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Dr. JEAN ELJAY

**"The biggest hurdle to Peace of mind is anxiety and restless sleep " Dr. Jean**

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Dr. Jean will help you connect your solution to its issue. Connecting the issue with its solution both resolves and releases it. Once the connection is made relief can occur incredibly quickly.

Break through the unhealthy habits that are keeping you awake at night and the invasive worries, tensions and concerns caused by anxiety that disrupt your peace, calm, joy and happiness.

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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## letter from publisher

# Hello Friends



Sharon Shaffery

*"Thanksgiving is one of my favorite days  
of the year because it reminds us to give  
thanks and to count our blessings.  
Suddenly, so many things become so little  
when we realize how blessed and lucky  
we are."*

— *Joyce Giraud*

Wishing everyone a safe and Happy Thanksgiving!

Warm wishes,

Sharon



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There is no discrimination to age, sex, or race.  
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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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14 Day Holiday Fat-Burner Reset.

Holidays are coming real soon and you want to look and feel good! We ALL do! Join the Live Holiday Fat Burner Reset November 30th – December 15th and learn how to become metabolically flexible- switching between being a fat burner and a sugar burner.

In this Reset you will learn how to remove metabolic blockers and nutrients for curbing hunger even during a fasting window. Discover your unique Metabolic formula through education, customize tools that would work for you and then experience it through the reset so you never forget it and forever be on the path of health and always know how to be a fat burner.

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Journey from Perimenopause through Post Menopause Workshop.

Did you know that perimenopause begins 15 years prior to Menopause (that means mid to late thirties!)? Did you know that you spend nearly 1/3 of your life in Post Menopause? In the Chinese language this transition translates into “Second Spring.”

In our society, there is so much that is unknown about this transition, that can make this time of life seem daunting. Join us at the Yoga Loft November 7th 12:30pm with Theresa Feeley and in this workshop we will talk about the female hormones, how they affect our bodies, and how to manage this transition and the years after menopause with ease.

We will talk about breathing and cooling breaths in relation to hot flashes and yoga poses that help for grounding. We will perform a gentle yoga flow to connect to your body as well as relax your mind. You will need a yoga mat, and yoga blocks and/or small pillow are optional.

Theresa Feeley is a NAMS Certified Menopause Practitioner, and Physical Therapist for Pelvic Floor and Women's Health and will lead this workshop. Please register to reserve your spot by email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732.239.2333 \$40. The Yoga Loft is located at 462 Adelphia Rd Freehold.



Dimensions of Gratitude.

As we look forward to Thanksgiving and the beginning of the holiday season, we often take time to express what we are thankful for. Think about how, when others express their gratitude about family and career, you spend a moment considering the gifts you have around you. In your reflections, you get to focus on how your appreciation of these gifts determine your outlook on life and your desire to maintain them. So why aren't we doing this every day? Appreciation and gratitude are contagious, so why not spend time each day reminding ourselves of the good things we have?

There are so many things in our daily lives that can become challenges and sources of stress, but we can usually find something that deserves our appreciation, no matter how small. Choosing positivity over lamenting our challenges helps us to strengthen the energies that improve our health and well-being. However, for many of us, this choice must be a proactive decision to alter our normal ways of thinking; the more we change our be-



You are already referring to how your high vibes and energy can be immune to the interference of negative energies around you. Imagine if you adopt the habit of being thankful every day!

At Dimensions Reiki, we are committed to helping you release stress and anxiety to help you make progress on your life path, showing you how to set your Intention to drive your positivity. Sometimes all it takes is an “energy reset” to give us a new perspective on our journey. Let us work with you to find new ways to awaken your energy and intuition. Our classes and workshops are designed to give you new insight and perspectives on reclaiming your own power. All of our services are available remotely for your convenience. Spirit awaits...are YOU ready?!

For more information, visit <http://dimensionsreiki.com>. Jeff Carpenter is a Reiki Master Teacher, soul coach, psychic, spiritual cleanser, and spirit rescue medium who owns Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Please email [dimension-reiki@gmail.com](mailto:dimension-reiki@gmail.com) or call 732.832.1036 to schedule an appointment

Massage & Energy Healing

Ritual Massage & Energy Healing Studio offers client-tailored healing and massage treatments to include some of the most transformative energy services. As an intuitive healer, Mia Hathaway's unique approach helps the body, mind and soul rid itself of imbalances that make it harder to function.


An integrated massage utilizes customized treatments for each client using specific expertise. Some of these include neuromuscular massage, acupressure, essential oil treatment, reflexology, trigger point massage, deep tissue, Swedish Massage as well as Himalayan Salt Stone therapy. Mia combines massage with energy healing work to align and keep your body and spirit in balance.

Reiki is one type of energy work available and is often incorporated in a massage therapy session. Reiki focuses on creating a safe space for allowing meditation, calming of the mind, and relaxing the nervous system. It encourages flow of stagnant energy, and balance of the Chakras. Other types of energy work may include sound healing using tuning forks or shamanic rattles.

Ritual is a boutique-style Massage & Energy Healing practice in Highlands, NJ. The owner and sole therapist, Mia, invites you to start your healing and/or transformational journey under her nurturing hands. She has created a serene healing environment that makes you feel safe, comfortable, and welcomed. Appointments are easy to schedule, and she even accepts text messages if you have question, 917.828.6669.




havior and habits, the easier it is to live a life of gratitude. Think about how many times you have said, “I’m not letting that negative person bring me down...”



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health briefs

Lose Weight with Small Calorie Reduction



A reduction of just 200 calories a day combined with aerobic exercise four times a week produced greater weight loss and better heart health in obese, sedentary adults than exercise alone or a 600-calorie reduction plus exercise, reports a new study in *Circulation*. Researchers from the Wake Forest School of Medicine, in Winston-Salem, North Carolina, tested 160 adults ages 65 to 79. Those that combined exercise with 200 fewer calories a day lost 10 percent of their weight, about 20 pounds, over five months. They had a 21 percent average increase in the aorta's ability to expand and contract, a key indicator of heart health. Measures of aortic stiffness did not change significantly for the exercise-only group or the 600-calorie-reduction-plus-exercise group. Weight loss was similar for both calorie-reduction groups, even though one group consumed nearly three times fewer calories per day.

Boost Kids' Learning Abilities with Exercise



The right kind of exercise can help kids learn vocabulary better, suggests research from the University of Delaware. An article published in the *Journal of Speech Language and Hearing* Research reports that when 48 children between 6 and 12 years of age were taught new words before swimming, they scored 13 percent higher on a test of the words than children that did CrossFit-like exercises or colored pictures. Lead researcher Maddy Pruitt says that exercise is known to increase levels of brain-derived neurotrophic factor, a protein she describes as the "Miracle-Gro of the brain." Swimming made a difference, she says, because it is an automatic movement, while the CrossFit exercises were new to them and required mental energy.

Boost Cognition with Green Tea Compound



A single dose of 100 milligrams of the compound L-theanine—the amount found in four cups of green tea—improved reaction times and working memory of men and women in new research from Japan's Central Research Institute, in Shizuoka. In the double-blind, placebo-controlled study, 69 adults that self-reported cognitive decline reacted more quickly to computer-generated promptings and answered more questions correctly after ingesting the compound compared to the placebo.

Eat High-Flavonoid Foods to Reduce Cognitive Decline



Eating foods high in flavonoids—the antioxidant-rich plant compounds found in strawberries, oranges, peppers and apples—can reduce the risk of cognitive decline by 20 percent or more, reports new research published by the American Academy of Neurology.

Researchers followed more than 78,000 people in their late 40s and early 50s for 20 years, asking them what they ate and to evaluate their cognitive skills. They found that those foods with more flavones, such as yellow or orange fruits and vegetables and some spices, reduced cognitive decline the most, at 38 percent—the equivalent of being three to four years younger in age. Anthocyanins, found in blueberries, blackberries and cherries, were associated with a 24 percent reduced risk of cognitive decline. "The people in our study who did the best over time ate an average of at least half a serving per day of foods like orange juice, oranges, peppers, celery, grapefruits, grapefruit juice, apples and pears," says study author Walter Willett, M.D., a nutrition and epidemiology professor at Harvard T.H. Chan School of Public Health. "And it's never too late to start, because we saw those protective relationships whether people were consuming the flavonoids in their diet 20 years ago or if they started incorporating them more recently."

