in California.

Gray Whale Gin gives back through a partnership with the environmental nonprofits Oceana and 1% for the Planet. They recently joined with Oceana and former California governor Jerry Brown to support responsible swordfishing practices off the California coast.

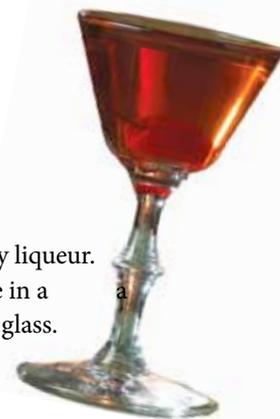
Sheila Julson is a Milwaukee-based freelance writer and contributor to Natural Awakenings magazine.

CLASSIC MANHATTAN

¼ oz cherry liqueur
2½ oz sustainably produced rye
1 oz sweet vermouth
2 dashes angostura bitters
1 dash cherry bitters
1 maraschino cherry

Coat a chilled cocktail glass with cherry liqueur. Add the remaining ingredients over ice in a shaker. Stir and strain into the cocktail glass. Garnish with the cherry.

Recipe and photo courtesy of Dad’s Hat Rye Whiskey.



WHALE HELLO THERE

2 oz sustainably produced gin
½ oz fresh lime juice
½ oz fresh lemon juice
½ oz agave syrup

Fill a cocktail shaker with ice and pour in the gin, lime juice, lemon juice and agave. Shake vigorously and strain into a chilled martini glass, or over a glass filled with ice. Garnish with a lemon twist and serve immediately.

Recipe and photo courtesy of Gray Whale Gin.





The Salt Water Pool Myth

by Michael G. Walsh

T **TRUE or FALSE?** Salt water pools are chlorine-free. FALSE! Salt water pools are very much chlorinated. Pool owners are sold on the idea that a salt pool is a healthier, non-chlorine approach to pool care, whether intentionally or not; but in fact, the opposite is true. This is a common misperception via misinformation. Michael shared “When talking with clients, and I ask if they use chlorine, it amazes me how often I hear, ‘No, I have a salt pool’”.

You strive to live a natural lifestyle, eating organic, Non-GMO food and drinking pure water. Your laundry is washed with all-natural detergent. You practice eco-friendly lawn and yard care. So, hearing of these natural, healthier salt water pools peaked your interest. Unfortunately, salt water pools contain exactly the same chlorine as a traditional pool and they are not equivalent to swimming in the ocean.

Salt (Sodium Chloride) is added into the swimming pool for chlorine generation. A more accurate term for a salt water/

salt system pool would be a pool with a Salt Chlorine Generator...which means instead of adding chlorine directly to the pool water with granular, tablet, or liquid chlorine, salt water chlorinating systems use electrolysis, which releases the chlorine from the salt in the water. When the chlorine mixes with the water, it creates liquid

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chlorine, which then mixes with the pool water, providing the sanitizing component to the system.

In addition, a huge negative side effect is that salt water is corrosive to all metal in and around the pool. For example: ladders, rails, heaters, motors, light fixtures and hardware, and structural stainless-steel pool

walls. Salt water also causes premature wear to concrete, plaster, and other masonry poolside. It also creates Sodium Hydroxide, which is a caustic material that requires constant monitoring and lowering of the pool's pH level with muriatic acid. Salt water pools are also bad for the environment as they are neither eco-friendly or chemical free. There are countries that are banning these systems due to salinity. Salinity is the build-up of salt in the soil and water. This has a major negative impact on plants, animals, and crops. Salinity increases the cost of treating water for drinking, renders farmlands useless, reduces biodiversity of plants and animals, and is costing the economy millions per year.

People desire to swim in nature, in a lake or the ocean, free of chlorine.

There is so much momentum around salt water pools being natural that pool owners are making misinformed decisions, not congruent with their natural lifestyle. Salt water pools are the buzz around the neighborhood, but your neighbors are not always right.

We need to take responsibility for our own health and do the research ourselves. Michael told us “Personally, I am allergic to chlorine and refuse to swim in it. It is an affordable, toxic chemical that kills all bacteria and pathogens in the pool but at the same time Michael asks, is it slowly killing us? And reports that the research says, Yes!”

Fortunately, for health-minded individuals, who understand the truth about salt systems, and don't want to swim in chlorine, there are alternatives. Having a 100% chlorine-free pool is a reality. Copper ionization, Titanium oxidation, ozonation, UV sanitation, mineral dispensing, and using non-chlorine granular shock have been around for decades keeping swimming pools pristine without any chlorine. Two



factors are needed to keep a pool pristine without chlorine. They are the Copper factor and the Oxidation factor. Copper is a natural algaestat and Oxidation means introducing Oxygen into the water as the sanitizer. This is an all-natural safe swimming alternative that has no negative side effects to the environment or your health.