Live Healthfully to Mitigate Genetic Cancer Risk



Healthy lifestyle factors such as exercise, proper diet, low body mass index and abstinence from smoking and drinking correlate with decreased cancer incidence, even in those with a high genetic risk, according to a Chinese study published in *Cancer Research*. The researchers calculated and applied the genetic risks for 16 cancers in men and 18 cancers in women to genotype information from 443,000 citizens from England, Scotland and Wales registered in a databank. Notably, 97 percent of patients in the study had a high genetic risk of at least one cancer type. Among patients with high genetic risk, the five-year cancer incidence was 7.23 percent in men and 5.77 percent in women with an unfavorable lifestyle. That compared with 5.51 percent in men and 3.69 percent in women with a favorable lifestyle, effectively moving them into an intermediate risk category.

### Aligning values and investing

**Jeffrey D. Ball, CFP®**  
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Tree House  
Knock On Wood

A Swedish method of building using cross-laminated timber (CLT) is emerging as a climate-friendly alternative to traditional, concrete-based construction. The foundation is cement, but multi-story wooden structures of 13 floors and higher are possible. Using timber has environmental benefits in the form of lowered carbon emissions. Mathias Fridholm, director of Svenskt Trä (Swedish Wood), an industry organization, says, “Wood is in many ways an excellent material for building in dense cities, because we can prefabricate all the elements in factories instead of onsite.” Prefabrication speeds construction and reduces truck traffic. CLT is not only strong and light, it is breathable; it holds heat, but doesn’t need plastic layers to manage moisture like concrete, which also requires sand, a non-renewable resource that requires dredging seabeds. Managed forests are renewable and serve as a carbon storage facility.

Anna Ervast Oberg, a project manager at Swedish real estate developer Folkhem, advises that just changing the structure of a building to wood from concrete would result in an immediate 50 percent reduction in emissions. “What we have to do now is to stop the emissions, very fast. This gives us a hint of where we should be focusing; where we can make the biggest difference.”

Wicked Wonders

Banned Invasive Weeds for Sale

The U.S. Department of Agriculture (USDA) has labeled cogongrass (*Imperata cylindrica*), a native plant of Southeast Asia, as one of the world’s worst invasive weeds. It’s banned as an invasive species by the *Federal Noxious Weed Act of 1974*, but a study published in the peer-reviewed journal *Frontiers in Ecology and the Environment* by the University of Massachusetts Amherst discovered that this and about 1,300 other invasive plants are sold at garden centers, nurseries and other retailers.

Lead author Evelyn M. Beaury, a graduate student in organismic and evolutionary biology at University of Massachusetts, says that she and her fellows found cogongrass was being sold by 33 outlets in 17 states. She notes, “This is a tricky case, because plant breeders are marketing a sterile cultivar, but research shows these plants are not completely sterile and can still become invasive.” According to the USDA, there are no known effective biological control methods. Beaury states, “While patchy state regulations definitely contribute to the widespread availability of invasive plants in the U.S., it’s clear we as a public also lack awareness about which plants are invasive and how they spread to new areas. If we want to continue to protect native ecosystems, regulators and managers need more resources to do so.”

Love Bugs

The Food Revolution—Miniaturized



It may come as a surprise to most Americans, but people have been eating insects (entomophagy) for thousands of years, and they are part of the diets of more than 2 billion people. The

United Nations predicts that this rapidly growing industry could be worth \$6.3 billion by 2030, so bug-based products may soon appear in local stores. Although Western food markets have excluded insects in favor of animal-based protein, insect-based foods offer many health and environmental benefits, especially in light of the pressures from climate change.

Insects produce 80 times less methane than cattle and use less space, feed, water, housing and maintenance. One pound of beef requires 1,850 gallons of water, one pound of chicken uses 500 gallons and one pound of crickets requires one gallon. Nestlé and PepsiCo are conducting research and development forays into the field, and smaller, nimble startups are making plans to introduce new products. Names to watch include Mighty Cricket, Illegal Oats, Jiminy’s, Aspire (Exo Bar), BeoBia and FarmInsect. Public acceptance is expected to be gradual.

Storm Clouds

Water Shortage is a Global Problem



Lake Urmia, in Iran, has decreased in size by 50 percent from 2,085 square miles in the 1990s to 965 now, and the Department of Environmental Protection of West Azerbaijan is concerned that it may disappear

entirely. Scenarios like this are multiplying in the Middle East because the water table is becoming depleted. Persistent drought and high temperatures, in addition to poor water management and overuse, create a bleak outlook unless changes are made. A study by the Iranian Energy Ministry found the fate of the lake was more than 30 percent attributable to climate change.

Iran, Iraq and Jordan extract copious amounts of water from the ground for irrigation, and Charles Iceland, global director of water at the World Resources Institute, says, “They’re using more water than is available routinely through rain.” In Iran, a network of dams used by the agriculture sector uses about 90 percent of the nation’s supply. “Both declining rainfall and increasing demand in these countries are causing many rivers, lakes and wetlands to dry up,” Iceland says. As areas become uninhabitable in the future, political violence may emerge over how to share and manage rivers and lakes. Transboundary usage must be regulated and monitored if there is any hope to resolve the crisis.

Kid Safe

Bye-Bye to a Nasty Pesticide



After a multiyear effort, the U.S. Environmental Protection Agency (EPA) has ruled that chlorpyrifos, a pesticide linked to neurological damage in children, including reduced IQ, loss of working memory and

attention deficit disorders, can no longer be used on food. EPA Administrator Michael Regan cites the action as an overdue step to protect children and farmworkers from dangerous consequences of the pesticide. “EPA will follow the science and put health and safety first.” The ruling will take effect in February 2022.

Patti Goldman, an attorney for Earthjustice, says, “Chlorpyrifos will finally be out of our fruits and vegetables.” The pesticide has been sprayed on crops such as strawberries, apples, citrus, broccoli and corn since 1965. Up until 2000, it was used to kill ants, roaches and mosquitos. The Natural Resources Defense Council notes that it will still be allowed for other uses such as cattle ear tags.

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Plastic is a petrochemical-based, non-biodegradable pollution nightmare. As discarded water bottles and shampoo containers pile up for hundreds of years in landfills, we continue to produce more and more of the stuff. Meanwhile, plastic breaks down into microparticles that contaminate waterways, air, soil and even snow. They show up in foods and beverages we consume. While more research is needed to understand the human health impacts of microplastics, here are some ways to avoid ingesting these tiny particles.

**DON'T DRINK PLASTIC-BOTTLED WATER.** Plastic-bottled water has approximately double the microplastics of tap water, studies have found. Ditch single-use, plastic-bottled water. Instead, fill reusable stainless steel or glass containers with filtered tap water, chill and enjoy. Filtering tap water can help improve the taste and reduce other undesirable elements, and most carbon block filters with a micron rating of two or less will remove microplastics.



**AVOID BEAUTY PRODUCTS WITH MICROBEADS.** To reduce exposure to microplastics and dissuade manufacturers from using plastic, avoid any beauty products with microbeads, including certain toothpastes and facial scrubs. Some words on product labels that indicate microbeads are polypropylene, polyethylene and polylactic acid (PLA).

**WEAR NATURAL, NON-SYNTHETIC FABRICS.** Synthetic fabrics shed microplastic fibers in the wash and as we wear them. Clothing made with natural fibers such as cotton is preferable.

**WASH AND DRY SYNTHETIC CLOTHES DIFFERENTLY.** When we wash and dry synthetic fabrics, significant levels of microplastics are released into the environment. To lessen this effect, air dry clothes or decrease their time in the dryer. Products are emerging to help filter and collect small synthetic fibers before they wash down the drain and into our waterways or get released into the air. Among the most promising are a washing bag (GuppyFriend.us), laundry ball (CoraBall.com) and in-machine filtration devices (XerosTech.com).

**REDUCE MEAT AND FISH CONSUMPTION.** As microplastics proliferate and marine and land animals eat them, they are finding their way into our food supply. We can limit our exposure by eating less meat and fish.

**VACUUM AND DUST REGULARLY.** Our homes are filled with microplastics. Regularly dusting surfaces and vacuuming with a HEPA filter that traps dust is a great way to reduce these particles in the indoor air environment.

**DRIVE LESS.** As we drive our cars, microplastic flies off the tires and becomes airborne pollution. Find ways to drive less; opt instead for carpooling or public transportation.

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## Shedding Light on Lightbulbs

### The Ins and Outs of Our Options

Don't be left in the dark when choosing lightbulbs. Lighting accounts for up to 20 percent of a household's energy bill, and untold numbers of bulbs end up in landfills. Let's illuminate some bulb options to increase savings and reduce waste.

**INCANDESCENT BULBS**, the iconic symbol for a bright idea, were the only option until the early 2000s. They're hot to the touch and no longer easy to find because governments world-wide have ordered them phased out to lower energy consumption.

**Energy efficiency:** Each bulb lasts one to two years, and 80 percent of the electricity is lost as heat.

**Cost efficiency:** Estimated \$4.80 to \$7.01 annual cost of operation.

**Potential health risks:** No toxic chemicals. They can cause burns or fires if hot from use.

**Proper disposal:** Not recyclable. Throw away in garbage.

**COMPACT FLUORESCENT LIGHTS (CFL)** were a great answer to the incandescent bulbs that came before them as far as energy efficiency, but they have disadvantages, as well.

**Energy efficiency:** About 65 to 75 percent more efficient than incandescent. Cost efficiency: Estimated \$1.25 to \$1.75 annual cost of operation.

**Potential health risks:** CFLs contain small traces of mercury and emit puffs of toxic powder when they break. Visit the U.S. Environmental Protection Agency's website [epa.gov](http://epa.gov) for safe clean-up instructions.

**Proper disposal:** Go to [Earth911.com](http://Earth911.com) to search for nearby CFL disposal facilities.

**LIGHT EMITTING DIODES (LED)** bulbs are here to stay and illuminate the majority of households. To compute old bulb wattage compared to LED wattage, divide roughly by five or six. For example, a 60-watt incandescent bulb is equivalent to a 10-watt LED. It's not an exact equation, but it's close.

**Energy efficiency:** Up to 83 percent more efficient than incandescent. Cost efficiency: Estimated \$1.19 annual cost of operation per bulb.

**Potential health risks:** Age-related macular degeneration is more likely with high exposure to low-intensity "blue light"; however, the warmer glow from LEDs typically used in home light fixtures is not the culprit. The "blue light" LEDs are typically glowing from computer screens, mobile phones and other devices or appliances.

**Proper disposal:** Big-box and local hardware stores often offer free or low-cost recycling, as do online recyclers and local facilities because there are no toxins or hard-to-recycle wires.

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# You & Your Feet

by Shoshanna Katzman



Our feet are a precious component of our body as we depend on them for standing and walking along with running, jumping, kicking and a variety of other movements. Working together with the force of gravity, it is important to be cognizant of harmonizing the placement of our feet with our hand movement. Ballet dancers spend countless hours honing this skill along with keeping their feet in good shape – after all, where would they be without them.

Taiji and Qigong practitioners work toward dropping their weight downward through the soles of their feet and into the earth to establish deep rooting. Going barefoot and walking attentively on the grass is another excellent exercise for increased grounding and heightened connection to the earth. Moreover, many people enjoy having their feet worked on during a therapeutic massage, reflexology session or pedicure and some are fortunate to have their feet rubbed by their partners before going to bed. Chinese medicine tradition further recommends that this be accompanied by a warm foot bath to ensure a peaceful and restful night's sleep.

Choosing the right shoes for adequate support combined with proper body mechanics are important when engaging in athletics or simply moving throughout the day. This is especially helpful when finding oneself at a standing desk or waiting in a line for an extended period. Being vigilant about maintaining health of the 38 bones and numerous tendons and ligaments that comprise each foot is important. The ultimate goal is to reinforce their

complex structure and make your feet less prone to injury. When and if injury happens, whether acute or chronic, it is a smart decision to turn to an acupuncturist for help.

Acupuncture is surprisingly painless and receiving a treatment has the potential to bring you into a deep state of relaxation and healing. It involves the insertion of tiny, hair-thin needles into the skin to stimulate the opening of energy flow within the body. The needles are strategically placed by an acupuncturist on the feet and other areas of the body to release energetic blockages and restore proper flow of qi and blood within the meridian pathways that traverse the feet. There are many key acupuncture points for an acupuncturist to choose from such as bafeng which are four extra acupuncture points located between the toes, kidney 1 (yongquan) on the soles of the feet, liver 3 (taichong) on the top of the foot and bladder 60 (kunlun) on the outside of the foot near the ankle bone.

Research studies have shown that acupuncture can be beneficial for various types of foot pain associated with the ankle, heel and ball of the foot. In terms of a Western medical perspective, pain relief is achieved through stimulation of the nervous system which then sends a signal to the brain to release endorphins. Whereas Chinese medicine teaches us that positive outcome is gained through restoring free flow of qi (vital energy) via opening blocked energy and reducing inflammation. Common complaints that acupuncture is well-known for treating include generalized foot, ankle or heel pain, plantar fasciitis, heel spurs, plantar warts and bunions. This ancient treatment modality is excellent for promoting the healing of a sprain or torn

ligaments of the ankle. It is also effective for stimulating the knitting of bones. Of course, it is essential to consult a podiatrist or orthopedic physician first and foremost in such cases.

Be sure to find an acupuncturist who is highly trained and experienced at working with the feet. Ask that they come to the phone so you can pose questions to them about your specific condition. Know that the number of treatments needed is often-times based on the amount of time you have had a problem in addition to the severity of an injury. It is a good idea to give acupuncture a try. You really don't know what it can do until you get on the table, relax and allow the needles to stimulate your innate healing ability.

*Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist and director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) in Shrewsbury, NJ for over thirty years. 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 has taught Taiji for 47 years and is a 6th generation lineage holder of the Guang Ping Yang Style Taiji Form. She will soon be releasing a Taiji curriculum entitled Center of Power: Life Mastery through Taiji. Shoshanna offers weekly Taiji and Qigong classes. For more information call or text 732-758-1800 or send an email to info@healing4u.com.*

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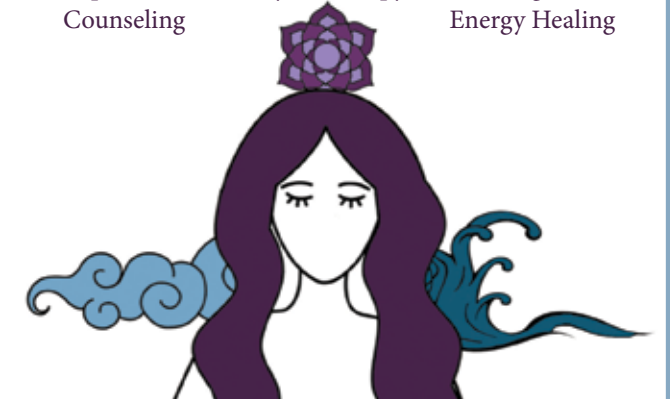
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# Eat Well to Feel Well

## THANKSGIVING FARE THAT BOOSTS MENTAL HEALTH

by Christy Ratliff



Across America, people of all ages are struggling with mental health issues. Nearly one in five people is living with a mental health condition, and the number of people seeking help for anxiety and depression is skyrocketing, reports Mental Health America. According to the organization's 2021 State of Mental Health in America Report, suicidal thoughts are increasing among both adults and children, and 9.7 percent of youth is experiencing severe major depression compared to 9.2 percent last year. The highly contagious COVID-19 Delta variant has only exacerbated these mental health challenges.

The hope and help we seek may be as close as our own kitchen. Accumulating research shows that a diet rich in highly processed foods may increase the risk of developing or worsening various mental health conditions. But a nutrient-based diet rich in fresh fruits and vegetables; omega-3 fatty acids; nuts, seeds and legumes; whole grains, fresh herbs and spices; fish and olive oil, may help to support and enhance mental health. We can start this Thanksgiving by serving up healthier, nutrient-rich options to alleviate anxiety and depression, stabilize mood and promote mental health and wellness.

"The gut/brain connection helps us understand the food/mood connection," explains Dr. Uma Naidoo, a Harvard-trained nutritional psychiatrist, professional chef, nutrition specialist and author of the national bestseller *This is Your Brain on Food*. "The enteric nervous system—that is, the nerves supplying the gastrointestinal tract—totals over 100 million neurons and communicates directly with the brain, or central nervous system, by way of the vagus nerve, which is responsible for our 'rest-and-digest' response.

"It's also vital to note that the gut contains the highest number of serotonin receptors, and the gut itself produces all the neurotransmitters that are also made in the brain, including serotonin, often called the happiness hormone. In turn, these neurotransmitters are implicated in sound mental health or potential problems when they are deficient."

"What we eat affects mental health in many ways," adds Amy Spindel, a functional holistic nutritionist in Plano, Texas, and founder of *FoodWithThoughtNutrition.com*. "Nutrient deficiencies can cause poor neurotransmitter production. Insufficient vitamin B<sub>6</sub>,

folate and vitamin B<sub>12</sub> can be implicated in depression and anxiety symptoms, as they are all needed for various stages of neurotransmitter production, especially serotonin, dopamine and GABA."

"Traditional sugary, high-carbohydrate foods promote unstable blood sugar and selectively feed inflammatory gut microbes," Spindel says, suggesting that we skip the typical foods many of us associate with the holidays such as pecan pie, marshmallow-topped sweet potato casserole and canned cranberry sauce. "Blood sugar fluctuations cause the body to scramble in an attempt to re-regulate glucose, which may mean spikes of cortisol or adrenaline, as well as insulin. The end result can be depression and anxiety from excessive stress hormones and a glucose-starved brain."