Michael G. Walsh is the President of Blue Dolphin Natural Water Systems and invites our readers to call, ask any questions, and share your concerns. Michael welcomes the opportunity to teach people how to swim without chlorine and practice all-natural pool care. Blue Dolphin Natural Water Systems/Blue Dolphin Pool Service 732.536.8577, 888.540.2709, Cranbury, NJ, visit www.naturalwatersystems.com info@naturalwatersystems.com

coming in the july issue

Food Connection



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Eco-Volunteering

HANDS-ON WAYS TO HELP
OUR PLANET THIS SUMMER

Helping nature while enjoying the great outdoors is a classic win-win opportunity. Here are a few ideas to join the fun while contributing sweat equity.

Corral the Cleanup Crew

Becoming a weekend cleanup community leader can be as simple as gathering family, friends and neighbors to beautify the surroundings and save animals from suffering. To improve water quality, pay special attention to beaches and rivers. Get permission from local authorities, arrange a special trash pickup and equip the crew with gloves and garbage bags. Afterwards, stand together proudly before the enormous hill of discarded plastics, fishing lines, beer bottles, aluminum cans, fast-food containers and other refuse. Congratulate the team and take pictures to post on social media. For more tips, visit Tinyurl.com/trashteam.

Get on the Community Gardening Bandwagon

Community gardens are springing up on school grounds, at hospitals and correctional facilities, on rooftops and balconies, and in unused public spaces and underserved communities. Researchers have proven what we suspect: Gardening is a great workout and leads to improved heart health and weight loss, while breathing fresh air and helping things grow in kinship with like-minded people is a surefire mood enhancer. Reaping the benefits of locally grown, fresh produce; beautifying a neighborhood with flowering plants or shade trees; and providing food and refuge for pollinators and other wildlife is not too shabby, either. Now is the time to join an existing group or start a new community garden. For inspiring examples and how-to ideas, visit FoodIsFreeProject.org and OneTreePlanted.org.

A couple is walking on a beach, smiling and holding hands. The woman is wearing a light blue long-sleeved shirt and dark blue pants. The man is wearing a light blue sweater and khaki pants. They are walking on a sandy beach with the ocean in the background. The scene is bright and sunny.

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

Dear Friend,

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

I've been a doctor in this town for nearly 17 years now. And, to this day I've never cured anyone. You may think that the word would get around and no one would come to see me anymore. The opposite is true. The more people who understand, the more people come to see me.

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

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

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

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

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

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

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

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

For the last 16+ years, people from Monmouth County and the surrounding counties have come to see me with their problems.

Here's what my patients had to say:



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

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

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

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

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

You Benefit from an Amazing Offer. Look, it shouldn't cost you an arm and a leg to correct your health. When you bring in this article, you will receive my entire new patient exam for \$59. That's with x-rays (if indicated), nerve testing and thermal imaging... the whole ball of wax. This exam would normally cost you up to \$340. But, please call right away because this offer expires on **June 30, 2022** and I don't want you to miss out. By law, this offer excludes Medicare/Medicaid/PIP patients.

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

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

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



Where have all the Fire Flies Gone?

by Erika Williams



Do you remember warm, summer nights as a child, sitting outside as dusk turned to night, watching the fireflies flit and flicker in the evening sky? Catching them in your hands, watching their abdomens light up and fade to dark?

Putting a bunch in a jar, making a firefly flashlight, only to let them go after a little while?

Thinking back, it all seemed so idyllic. After all, there were so many of them. Fast forward 30 years, or more, and we find ourselves wondering “Where did all the fireflies go?” Perhaps you just haven’t noticed, but, sadly, as the night sky lightens more and more with light pollution, the sky dims as the fireflies are, in fact, disappearing.



Found all over the world (except for Antarctica) there are over 2,200 documented species of firefly, 165 species are known to live in North America. Here in New Jersey, we are lucky to have the firefly beetle known colloquially as the lightning bug, whose mating ritual, reminiscent of lightning, occurs at night. “Our” lightning bugs live primarily east of the Mississippi. Like all beetles, fireflies go through four, distinct transformations, metamorphosing from egg to larva, then pupa to adult. And, it is at all of these stages that the firefly is struggling to survive.

Fireflies are voracious predators and are an important part of keeping the ecosystem in check. But, with our current social trends and prominent desires for perfect green lawns, the firefly is in grave danger. From pesticide sprays to homeowners associations, it is a battle the firefly is losing. As we sweep our yards clean of every native species of plant, in favor of non-native grasses, spray them with pesticides to kill mosquitoes, apply chemicals to kill grubs, bag every leaf and twig to be carted off to a landfill, we are destroying the fireflies’ native habitat. We are poisoning their babies, (some taking two whole years to transform), and blinding them from finding a mate.

We are inadvertently destroying an entire species of animal, all while losing one of the greatest childhood joys. When one species goes, it’s a slippery slope. Eco-systems start to fail, become imbalanced, and then, bigger species start to disappear ... like the American Song Bird, but that’s a story for a different day.

Despite huge population losses, fireflies have received relatively little conservation attention. It’s not too late, you can help! Become an advocate to support conservation, don’t treat your property with pesticides, herbicides, “any”-cides. Turn out your lights at night, especially during firefly season. Let those fireflies find one another and mate as they are meant to. Something as simple as setting aside a portion of your yard as a native habitat can and will work wonders in helping native insects, birds, and you. Fireflies pretty much stay where they are born, so if you leave a space for them to live, you will effectively be creating your own firefly population.