But making such changes, particularly during the holidays, isn't easy. "If the thought of changing up the traditional Thanksgiving menu gives you pause, you are not alone—and this is why I believe in adding in habits (and in this case, dishes) which have a positive ripple effect on our bodies and our brain, allowing for a self-sustaining cycle in our lifestyle," advises Naidoo.

"As a nutritional psychiatrist, I feel that we are more emotionally nurtured by a feeling of abundance in 'adding' new Thanks-

giving dishes than thinking about this as 'excluding' foods," she notes. "For example, tossing a fresh, folate-rich spinach and arugula salad with bits of antioxidant-rich strawberries, crisp roasted chickpeas and omega-3-rich olive oil adds color, flavor and a plethora of mood-nourishing ingredients to the dinner table. Even adding extra veggies to existing dishes, such as allicin-rich garlic to green beans or extra celery and fresh herbs to stuffing, adds in powerful phytonutrients with gut-loving fiber."

"Thanksgiving favorites that are ample in neurotransmitter-producing nutrients include turkey, shellfish, sweet potatoes and acorn squash, asparagus, leafy greens, oranges and green beans," Spindel adds.

While it's true that we cannot control a global pandemic or solve the mental health crisis in America with positive thinking alone, we can minimize our feelings of powerlessness and despair by making small but significant dietary changes—not just on Thanksgiving, but every day of the year.

*Christy Ratliff is a professional health and wellness writer based in Central Florida.*

### Feel-Good Recipe Ingredients

Some study-proven foods to enhance mood found in the following recipes include:

■ **Pistachios.** These tree nuts, which are actually seeds, are rich in healthy fats, vitamins and minerals. According to a Pennsylvania State University study, eating pistachios may reduce the body's response to daily stress.

■ **Honey.** A National Institutes of Health study shows that the nutrients in raw honey may enhance mood and help with insomnia. It's also rich in antioxidants, which contain anti-inflammatory properties that help protect the brain.

■ **Fresh herbs.** Sage provides natural anti-anxiety properties, while thyme and rosemary are rich sources of micronutrients and flavonoids, shown to protect against inflammation in the brain, a key factor in major depressive disorder.

■ **Apples.** Nutrient-rich apples are a good source of quercetin, a plant flavonoid, which studies suggest may be beneficial for mental health.

■ **Green beans.** An excellent source of vitamin A, green beans help fight inflammation and support the nervous and immune systems. They are high in folic acid, a B vitamin that studies have shown to potentially lower the risk of depression.

■ **Tomatoes.** Several studies show that regular consumption of tomatoes may help ward off depression.

■ **Olive oil.** Multiple studies show that low levels of olive oil, in conjunction with a Mediterranean-style diet, has a positive impact on mental health and brain function.

■ **Cornmeal.** Naturally gluten-free, cornmeal is an excellent source of folate, an important B vitamin. Research from the National Institutes of Health suggests that those with low levels of folate are more likely to experience depression.

■ **Raisins.** A great source of vitamin B, raisins can help the brain produce serotonin, an important neurotransmitter for reducing many anxiety-related symptoms.



# Greek - Style Green Beans (Fasolakia Lathera)

1/3 cup olive oil  
1 onion, chopped  
1 lb green beans  
1 medium potato, sliced (1/4-inch thickness, cut in half)  
3 medium tomatoes, grated, or 12 to 15 oz chopped tomatoes  
1/4 cup parsley, chopped  
1 tsp sugar  
1/2 tsp salt  
Fresh pepper

In a medium pot, heat olive oil on low to medium heat. Sauté onion until softened. Add potatoes and heat for 2 to 3 minutes. Add beans and mix with olive oil until coated. Add tomatoes, parsley, sugar, salt and pepper. Mix well. Add just enough hot water to cover the beans halfway. Cover and simmer for about 40 minutes, or until beans are soft and most of the liquid is absorbed. May be served as a side dish for four people or a vegetarian/vegan entrée for two.

Courtesy of Elena Paravantes, RDN. For more information and Mediterranean recipes, visit OliveTomato.com.

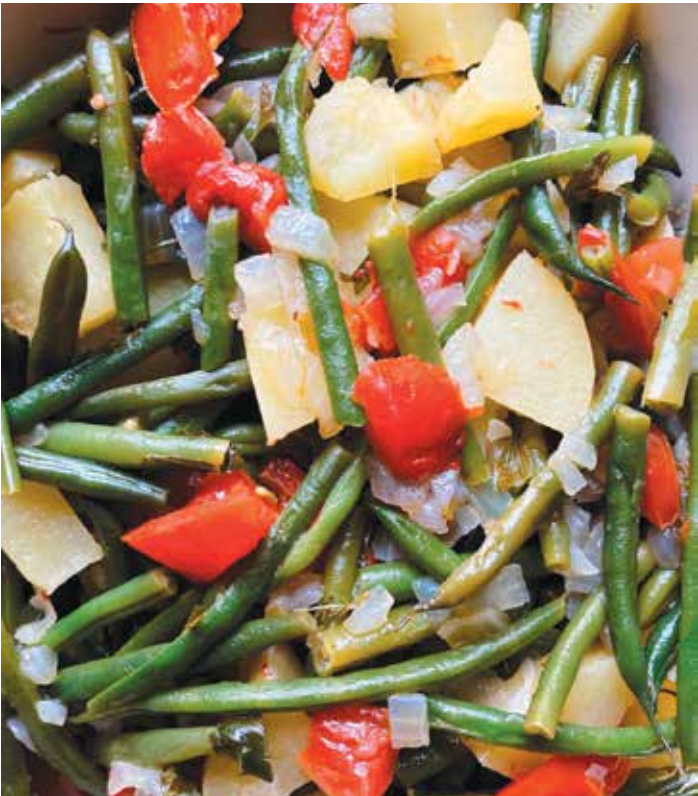


photo by Christy Raliff



be found at local health food stores. Himalayan sea salt is also recommended instead of regular salt. Sea salt contains natural minerals, and less sodium than table salt with the same flavor. Try to skip the prepackaged spices as they have additives which are not healthy.

There are a few other tips and tricks during the holidays. First of all, don't over eat. Having a balanced breakfast like eggs, avocado, and tomato, yup organic, will prevent over indulging when the feast begins. Eating slowly is another way to help prevent overeating. An exercise routine, even brief,

before the family visit is a great recommendation. Exercising releases endorphins, feel good chemicals, that flow throughout the body. Last tip is to skip the alcohol! Besides the unwanted calories, it can create bloating and sluggishness the next day. Filtered water is great for the body's organs and skin, so drink away.

Aside from all this food talk, what about starting a new family tradition of going outdoors. Join in on a local turkey trot and get the endorphins flowing with a family run or walk. Find a local park and take a stroll in the woods. Get the young family members to play football or catch in the yard or in the front of the house. Being outside in nature helps the mind and body to feel grounded and centered. It aids in staying in the present, and helps to stop the monkey mind chatter. Focus on the amazing gifts that life has to offer and reflect on how grateful and thankful one can be.

Wishing everyone love, health, and joy in abundance during this holiday season.

Alyssa Siegel is a Family Nurse Practitioner that has a holistic health practice in Oakhurst, NJ. She uses a technique called Nutrition Response Testing® to get to the root cause of ill health and heals it naturally. For more information, visit her website shoreholisticnutrition.com, and like Shore Holistic Nutrition & Wellness on Facebook. To make an appointment, call 732-749,3629 or email shoreholisticnutrition@gmail.com

# Make the Holidays Healthy & Delicious

by Alyssa Siegel, MSN, RN, FNP-C, CPEN



When Alyssa thought about Thanksgiving she was reminded of the warm apple pie from Costco that she had for dessert after scarfing down a huge turkey dinner. Hours after her meal she would feel bloated and sluggish. She didn't want to get off of the couch for days. She started wondering why she was feeling that way and realized her meal was filled with processed foods, sugar, hormones, pesticides, GMO's - genetically modified organisms and antibiotics. What was she going to do to make a change?

Thinking about healthy options, here are some suggestions for a nutritious and delicious Thanksgiving meal. First, start with all organic foods. A pasture raised, non-GMO, non-hormone, or antibiotic fed turkey is the star. Make a tray of fresh organic roasted vegetables like carrots, parsnips, brussels sprouts or turnips in the oven. Roast them with some high quality olive oil at 400° until they are brown and naturally caramelized. Try the same thing with some wedges of sweet potato and or butternut squash. Add some walnuts or pecans that have been toasted in the oven for some crunch and texture before serving them. Alyssa should serve homemade applesauce at her holiday table as a cold side. Another homemade cold dish is roasted butternut squash at room temperature with sliced Granny Smith apples, lemon juice and walnuts. Both of these cold dishes have natural sugars. A homemade apple cake or pumpkin pie are great dessert options. When it is homemade, the ingredients and added sweetener are controlled. Eating organic foods without toxic pesticides or GMO's will help prevent that worn out feeling afterward and they are all around healthier choices.

When it comes to seasoning food for Thanksgiving, think: fresh is best. Try garlic, onion, thyme, and rosemary. Herbs and seasoning like parsley, basil and cinnamon give robust flavor to the food without the added chemicals. Many of these organic spices can

# Seluisauganasda Cherokee Cornmeal Cookies

Here's a creative, nutritious way to celebrate indigenous tradition during the holidays while also being mindful of mental health.

3/4 cup softened butter  
1/2 cup organic brown sugar  
1 egg  
1 tsp vanilla  
1 1/2 cups flour  
1/2 cup cornmeal  
1 tsp baking powder  
1/4 tsp salt  
1/2 cup raisins (Other versions of this recipe include nuts and dark chocolate pieces.)

Preheat oven to 350° F. Spray cookie sheet with nonstick cooking spray and set aside. Using a wooden spoon, mix butter and brown sugar in a large mixing bowl. Add egg and vanilla. Stir until smooth. Add flour, cornmeal, baking powder and salt. Add raisins. Mix well. Drop dough by rounded teaspoonful onto baking sheet. Bake 12 to 15 minutes or until slightly golden. Makes about 2 dozen small cookies.

Courtesy of La Potosina. For more information, visit IndigenousFoods.wordpress.com.



photo by Christy Raliff





# Are We “Winning the War” on Diabetes?

by Larisa Belote



If a person is suffering with elevated blood sugar levels or Type-2 diabetes, does the doctor seek out and eliminate the cause, and see blood sugar numbers return to normal naturally and remain normal OR does the doctor deal with the symptom by prescribing insulin or another drug, which often leads to complications and further physical breakdown as the diabetic condition continues to worsen? I think you can answer that question yourself if you have Diabetes and have been to the doctor. Most doctors treat symptoms rather than causes for diabetes, cancer and arthritis. The symptomatic approach to diabetes does not eliminate the CAUSE, while drugs and insulin only temporarily deal with the high blood sugar condition without getting rid of the diabetes.

In spite of over \$218 billion spent annually on diabetes research (in search of what the medical and pharmaceutical industries call a cure), the cost of treating diabetes continues to rise – and over 2 million new people are diagnosed with diabetes each year.

Currently, approximately 30 million children and adults (over 8% of the population) have diabetes and these numbers are rising rapidly. The American Diabetic Association (ADA)

is constantly asking for donations to support diabetic research, research that they say will hopefully one day lead to a cure. As of now there is no cure according to the medical and ADA but only to treat the symptoms.

I am here to tell you that Diabetes is preventable and almost always reversible. What if there was a way to get rid of Type 2 diabetes permanently and never have need for a pill or insulin ever again or have a concern for eyesight loss or limb amputation? The key to getting rid of the “symptom” of diabetes is to eliminate the “CAUSE” of diabetes.

## The Cause of Type-2 Diabetes

A healthy cell membrane allows vital nutrients and fuel to pass into the cell while ushering toxins and waste products out of the cell, thus maintaining a healthy balance inside and outside the cell so that it can produce good energy and function. In order to construct healthy cell membranes, the cells need the nutrients and good fats found in plant source foods along with some Omega-3 fatty acids. These foods keep the insulin-glucose pathways into the cell functioning normally so that insulin can give right amount of sugar into the cell to satisfy its energy needs.

Sadly, the Standard American Diet (SAD) does not provide the nutrients and healthy fats necessary in maintaining healthy cell membranes. Rather, with it’s over abundance of unhealthy animal fats and hydrogenated fats, slowly clogs the cell membranes, creating a blocking action for the nutrients entering and wastes exiting the cell. As these membranes fill with unhealthy fats, the blood sugars needed by the cells are hindered from entering the cell. Because of this blocking action, blood sugar levels begin to climb as sugar backs up into the blood. This also causes blood insulin levels to rise. In an attempt to lower this rise, doctors prescribe additional insulin which doesn’t solve but only exacerbates the blood sugar problem. Ironically, the cause of Type-2 diabetes is not insufficient insulin, because in most instances the Type-2 diabetic is already producing more insulin than the non-diabetic.

## The Solution

1. Diet & Exercise (Life Style Changes) - Up to 80% of Type 2 Diabetes is reversible with permanent life style changes. Mediterranean Diet is best which includes abundant quantities of legumes, whole grains, vegetables, fruits, nuts, and light-to-moderate alcohol consumption, with olive oil as a primary dietary fat. It also includes moderate amounts of fish and dairy products, and low amounts of poultry, meat, highly processed foods, and refined sugars.
2. Toxin Removal - There are new studies showing that toxins are the cause of up to one third of all Type 2 Diabetes. Removing the toxins that have bio-accumulated in the cells for decades is a great way to turn off the gene expression responsible for building disease of which diabetes is one of these diseases.
3. Intermittent Fasting – improves glucose metabolism and diabetic complication risk

*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. Make an appointment today to discuss how to remove toxins to aid prevention/reversal of diabetes. Call/Txt 732-996-6963 or email: [larisa@stepbystepwellness.com](mailto:larisa@stepbystepwellness.com)*

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# David Crow on the Healing Power of Medicinal Plants

by Randy Kambic



photo by Simone Anne

David Crow, author of *In Search of the Medicine Buddha*, among other books, is a foremost expert in botanical medicine and other natural health applications. As a teacher, telemedicine consultant, researcher, certified master herbalist, aromatherapist and acupuncturist, he has studied Chinese, Tibetan, Ayurvedic and Western herbal medicine for more than 30 years. He is a strong advocate of the safe use of herbs and essential oils, and installing gardens in public and private spaces. As one of the first medical pioneers to use essential oils and aromatherapy in clinical practice, integrating them into comprehensive treatments, he is also the founder of Floracopeia Aromatic Treasures.

**Why do you feel humanity needs to reconnect a sacred relationship with plants?**  
For our survival as a species. Plants created the biosphere over hundreds of millions of years, including the ozone layer, the oxygen in the atmosphere, the fertility of the soil, the regulation of the seasons and the foundation of the food chain. From those conditions, higher life was able to emerge and evolve: Humans emerged from conditions created by plants. Since we cannot live directly on soil and sunlight as plants do, the structure and function of the human body are designed so that we can extract those

energies in forms that plants provide; our physiology, respiration and metabolism is a mirror image of photosynthesis. We have complete biological dependency on plants in every moment; understanding this is the basis of reverence for nature, which is ecological spirituality, the only long-term solution to the environmental crisis we have created through lack of sensitivity and appreciation of our place in the biosphere.

**How is self-care changing to empower people?**  
The doctor/patient paradigm is changing in many ways as a result of the internet, availability of natural medicines and awareness of the limitations and dangers of pharmaceutical drugs. The availability of nutraceuticals and herbal products from around the world has created a golden age of natural medicine, but has also brought widespread confusion from the overwhelming amount of information combined with marketing of products. People are asking more about drugs and prescribed procedures; they are seeking natural alternatives, and in many cases, either reducing or eliminating their need for pharmaceutical drugs. This change is an important step toward greater health consciousness, which is linked directly to other aspects of creating a healthier society, like the increased demand for organic food that's driving more organic agriculture.

**Why are cultural medical systems inseparable from spiritual and meditative practices?**  
Classical medical systems such as Chinese and Ayurvedic medicine, along with indigenous and shamanic uses of plants for healing, have evolved and are inseparable from the spiritual practices of their cultures. For example, Chinese medicine evolved from and with the same philosophical roots and practices as qigong and Taoist alchemy, and Ayurveda emerged from and in turn influenced yoga, tantra and Vedic philosophy. The significance of this is that medical practices were used both for

healing the body and to support yogic and spiritual practices, and vice versa. Now we have modern scientific research confirming the health benefits of spiritual practices such as meditation and prayer, but more importantly, traditional medical systems remind us that there is an ultimate spiritual goal that is higher than mere physical health.