Doug Tallamy, professor and chair of Entomology and Wildlife Ecology at the University of Delaware, co-founder of Homegrown National Park, and author of *Bringing Nature Home* suggests that even very small changes made by one person at a time, one lawn at a time, can greatly effect native pollinators and benefit our eco-system in a positive way.

Take notice in a month or two—if you do not treat your property with pesticides—of the humble firefly. Enjoy watching their mating rituals which have brought joy to children and adults for thousands of years. Don’t help destroy a creature that has been around since the time of the dinosaurs. Be the change you want to see in the world. You can help.

Erika Williams is a life-long New Jersey resident, suburban farmer, and monarch conservationist. —“If you grow it, they will come.”

Misbehaving Dog Walks

WAYS HUMANS GET IT WRONG

by Karen Shaw Becker



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One of the primary activities we do with canine family members is to take walks because they love them and benefit from them. But just as some dogs, for a variety of reasons, are difficult to walk, some people are less-than-ideal dog walkers.

When we're teaching our canine BFFs how to behave at the end of a leash, most of us aren't nearly as concerned with our own behavior during these outings. We assume we're doing everything right, and it's

our furry sidekicks that need correcting. But believe it or not, we're just as capable of bad behavior during walks as the other way around. Here are a few reasons why.

NOT ALLOWING SNIFF TIME. A dog's most acute sense is that of smell. She explores and experiences the world through her nose. Smell is a dog's "first sense", much as sight is ours. Just as we depend on our eyes to inform us of the world around us, dogs depend on their noses.

If we can imagine how it would feel to take walks with our eyes half-closed, then we can empathize with how it feels to our dog to be prevented from stopping to sniff things. It's unnatural, slightly intimidating and, ultimately, boring. Dogs need lots of outdoor sniffing opportunities to help them learn about the world around them and stimulate their minds.

Dogs need lots of outdoor sniffing opportunities to help them learn about the world around them and stimulate their minds.

For a change of pace, instead of a normal walk, try taking the dog on a “sniffari”, letting him take the lead. Allow him to sniff whatever he pleases and make all the navigational and investigational decisions.

IGNORING THE DOG. Unfortunately, there are pet parents that do everything but pay attention to their dogs during walks. The daily activity becomes so routine that they do it without giving much thought to the furry fellow at the other end of the leash. This is a bad habit primarily for the danger it can pose to the dog that is often busy looking for dead or possibly deadly things to pick up in his mouth or interesting places to lift his leg (like a car door).

There is also the potential on walks for unexpected things to happen, like an unfriendly dog appearing seemingly out of nowhere or a car swerving dangerously close. Staying focused on our dog and our immediate environment affords the opportunity to react quickly when necessary, keeping both owner and pet out of harm’s way.

If boredom prevents being fully present on a walk, change the scenery. Instead of

heading outside in the same old direction, buckle the dog in and drive a few blocks away or to a neighborhood park or nearby hiking trail. Everyone will find new things to see, smell and experience.

CHOOSING THE WRONG TYPE OF COLLAR, HARNESS OR LEASH. Many pet parents don’t realize the importance of choosing the right type of collar, harness and leash for their dog. Certain dogs should wear a harness and should never be leashed or even handled by the collar. These include dogs that pull or lunge while on a leash, those prone to tracheal collapse or a seizure disorder, and dogs with chiropractic issues involving the neck or back. Choke collars and other outdated training devices can cause pain and injury to a dog’s neck and in extreme cases, strangulation. They should be replaced with safer alternatives.

For walks, training sessions and whenever the dog will be on leash, use either a head collar or no-pull harness. Be wary of retractable leashes, which have the potential to injure both dogs and their owners. Flat leashes should be no longer than six feet.

MULTITASKING. This almost always involves a cell phone. If we have a phone to our ear while walking, we have only one hand available for our dog. And even if earbuds are being used and the phone is in a pocket, it’s impossible to be present for

both the pet and the person on the other end of the line. The dog will inevitably be the loser in this deal. And if texting, searching the internet or even listening to a podcast or audiobook while walking, our attention is not on the dog.

One of the most important gifts that can be given to our dog whenever we interact with him, including on walks, is our undivided attention. Put down the phone and other distractions and let him know through our focus how much he means to us.

Veterinarian Karen Shaw Becker has spent her career empowering animal guardians to make knowledgeable decisions to extend the life and well-being of their animals. Visit DrKarenBecker.com.



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WEDNESDAY, JUNE 1

New Career? Help is Here. Whether you are looking for part-time work or a full-time career, join us for an informational meeting on Wednesday, June 1. Spaces are limited so sign up to participate in this online gathering. Hours will be determined by the consensus once the group is formed. Need more information? Email Dr. Jean Eljay, [Journey2Health, 484.574.1144, drjean@hypnobiosis.com](mailto:Journey2Health,484.574.1144,drjean@hypnobiosis.com).