**What is your view on the resurgence of psychedelic plant medicines for healing?**  
All plants have healing properties and also have potential dangers and toxicity, depending on how they are used. The psychoactive plants, specifically the entheogens (those that awaken the perception of divinity) have been used in ceremonies and mystery cults throughout history for healing conditions of body, mind and spirit, but those traditions have always been under the care of highly trained and experienced priests, priestesses and shamans. The experiences while under the influence of these plants are highly dependent on the container of the environment, the cultural mythologies, the ritual, its leaders and the other people present in the ceremony, and it can be highly unpredictable with both good and bad outcomes.  
The use of these medicines at higher doses is an excellent opportunity for deep inner transformation, exploration of consciousness and appreciation of the



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visionary realms that are available to us, but like all intensive spiritual endeavors, requires preparation, orientation and guidance. Using these plants at lower doses, like microdosing daily with psilocybin mushrooms for treating depression and anxiety, offers great benefits for some people without the risks of the psychological, mental or emotional disruptions that can occur at higher doses.

For more information, visit [CrowConsultations.com](http://CrowConsultations.com) or [Floracopeia.com](http://Floracopeia.com). Randy Kambic, in Estero, Florida, is a freelance editor and writer.



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# Nature's Virus Killer

## Copper can stop a cold before it starts

By Doug Cornell

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria in the nose and on the skin.

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

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

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

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

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The

cold never got going. That was September 2012. I use copper in the nose every time and I have not had a single cold since then."

"We can't make product health claims," he said, "so I can't say cause and effect. But we know copper is antimicrobial."

He asked relatives and friends to try it. They reported

the same thing, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. The feedback was 99% positive if they used the copper within 3 hours after the first sign of unwanted germs, like a tickle in the nose or a scratchy throat.

Early user Mary Pickrell said, "I can't believe how good my nose feels."

"What a wonderful thing!" exclaimed Physician's Assistant Julie. Another customer asked, "Is it supposed to work that fast?"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Frequent flier Karen Gauci had been suffering after crowded flights. Though skeptical, she tried copper on travel days for 2 months. "Sixteen flights and

not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people around her show signs of cold or flu, she uses copper morning and night. "It saved me last holidays," she said. "The kids had crud going round and round, but not me."

Attorney Donna Blight tried copper for her sinus. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

A man with trouble breathing through his nose at night tried copper just before bed. "Best sleep I've had in years!" he said.

In a lab test, technicians placed 25 million live flu viruses on a CopperZap. No viruses were found surviving soon after.

Dr. Bill Keevil led one of the teams confirming the research. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

Some people press copper on a lip right away if a warning tingle suggests unwanted germs gathering there.

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

The EPA says copper still works even when tarnished.

CopperZap is made in the U.S. of pure

copper. It has a 90-day full money back guarantee. It is available for \$79.95. Get \$10 off each CopperZap with code NATA23.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

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*Statements are not intended as product health claims and have not been evaluated by the FDA. Not claimed to diagnose, treat, cure, or prevent any disease.*



New device puts copper right where you need it.



Dr. Bill Keevil: Copper quickly kills cold viruses.

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# The Healing Power of a Hug

by Marlaina Donato

When we were children, a hug helped to take the sting out of a skinned knee or quell first-day-of-school jitters. In adulthood, hugs are not as plentiful or practical; many people lack partners or loved ones, and the gesture—both giving and receiving—is too often labeled as sentimentality. As we continue to move through life with pandemic restrictions, hugs can feel risky at a time when we need them the most.

A hug elicits a powerful shot of neurotransmitters like oxytocin, serotonin and dopamine, and we don't necessarily need another human to reap the benefits. Wrapping our arms around a breeze-swept tree in the backyard or on a hiking trail can lower heart rate and set our brains abuzz with feel-good endorphins. Earlier this year, the forestry service in Iceland invited people



Jason Sill/AdobeStock.com

to cuddle up to trees to offset COVID-19 isolation and get in a good dose of forest bathing. Scientific research, including a study from Carnegie Mellon University, backs what unapologetic huggers have always known: Even the most casual embrace can help to lower stress, boost immunity and promote a better night's sleep.

Cuddling up with a stuffed animal is a part of everyday life for 43 percent of American adults, with men taking the lead. Befriending a plush toy is part of some trauma recovery programs and has a soothing effect on those navigating the dark waters of grief, loss and chronic anxiety. Snuggling up under a warm, weighted blanket is also akin to a hug, and has benefits much like the real thing.

Holding and being held strengthens the body's defense systems, as well as romantic partnerships, friendships and our relationship with ourselves. Opening our arms can foster the spiritual discipline of not only giving, but receiving—a vital requirement in self-care. In a time of chaotic uncertainty, isolation and change, hugs can be medicine; they can also be a powerful metaphor and reminder to remain open, willing and beautifully human.

Marlaina Donato is a mind-body-spirit author and recording artist. Connect at WildflowerLady.com.



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

Dear Friend,

That’s exactly what Daryle said when we met him. You see, Daryle had a heavy piece of equipment fall on him 3 years ago. He broke his back, herniated discs and was left with severe pain and numbness in his hands and feet. His legs would spasm involuntarily which would knock him out of bed or cause him to fall often. None of the doctors could help. After a few months of Upper Cervical care in our office he is working, fishing and playing catch with his daughter.

**Twenty-one years ago something happened that changed my life forever, and in turn, changed many other lives, too.**

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. Even worse, I thought I was going to have to live like this forever.

That’s when I took matters into my own hands (or God’s) and that’s when I found the answer. But I’ll get back to that in a minute...

When someone asks me what it is that I do, I tell them that “I get sick people well, and I do it without drugs or surgery.” Often they give me a puzzled look. When they ask further, I tell them that I am an Upper Cervical Chiropractor, and it’s the best job in the world.

Oh, back to my story. A fellow classmate of mine introduced me to an Upper Cervical Chiropractor that helped people suffering like me. The Doctor did an exam, took some films and then “adjusted” my spine. He didn’t pop, crack or twist me but rather lightly removed pressure from my spine and nerves. The adjustment didn’t hurt, it actually felt good. With the hwelp of this gentle care, I immediately 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.

In 2003, I returned to New Jersey to open a practice that solely focuses on Upper Cervical chiropractic technique. Since then we’ve delivered over 300,000 spinal adjustments.

Now let’s talk about Elissa, my beautiful wife. Since high school, she has utilized chiropractic as part of her wellness lifestyle. She especially found our gentle form of health care to help her through both of her pregnancies.

Jayde and Easton are my beautiful children that have been checked and adjusted from



birth. It’s strange how life is, because now people come to see me with their health problems, aches and pains.

Also they come to me with their headaches, migraines, chronic pain, Fibromyalgia, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, vertigo, numbness in limbs, athletic injuries such as post-concussion syndrome just to name a few.

**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 **November 30, 2021** 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 Victoria, 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

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natural pet

## 10 Healthy Pet Foods for Fido

by Sheila Julson



**M**any pet parents switched to grain-free pet foods after a 2007 recall of pet food made with contaminated grains from China. The popularity of wheat- and grain-free human diets also fueled interest in grain-free pet foods.

In 2018, the U.S. Food & Drug Administration began investigating reports of canine dilated cardiomyopathy in dogs eating certain pet foods labeled as grain-free. Most such dog foods contain potatoes or legumes as fillers in lieu of wheat, corn or soy. (This research is ongoing, and a relationship between grain-free diets and the development of DCM hasn’t been fully proven.)

To help in determining whether or not to go grain-free, the American Society for the Prevention of Cruelty to Animals, the American Kennel Club and the Pet Nutrition Alliance note that all grains aren’t necessarily bad for dogs. Some dogs have trouble digesting heavy grains like wheat,

corn, oatmeal or soy—grains that also tend to be the most genetically modified. However, flax seed, quinoa and brown rice, along with antioxidants like blueberries and kale, can be beneficial to our four-legged friends. Meat should be the number one ingredient.

The World Small Animal Veterinary Association suggests that consumers also consider if the pet food company employs doctorate-level nutritionist; the quality control process for ingredients and finished products; and company transparency. Most importantly, talk to your veterinarian when choosing pet food.

**Here are 10 pet food brands that put meat first and carefully source the ingredients.**

**Freeze-fried Raw and Fresh Foods**  
**Stella & Chewy’s** responsibly sources

grass-fed, free-range, wild and farm-raised proteins. They do not use preservatives or ingredients sourced from China. They make dog and cat food.

**Vital Essentials** mini-nibs are available in chicken, rabbit or beef flavors. This brand of freeze-dried raw food has no added hormones, antibiotics, colors, fillers or flavorings.

**Dr. Marty’s Premium Freeze-Dried Raw** foods was developed by integrative veterinarian Dr. Martin Goldstein, with a goal of preventative nutrition. He’s offered pet nutrition advice on The Oprah Winfrey Show and Good Morning America.