SATURDAY, JUNE 4

Reiki Level I Workshop and Certification – 11am-2pm - Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You will learn how to nurture and heal the light within yourself and others. In this workshop, she will teach you the basics of the art of healing with Reiki including: What is Reiki? How does it work? The Chakra System, Self-Grounding and more! You will receive your Reiki Level I attunement. \$175.00 per person; Pre-Registration is required. Private sessions are available by appointment. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

The Ancient Wisdom of Summer Plants at The Yoga Loft, 462 Adelpia Rd, Freehold June 4th at 12:30 to 2:30 with Patti As the sun shines brighter & spreads its warmth over the earth, the plant world blooms with its floral offerings. Flowers are so much more than “pretty faces” they are medicine for our bodies, minds and souls. Explore how they have been used in the past as we participate in a flower tea ceremony, then create some floral tea bags to take home & enjoy. We will learn how flowers were added to certain foods to enhance their flavors & add a bit of magic. Please bring a cushion or mat to sit on and remember to bring your journal. Space is limited, register early email info@theyogaloftnj.com or call/text 732.239.2333. \$40

SUNDAY, JUNE 5

Reiki for Trauma at The Yoga Loft, 462 Adelpia Rd Freehold June 5th at 12:00. With Elena Life can be beautiful, but it often brings a fair amount of grief, trauma, loss and other challenging circumstances. Give yourself the opportunity to offer

yourself peace and the release of pain through the gift of Reiki. This workshop is designed for anyone suffering from trauma, or any form of loss, addiction, divorce or PTSD. Wear comfortable clothes and bring a yoga mat and journal Please register by June 1st email info@theyogaloftnj.com or call/text 732.239.2333-Donations appreciated

Special Event – 2-3pm, Qi Gong class led by Shelly. Energize yourself in the creative flow of Qi, the vital energy of life. Improve health and vitality, increase resilience and promote overall well-being. Connect in harmony with moving meditation as you align the mind, body, heart and spirit. \$45.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

WEDNESDAY, JUNE 8

Joys of the Sea Wednesday at 4:00 PM – 7:00 PM EDT Location: 4 East River Road, Rumson, NJ 07760. Join Waterspirit on World Oceans Day for an afternoon of community-building, delicious plant-based food & wine, and a special guest speaker! Waterspirit's annual benefit, Joys of the Sea, will once again be held in-person! Please join us outdoors in the Oak Grove at the First Presbyterian Church of Rumson to celebrate World Oceans Day together. This summer afternoon will be filled with community-building conversations, delicious plant-based food + wine, beautiful music, and a special guest speaker. Purchase tickets here: <https://www.eventbrite.com/e/joys-of-the-sea-tickets-316646095997>

THURSDAY, JUNE 9

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



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Wicca 101 Class 7:30-9:30pm – 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. \$25 per person/class; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, JUNE 11

Meditation Masterclass: Saturday, June 11th 9am -11am Join Julie Egbert, Chopra Center trained meditation guide, for this class and learn how to become a self sufficient meditator. The first hour will be instructional and the second hour will be a guided meditation. You will leave with a basic understanding of the benefits of mindfulness/meditation and some techniques that can be incorporated into your daily life so that you can reap the amazing benefits of this ancient practice. All welcome. \$50. Please text or call 732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick. web: mindandspine.com Stay Balanced

Ayurveda for the Summer Season at The Yoga Loft, 462 Adelpia Rd Freehold, June 11th at 12:30 to 2:00ish With Elena Ayurveda is an ancient system of medicine developed in India more than 5,000 years ago. The elements of earth, water, fire and air determine the three life forces called “doshas” that we are all born with. When we deviate from our natural state we fall out of balance. In this workshop you will determine your dosha and what that means for your physical, nutritional and emotional wellness and the impact the change of the summer season has on you. Please bring a cushion to sit on and your journal. Please register email info@theyogaloftnj.com or call/text 732.239.2333 \$40

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

Free Drumming Circle: 1:30-3pm and stay and get an Aura photo with detailed report, a reading or energy healing from one of our gifted Psychics or Healers at our Holistic Fair from 3-7pm. Circle to be led by Shaman, Lauren Porter. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just be here for the experience. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SUNDAY, JUNE 12

Psychic/Mediumship Workshop: 3-5pm with Cherise. This class will introduce students to the concept of mediumship as an encounter with and interpretation of spirit energy. Students will learn how to develop an awareness of their own energy and the energy that surrounds them, whether embodied or not. We will explore the levels of spirit energy and talk about those that exist in other dimensions, such as the astral plane. We will focus on the ways that we can encounter spirit responsibly and foster our relationship with spirit and our team of guides in the spirit realm. \$40.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

TUESDAY, JUNE 14

Full Moon Circle: 7:30-8:30pm, Enjoy and experience the Strawberry Moon with us. June's moon is associated with the gathering of ripening of wild fruit. It is also a time of change, warm weather and new beginnings. We will have a sound bath and focus our intention and give blessings toward new starts. \$20 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

WEDNESDAY, JUNE 15

Native American Drumming/ Journeying with Shaman, Lauren Porter 7:30-9:30 pm. Looking to connect with the spirit of the drum and connect with your inner medicine? This event is for both those new to journeying as well as those experienced. Sign up for this class to help learn the importance of drumming, how drumming can help you heal spiritual wounds, and be guided through a journey to help discover your spiritual allies. See how a shamanic journey will help you connect with your



higher self. \$45.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

THURSDAY, JUNE 16

Working with Stones and Crystals: 7:30-9:30pm Whether you are new to collecting, or have been drawn to them for a long time, this workshop will help you to have a working knowledge and relationship with your stones and crystals. We will go over how to choose stones by vibration and feel, how to work with them in your everyday life, how to easily care for your collection and more! Class includes a Crystal Bible book and 2 stones/crystals. \$55.00 per person. Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

FRIDAY, JUNE 17

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

SATURDAY, JUNE 18

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

Community Acupuncture: Saturday June 18th. 11:30am - 1:00pm Community acupuncture is the practice of treating patients together in a large room. This type of approach makes getting treatment more accessible and affordable. We welcome friends and family members to come in for treatment together.

The community model harkens back to how acupuncture was originally meant to be practiced. \$40. Please text or call 732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick. web: mindandspine.com Stay Balanced

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

Dancing with the Energies of Dragons 3-5pm Dragons are celestial beings from the angelic realms who have been sent by Source to assist and protect us and have been serving our planet since its inception. They are wise, open-hearted beings that can delve into deep dense energy and clear it in a way that our angels cannot. Dana will guide us through meditation to meet connect with them. \$45 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

TUESDAY, JUNE 21

6 Week Beginners Series at The Yoga Loft, 462 Adelpia Rd, Freehold June 21st at 6:00pm With Monica Inspired to try your first yoga class, but have no idea what to expect? Join us for 6-week beginners series designed for those brand new to yoga and discover the feel-good factor of yoga. If you're new to exercise or recovering from injury, yoga can help you move more safely and mindfully. All fitness levels welcome. Please bring your own mat. Register early—this series fills up quickly, please email info@theyogaloftnj.com or call/text 732.239.2333 \$70

Waterspirit's Summer Solstice Celebration 2022 Embracing the Timelessness and Energy of the Sun! Tuesday, June 21, 2022, 4:00 PM – 7:00 PM EDT Location: 4 East River Road, Rumson, NJ 07760. (Continued Next Page.)



Join Waterspirit as we celebrate and welcome Summer during our annual Summer Solstice Celebration! Enjoy this evening of reflection and ritual in-person as we celebrate Summer, a season of new vitality and energy for Mother Earth and the human spirit. During this time of prayer and gratitude we pray also that we may transform and awaken to new energy and life within ourselves. Special guest performers, Core of Fire Dancers. Please note that masks and social distancing are requested regardless of vaccination status. Register here: <https://waterspirit.kindful.com/e/summer-solstice-4>

THURSDAY, JUNE 23

Reiki Level I Workshop and Certification – 11am-2pm - Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You will learn how to nurture and heal the light within yourself and others. In this workshop, she will teach you the basics of the art of healing with Reiki including: What is Reiki? How does it work? The Chakra System, Self -Grounding and more! You will receive your Reiki Level I attunement. \$175.00 per person; Pre-Registration is required. Private sessions are available by appointment. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

Beginners II – 6 Week Series at The Yoga Loft, 462 Adelphia Rd. Freehold, June 23rd at 6:00 pm with Elena This 6 week series is designed for those students who have completed the 6 Week Beginners series or those who would like a refresher course before joining in a yoga class. There will be a wide variety of postures which will be offered with in depth instruction, including breathing techniques and meditation. Please bring your own mat and props. Space is limited—please email info@theyogaloftnj.com or call/text 732.239.2333 \$70

SATURDAY, JUNE 25

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

Introduction to Tarot 3pm-5pm - Tarot has been a source of insight and mystery for centuries. Come explore all of its complexities and facets at A Year and A Day Mystical Shoppe's 6-session Tarot Class! This series of classes will provide an informal, informational session for all levels – from beginners to those more advanced. Hosted by Jamie (SeaWitchNJ), we will dive into the layered history of one of the world's most mystical tools. Over the course of six monthly classes, you will learn not only what Tarot can do, but also the meanings and ways you can incorporate it into your everyday life. First class is \$75.00 per person (includes Tarot Deck); subsequent classes are \$50.00 per person. Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SUNDAY, JUNE 26

Special Event: 1-5pm The Akashic Records hold information about your spirit's past, present and future. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you to raise your awareness of your spiritual path so that you can live in alignment with your highest and best good. Session is 45 minutes-1 hour. Book your reading appointment; \$80pp A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

THURSDAY, JUNE 30

Learn how to lose weight NOW! Safely, while improving your health. Join Shore Holistic Nutrition & Wellness' free event on weight loss. This event will be held virtually via Zoom on Thursday, June 30 at 7:30pm. Email shoreholisticnutrition@gmail.com or call 732.314.1851 to sign up. Space is limited so reserve your spot today

Special Event – 1-2pm. Qi Gong class led by Shelly. Energize yourself in the creative flow of Qi, the vital energy of life. Improve health and vitality, increase resilience and promote overall well-being. Connect in harmony with moving meditation as you align the mind, body, heart and spirit. \$45.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

on going events

MONDAYS

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

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

Taiji Class taught by Shoshanna Katzman every Monday evening at 6PM on Zoom. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