**The Farmer’s Dog** brand of fresh food incorporates human-grade, high-quality digestible proteins.

**Kibble and Canned Foods**

**American Journey** varieties list meat as the first ingredient, along with healthy grains such as flaxseed, and carrots & blueberries.

**Merrick Classic Healthy Grains** use digestible recipes that balance protein, fruits, vegetables and ancient grains, along with omega-3 and omega-6 fatty acids.

**Nature’s Logic** is a high-protein formulated food with chicken meal as the first ingredient, along with chicken fat and healthy grains like millet. It comes in venison, beef and pork varieties.

**Canidae All Life Stages** canned dog food lists the first five ingredients as chicken, chicken broth, chicken liver, egg product and brown rice. It’s free from wheat, corn and soy.

**Rawz** has real meat as the first ingredient in their dry and wet food for dogs and cats, along with chicken and turkey liver. The company donates to animal-related causes.

**Taste of the Wild** dog and cat food boasts that its protein sources are based off a dog’s or cat’s natural diet. Every formula has a first ingredient of real meat, fish or fowl.

Sources: Pet Nutrition Alliance, World Small Animal Veterinary Association, American Kennel Club, American Society for the Prevention of Cruelty to Animals, Food and Drug Administration..



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**T'ai Chi Chih®- T'ai Chi Chih®:** Joy thru Movement is a non-martial art with many health benefits. This practice is more Qigong-like and is completely non-violent. It is a set of movements (done standing or seated) completely focused on the development of an intrinsic energy called Chi. Improve physical & emotional balance, help with better sleep quality, and overall sense of well-being is reported by clients. Class meets live on Wed. at 6pm ET. Recordings will be available for a limited time. "My husband keeps telling me to sign up again, because he can see that it keeps me calmer."- M.Z. \$96/month. Register with a friend(s) and each get **\$25 off!** Call 609.752.1048 or email [Siobhan@NextStepStrategiesLLC.com](mailto:Siobhan@NextStepStrategiesLLC.com)

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FRIDAY, NOVEMBER 5

**Angel Journey & New Moon Meditation** 6:00pm at The Yoga Loft, 462 Adelphia Rd. Freehold, With Sharon and Kathleen. We begin the evening by introducing ourselves to create community and develop a closer more personal relationship with each other and to celebrate the cycles of the moon. The new moon is in Scorpio, for many a sense of being at a crossroad. There will be a one word blessing with a candle lighting ceremony and Kathleen will lead us through meditation. Sharon will introduce us to our Archangels, we will invite them to guide us, lift us and support us on this journey. . We will incorporate an Oracle deck and choose the card that speaks to us individually. With our new skills we will interpret our personal message received from our Oracle card and then - we will create our very own crystal energy grid that will empower us daily as we transform our lives and raise our vibration through this first step on our Angel Journey. Please bring a pillow or cushion to sit on. Register early to reserve your spot by email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call/text 732.239.2333 \$40 includes materials

SATURDAY, NOVEMBER 6

**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. 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: [Ayearandadarmysticalshoppe@yahoo.com](mailto:Ayearandadarmysticalshoppe@yahoo.com) Web: [Ayearandadarmysticalshoppe.com](http://Ayearandadarmysticalshoppe.com)

**Tree Reading** 12:30pm at The Yoga Loft, 462 Adelphia Rd., Freehold, With Roseann Petropoulos From the Garden of Eden to the Kabbalah Tree of Life a tree has been a symbol or metaphor that represents an individual's nature. The purpose of a tree reading provides a deeper understanding to our true nature, back to our roots, strengths, talents, beauty, and resilience moving us forward to branch out to our many possibilities. This year we embark upon change as never before. How will we navigate in the new world order in safety and peace in our body, mind and spirit? How will change enhance our lives and find the balance we need to be whole and complete? No Artistic Ability Required, just the desire to have fun when you draw a tree and receive a message. Please register to reserve your spot by email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call/text 732.239.2333-\$30

WEDNESDAY, NOVEMBER 10

**Reiki Level I Certification** 7pm-1030pm Begin your journey on energy healing by becoming a certified Reiki Healer! Admission Price: \$170.00 per person Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit [dimensionsreiki.com/services](http://dimensionsreiki.com/services)



THURSDAY, NOVEMBER 11

**Reiki Level II Workshop and Certification** 11am-3pm – This workshop is the second step on your Energy Healing journey with Maria Martin. As healers we have the deep desire to help, heal and nurture the light within ourselves and others. With your second attunement, learn the Art of healing with Reiki including: How to heal others, the chakras meanings and placements, Self-Grounding, Hand positions for self-healing, the healing of others and Reiki Symbols as well as their meanings. Pre-requisite Reiki I; \$200.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: [Ayearandadarmysticalshoppe@yahoo.com](mailto:Ayearandadarmysticalshoppe@yahoo.com) Web: [Ayearandadarmysticalshoppe.com](http://Ayearandadarmysticalshoppe.com)

**Dreamcatcher Making Workshop** 7-9pm with Shaman, Lauren Porter. Learn the history of the dreamcatcher and its native traditions, then with the help Lauren, make your own personal, unique catcher of dreams. You can make one for yourself, or a loved one in this two-hour workshop. Price includes cost of materials \$60.00 per person. Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: [Ayearandadarmysticalshoppe@yahoo.com](mailto:Ayearandadarmysticalshoppe@yahoo.com) Web: [Ayearandadarmysticalshoppe.com](http://Ayearandadarmysticalshoppe.com)

**Reiki Meditation Circle** 7:30pm-9pm. Join our guided meditation to clear your energy field and promote your well-being. Admission Price: \$10.00 Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ or online via Zoom. Call 732.832.1036 or visit [dimensionsreiki.com/services](http://dimensionsreiki.com/services).

FRIDAY, NOVEMBER 12

**Journey Through the Chakras Guided by Angels** 6pm at The Yoga Loft., 462 Adelphia Rd Freehold, with Dee & Sharon. Join Dee and Sharon as they take you through the Journey of Chakras Guided by Angels. Each month we'll explore a Chakra, and discover the essential oil and crystal related to that Chakra. You'll be introduced to the Angel who will guide and assist you in exploring each Chakra and much, much more. We'll explore the Sacral Chakra which governs your emotional well being, self expression, creativity and intimacy. Please bring a pillow or cushion to sit on, along with your journal. Please pre-register by email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call/text 732.239.2333 \$40 (handout included)

SUNDAY, NOVEMBER 14

**Sunday Spiritual Circle** 12pm with Dee at The Yoga Loft, 462 Adelphia Rd. Freehold. Gather with us each month in a circle of community. Now more

than ever, we need to come together to learn ways to navigate these changing times. We'll rely upon proven practices that will assist everyone, to lead a better fuller life. We begin with a guided meditation and candle lighting to set the intention for the Sunday Circle. Each month we'll explore a different topic. November we'll gather to create a gratitude journal. Please bring your journal and a pillow or bolster to sit on. Please pre-register by email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call/text 732.239.2333 \$35

**Introduction to Spirit Guides** 1-4pm. We all have helpers in Spirit waiting to work with us; learn how to meet yours! Admission Price: \$70.00 per person Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit [dimensionsreiki.com/services](http://dimensionsreiki.com/services)

**Free Drumming Circle:** 1:30-3pm and stay and get a reading or energy healing from one of our gifted Psychics or Healers at our Holistic Fair from 3-6pm. 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: [Ayearandadarmysticalshoppe@yahoo.com](mailto:Ayearandadarmysticalshoppe@yahoo.com) Web: [Ayearandadarmysticalshoppe.com](http://Ayearandadarmysticalshoppe.com)

WEDNESDAY, NOVEMBER 17

**Native American Drumming/ Journeying** 7:30-9:30pm with Shaman, Lauren Porter. Looking to connect with the spirit of the drum and connect with your inner medicine? 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. \$40 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: [Ayearandadarmysticalshoppe@yahoo.com](mailto:Ayearandadarmysticalshoppe@yahoo.com) Web: [Ayearandadarmysticalshoppe.com](http://Ayearandadarmysticalshoppe.com) \*\*Ask us about private journeying sessions

THURSDAY, NOVEMBER 18

**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 ap-



pointment. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: [Ayearandadarmysticalshoppe@yahoo.com](mailto:Ayearandadarmysticalshoppe@yahoo.com) Web: [Ayearandadarmysticalshoppe.com](http://Ayearandadarmysticalshoppe.com)

FRIDAY, NOVEMBER 19

**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: [Ayearandadarmysticalshoppe@yahoo.com](mailto:Ayearandadarmysticalshoppe@yahoo.com) Web: [Ayearandadarmysticalshoppe.com](http://Ayearandadarmysticalshoppe.com)