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

Guided Meditations every Monday 7pm-8pm. Join Julie Egbert, Chopra Center trained meditation guide, for Primordial Sound meditation. She will guide you through mindfulness, meditation using a mantra, and manifesting so you can de-excite your nervous system and leave feeling rejuvenated and refreshed. All welcome. \$15. Please text or call 732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick. web: mindandspine.com Stay Balanced

TUESDAYS

Meditation for Earth Tuesdays from 12:15-12:45 ET Please join Waterspirit for a "Meditation for Earth." We read a short blessing, followed by an excerpt from Hal Borland's '12 moons of the Year'. Then we lead a simple meditation followed with silence, for a flourishing Earth. The meditation and silence is approximately 30 minutes. There are two ways to meditate with us: 1. In-person in the Sanctuary at Rumson Presbyterian Church from 12:15-12:45 every Tuesday! 2. Online on our YouTube channel. Visit <https://www.youtube.com/channel/UCFzJckCCtU22hEjrmoLitwQ> to Meditate for our Earth together! No matter where you are in the world, you can join us as we meditate for our Earth! For more information please email: water@waterspirit.org

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

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

Guided Meditations every Tuesday 7pm-8pm. Join Julie Egbert, Chopra Center trained meditation guide, for Primordial Sound meditation. She will guide you through mindfulness, meditation using a mantra, and manifesting so you can de-excite your nervous system and leave feeling rejuvenated and refreshed. All welcome. \$15. Please text or call

732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick. web: mindandspine.com Stay Balanced

WEDNESDAYS

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

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

Sound Healings/Meditations: 6:30-7:30, Come join our weekly group sound healings and guided meditations. For an hour each Wednesday evening, enjoy the experience of unique sound healings and meditations for healing mind, body and spirit. Through the use of crystal bowls, guided sounds, singing and chanting we will facilitate your healing journey. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$25 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private meditation sessions and Veteran Discounts

THURSDAYS

Qigong Class taught by Shoshanna Katzman every Thursday evening at 5:30pm on zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. Call or text 732.758.1800 or email info@healing4u.com.

Taiji Class taught by Shoshanna Katzman every Thursday evening at 6:30pm on zoom. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a “meditation through movement” that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

Vibrational Reiki Healing Meditation 7pm Join Lisa’s Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa’s hands

putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot by texting or calling 732.258.5678, Due to Covid restrictions, you must Venmo to reserve your spot.

FRIDAYS

Beginner Taiji Class **Taiji Class taught by Shoshanna Katzman** every Friday morning at 9AM at Redbank Acupuncture & Wellness Center in Shrewsbury. Outdoors, weather permitting. 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.

Taiji Class taught by Shoshanna Katzman every Friday afternoon at 1pm at Red Bank Acupuncture & Wellness Center in Shrewsbury. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a “meditation through movement” that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

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

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

save the date

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- NOVEMBER 5 & 19**
- DEC 3 AND 17 & 31**

**Must order a week in advance
Text 732.500.4949 for more information**

***Lincroft pod of the Purple Dragon Co-Op**

Upcoming classes at the Jersey Shore Arts Center!

Arts Education Classes - Session Two

June 6 - July 23

The JSAC is proud to announce the second session of our 2022 Arts Education classes! Arts Education Classes are a series of JSAC sponsored arts classes to educate students on techniques and methods in visual and performing arts. **Registration is now open!** See below for a full list of courses. These are in-person classes taught by local performers and artists. **To register for classes, visit JerseyShoreArtsCenter/coursestorm.com.**

Visual Arts Classes:

- Fun With Abstract Expressionism
- Pyrography
- Watercolor Studio
- Beginner Drawing II
- Beginner Acrylic Painting

Performing Arts Classes:

- Gentle Flow Chair Yoga
- Grounding Yoga for Self Love
- Cardio Mix for Active Seniors
- Absolute Beginner Choreography
- Teen/Adult Hip Hop
- Stage Performance (Vocal/Acting)
- On-Camera Performance
- Absolute Beginner Latin Dance



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For more info, visit us online at JerseyShoreArtsCenter.org
or call (732) 502 0050
Time and dates subject to change without notice.



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

community resource guide

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

ACUPUNCTURIST & HERBALIST

RED BANK ACUPUNCTURE

Shoshanna Katzman & Kelly Van Sickell,
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BIO FEEDBACK/STRESS MANAGEMENT THERAPIST

LAUREN A. SALANI, LCSW, BCB

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



Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as; guided imagery, deep relaxation, solution-

focused therapy, cognitive behavioral therapy all can take the whole person into account. Please call my office for help with the distress that is affecting your ability to be calm and happy. My office is warm, caring and comfortable where high standards for infection control are always maintained. Virtual sessions are available as well.

CBD

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CHIROPRACTOR

DR. JULIE PAGE

Page Chiropractic & Wellness Center
51 Memorial Pkwy, Atlantic Highlands, NJ
PageWellness.com 732-291-5575



Dr. Julie Page is the founder of Page Wellness Center located in Atlantic Highlands NJ. She has been in practice for over 15 years and continues to excel in her fields of Chiropractic and body work. Dr. Page uses many modalities that are at the forefront of sports medicine; including Kinesio Taping, Graston Method, and Fascial Manipulation (Stecco Method). More recently she has been certified in Ashiatsu and Ashi-Thai body techniques which she incorporates into her already well rounded practice.

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FINANCIAL SERVICE

JEFF BALL, CFP, FINANCIAL ADVISOR

RBC Wealth Management
328 Newman Springs Road
Red Bank, NJ 07701
732-576-4634

Jeffrey.ball@rbc.com 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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DR. JEAN ELJAY

MS, CMT, AdvHC, CHt, NLP
800 West Main Street Suite #201
Freehold, NJ 07728 484.574.1144
drjean@hypnobiosis.com



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

MASSAGE

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Nancy Rutherford RN, LMT
Brick NJ 732-773-2728



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Roseann Petropoulos
1814 South N St. WBelmar, NJ 07719
www.Belmarwellness.com 732 894-3197



Break old habits. Create a lifestyle that brings you happiness and peace in your body, mind, heart and soul. Visualize your life as you want it to be. Know it in your minds-eye. Feel it come to life each day. Roseann is a certified Hypnotherapist and Reiki Master/Teacher. Private sessions combines various modalities with the vibrational energy of the client to allow healing and well being. All sessions are private and confidential. Reiki training for all levels. Individual training is available.

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www.naturalwatersystems.com
info@naturalwatersystems.com



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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!

NUTRITION & WELLNESS

BALANCE WELLNESS CENTER

1999 NJ 88 Brick, NJ 08724
Mindandspine.com
732.903.2222



At Balance Wellness Center, we strive to provide the overall care you need. From your mental health to your physical well-being, our services provide care from the tip of

your head to the soles of your feet. Some of the services provided are: Chiropractic, Counseling, Weight loss and nutrition, yoga, meditation and more. Visit our wellness shop at Mindandspine.com Please call us to set up an appointment. Stay balanced.

SHORE HOLISTIC NUTRITION & WELLNESS

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



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

RETAIL

A YEAR AND A DAY MYSTICAL SHOPPE

413 Bond Street, Asbury Park, NJ 07712 (848)217-2371
www.ayearandadaymysticalshoppe.com
Facebook.com/ayearandadaymysticalshoppe



Metaphysical retail store offering crystals, gemstones, incense, essential oils, books, Tarot and Oracle cards, specialty candles, smudge supplies and more! Psychics, Shamans, Ministers and Reiki/Energy/Crystal healers are available to provide guidance and healing. We provide Aura photos with 3D imaging for you and your pet, meditations and in-store classes and workshops. Additional services: dedications, weddings, funerals and house cleansings.

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www.freedomrocksco.com



Freedom Rocks Crystal Shop offers high-quality curated crystals from around the world; along w/ books, tarot, oracle cards, natural bath & body products, candles, jewelry & more, hosting events, Astrology, Tarot Readings; and Reiki.

POSITIVE PSYCHOLOGY

GEMMA HEALTH COACH, LLC

Gemma Nastasi, NBC-HWC, ACC, CAPP, CHNC. 227 East Bergen Place, Suite 4 Red Bank, NJ 07701
732-245-2556. Gemmahealthcoach.com
gemma@gemmahealthcoach.com



Do you feel stuck in life without the motivation to make permanent changes? If you are like most people, you may be finding it difficult to make changes on your own. How can I help? As a National Board-Certified Health Coach, an accredited coach with

the International Coaching Federation, and a Positive Psychology Practitioner with additional certifications in holistic nutrition and life coaching, I am trained and experienced to support and guide you to achieve success in all areas of your life. Contact me to schedule a complimentary phone consultation and prepare for success with Coaching for Change. Packages for Individual, Couples, and Group Coaching.

PSYCHIC READINGS MEDIUMSHIP

MOONSTRUCK PAMELA FURLONG

The Galleria, #2 Bridge Ave, Red Bank, NJ 07701 moonstruckusa.com
732-936-1889



Pamela is a spiritual intuitive/medium who has been guiding many individuals and groups for the past 20 years. She practices astrology, numerology, and Tarot and is a member of the American Federation of astrologers. She conducts classes, workshops, and seminars in person and online. Follow Pam on LinkedIn Facebook and Twitter. Call for your appointment today to get clarity, direction, and inspiration on how to move ahead and live your life.

REFLEXOLOGY

MICHELE LIPARI REFLEXOLOGY AND HOLISTIC COUNSELING

Michele Lipari- Certified Reflexologist
298 Broad St., Red Bank, NJ 07701
Mliparireflexology.com (732)887-3352



I have been practicing reflexology for over 20 years and am very passionate about my work! Reflexology is a science based on the premise that there are reflex areas in the feet and the hands that correspond to all of the glands, organs, and other parts of

the body. The practice also offers access to an Infrared Sauna, which allows a higher percentage of toxin removal due to the fact that the infrared waves are absorbed more deeply in the cells of the body. Benefits include increased circulation, improved skin tone, eliminates joint and muscle pain, relieves tension and increases energy.

TAROT & PSYCHOLOGY

KRISTEN VALENTINE, MSW, LCSW

252 Washington St, Suite C1
Toms River, NJ
balancedlifeweb.com

800.716.8353



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

WELLNESS STUDIO/SPA

BEAM HEALTHCARE AND SPORTS REHABILITATION

Howell Office: 602 Candlewood Commons
Howell, NJ 07731 732.901.3001
Freehold Office: 55 Schanck Rd. Suite B-19
Freehold, NJ 07728 732.294.0004
Beamhealth.net



With 29 years in the community, Beam Healthcare and Sports Rehab strives to provide the healthcare you need all under one roof. As a multi-disciplinary office, some of the services provided include: Acupuncture, chiropractic, clinical nutrition, massage therapy, laser therapy, physical therapy, VibraCussor, Nutritional Counseling and more. Call for more information. Feel Better. Recover Faster.

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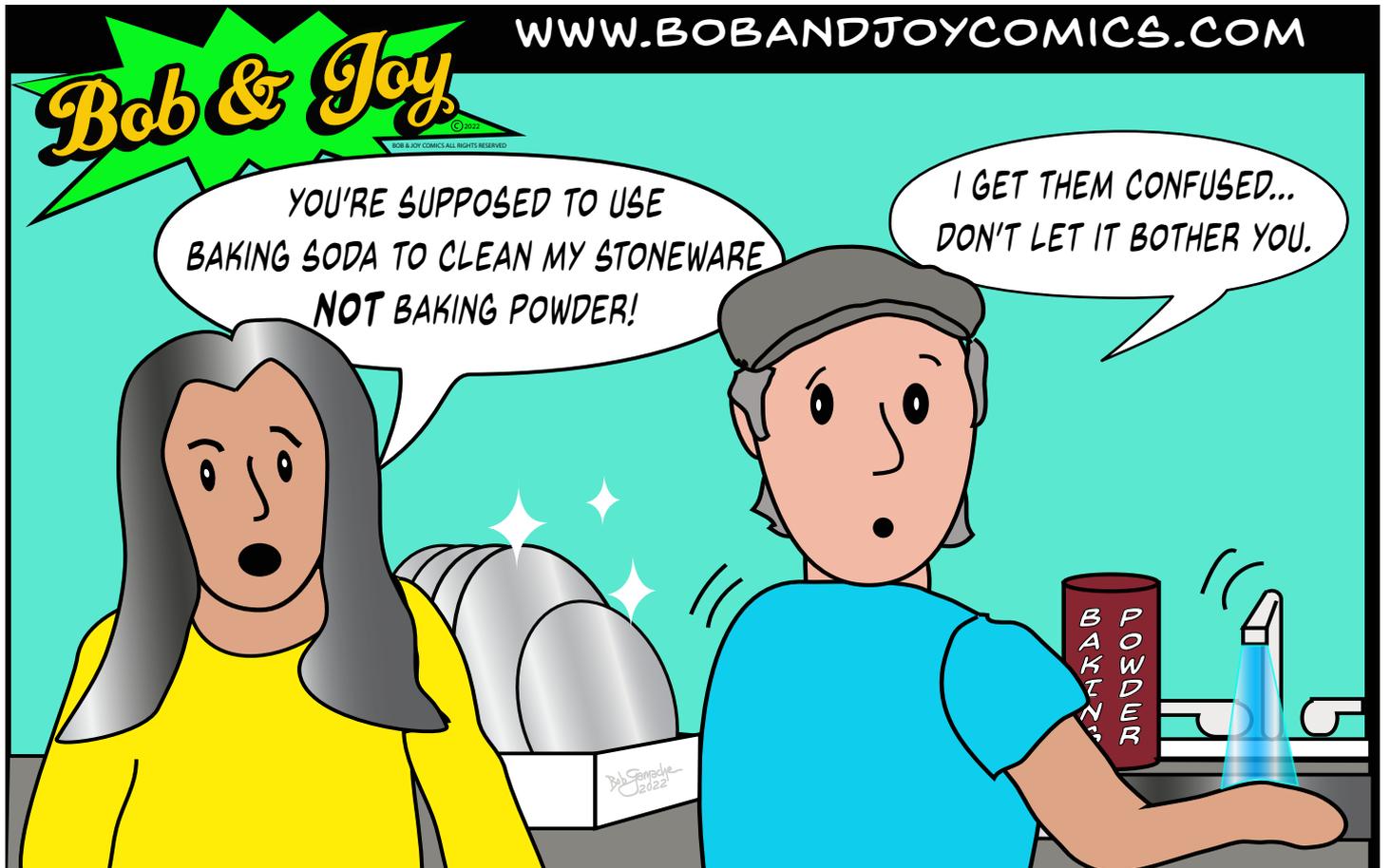
Jeffrey D. Ball, CFP®
Senior Vice President –
Financial Advisor

328 Newman Springs Road
Red Bank, NJ 07701
(732) 576-4634
jeffrey.ball@rbc.com
www.jeffballrbc.com



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