SATURDAY, NOVEMBER 20

**Reiki Combined Levels I and II Attunement** 10am-3pm Tap into your innate intuitive gifts and become certified as a Reiki Practitioner! Admission: \$290.00 per person Location: Online or at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ 07747. Phone: (732) 832-1036 Web: <http://dimensionsreiki.com/services>

**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. Email: [Ayearandadarmysticalshoppe@yahoo.com](mailto:Ayearandadarmysticalshoppe@yahoo.com) Web: [Ayearandadarmysticalshoppe.com](http://Ayearandadarmysticalshoppe.com)

**Full Moon Circle** 8-9pm, Enjoy and experience the Hunter's Moon with us. October's moon is the time to seek, or hunt for what comes next for you. We will have a meditation and focus our intention and ask for guidance in aligning ourselves with the universe toward the next phase of each of our journeys.. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: [Ayearandadarmysticalshoppe@yahoo.com](mailto:Ayearandadarmysticalshoppe@yahoo.com) Web: [Ayearandadarmysticalshoppe.com](http://Ayearandadarmysticalshoppe.com)

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## SUNDAY, NOVEMBER 21

**Special Event:** 2-6pm 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. Book your ½ hour 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, NOVEMBER 25

**Happy Thanksgiving!**

## SATURDAY, NOVEMBER 27

**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 Kwiat (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

## SUNDAY, NOVEMBER 28

**Introduction to Psychic Development** 1-5pm Tap into your own intuitive abilities and learn techniques to give psychic readings! Admission Price: \$120.00 per person. Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ Phone: 732.832.1036



## on going events

### MONDAYS

**\*Qigong Class taught by Shoshanna Katzman** 11am on ZOOM. Qigong is an ancient Chinese exercise that cultivates the flow of your qi (life energy). Its gentle, flowing movements are performed to integrate your body, mind and spirit. They also strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation. Beginners are welcome and qigong is suitable for all ages and ability. The workout is derived from Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy." Check out [www.healing4u.com](http://www.healing4u.com) or call 732.758.1800 for more information.

**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. A Lovingkindness 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](http://www.BelmarPublicLibrary.org). Facilitator - Roseann Petropoulos has been practicing meditation most of her life. Her belief is that all peace comes from within. for more information [www.Belmarwellness.com](http://www.Belmarwellness.com) or call 732.894.3197

**\*Beginner Tai Chi Class taught by Shoshanna Katzman** 6pm at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Tai Chi 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 form you will learn is the Guang Ping Yang Tai Chi 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 Tai Chi Tutorial entitled: Center of Power: Life Mastery



Through Tai Chi. Check out [www.healing4u.com](http://www.healing4u.com) or call 732.758.1800 for more information.

**Yoga in the Garden** 6pm at The Yoga Loft, 462 Adelphia Road, Freehold, begins every Monday starting June 7th with Kathleen Roskos. Join us rain or shine we've got you covered. Please bring a mat. \$10.00 cash only.

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

### TUESDAYS

**Meditation for Earth every Tuesday on Water-spirit's YouTube** 12:15 - 12:45 Channel: <https://www.youtube.com/channel/UCFzJckCCtU22hEjrmLitwQ> 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. All of our videos are filmed by our Program Manager, Abbey Koshak, with loving care. No matter where you are in the world, you can join us as we meditate for our Earth!

**\*Tuesday Meditations:** 6-7pm, Come join our weekly group guided meditations. De-stress from your hectic weekend and Manic Monday. Recenter 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

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

### WEDNESDAYS

**\*Tai Chi Class taught by Shoshanna Katzman** 10:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Tai Chi 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 form you will learn is the Guang Ping Yang Tai Chi 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 Tai Chi Tutorial entitled: *Center of Power: Life Mastery Through Tai Chi*. Check out [www.healing4u.com](http://www.healing4u.com) or call 732.758.1800 for more information.

**\*Tai Chi Class taught by Shoshanna Katzman** 5:30pm at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Tai Chi 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 form you will learn is the Guang Ping Yang Tai Chi 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 Tai Chi Tutorial entitled: *Center of Power: Life Mastery Through Tai Chi*. Check out [www.healing4u.com](http://www.healing4u.com) or call 732.758.1800 for more information.

**Wednesday Sound Healings/Meditations:** 6-7pm, 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. \$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 \*\*Ask us about private meditation sessions and Veteran Discounts. \*\*Note: Store will be closed on Wednesday, Nov 24

**Gentle Yoga with Dee** 6pm pre-registered to reserve your slot at: [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call Dee at 732.239.2333.

### THURSDAYS

**Qigong Class taught by Shoshanna Katzman** 5:30pm on ZOOM. Qigong is an ancient Chinese exercise that cultivates the flow of your qi (life energy). Its gentle, flowing movements are performed to integrate your body, mind and spirit. They also strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation. Beginners are welcome and qigong is suitable for all ages and ability. The workout is derived from Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy." Check out [www.healing4u.com](http://www.healing4u.com) or call 732-758-1800 for more information.

**Tai Chi Class taught by Shoshanna Katzman** 6:30pm at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Tai Chi is an ancient Chinese exercise known as "meditation through movement" – one taught primarily for health and longevity, although its roots are as a martial art. The form you will learn is the Guang Ping Yang Tai Chi 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 whole-

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**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

**\*Tai Chi Class taught by Shoshanna Katzman** 1pm at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Tai Chi is an ancient Chinese exercise known as "meditation through movement" – one taught primarily for health and longevity, although its roots are as a martial art. The form you will learn is the Guang Ping Yang Tai Chi 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 Tai Chi Tutorial entitled: *Center of Power: Life Mastery Through Tai Chi*. Check out [www.healing4u.com](http://www.healing4u.com) or call 732.758.1800 for more information.

**8 Week Online Spiritual Inquiry Group (SIG)** 3-4:30pm is designed to unpack your spiritual history and deepen your practice in a group setting. Topics include spiritual history, connection with the sacred, meditation and other spiritual practices. SIG is for individuals newly exploring spirituality, and others looking to enrich their practice. Starting 6/4. Includes private session, 8-group sessions, weekly reflections, and on-going support. Scholarships available. Visit [www.whole-soul.life](http://www.whole-soul.life) or contact Amanda Fresnics, LCSW at [amandawholesoul@gmail.com](mailto:amandawholesoul@gmail.com) to register.

**Friday 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 \*\*Ask us about private meditation sessions and Veteran Discounts.

**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.



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Gregory Carey, MAcOM, Dipl. OM (NCCAOM), L.Ac. is a dual licensed and Board Certified Acupuncturist and Herbalist and founder of Old Bridge Acupuncture & Wellness, LLC. Gregory seeks a root-cause, whole body approach to treating illness, disease and imbalance. His expertise includes Acupuncture, Herbal medicine, Cupping, Gua Sha, Holistic nutrition, Traditional bodywork (Tuina) and Qigong. Gregory is adept at diagnosis and treatment of stubborn illness. His practice specializes in the treatment of Pain, Gastrointestinal Disorders and Chronic Skin Disease. Gregory is one of the few acupuncturists in the United States who has been previously elected to serve the National Board of Acupuncture (NCCAOM) as a Subject Matter Expert on the Herbal Medicine Board. He is also one of the few acupuncturists in the World who has been elected to the International Association for Chinese Medicine Dermatology. If you are suffering and in need of an upgrade in your health and well being, contact our office for information on getting started on your personalized Bridge to Wellness.



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](mailto: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.

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[PageWellness.com](http://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).

od). More recently she has been certified in Ashitsu and Ashi-Thai body techniques which she incorporates into her already well rounded practice.

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Toms River, NJ  
800.716.8353  
[balancedlifeweb.com](http://balancedlifeweb.com)



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.

FINANCIAL SERVICE

**JEFF BALL, CFP, FINANCIAL ADVISOR**  
RBC Wealth Management  
328 Newman Springs Road  
Red Bank, NJ 07701  
732-576-4634  
[Jeffrey.ball@rbc.com](mailto:Jeffrey.ball@rbc.com) or [jeffballrbc.com](http://jeffballrbc.com)



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

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

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](mailto:DrJaimeF@aol.com) [PartsTherapy.com](http://PartsTherapy.com)



Dr. Jaime Feldman, a pioneer in an advanced technique called "Advanced Parts Therapy," has been able to unlock the subconscious and remove unwanted behaviors: stop smoke (guaranteed), weight loss, stress, depression, pain and anger management, and

more. Outstanding success in curing phobias and deep-seated trauma, and treating the immune system to put cancer into complete remission.

**DR. JEAN ELJAY**  
MS, CMT, AdvHC, CHt, NLP  
800 West Main Street Suite #201  
Freehold, NJ 07728 484.574.1144  
[drjean@hypnobiosis.com](mailto: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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Break old habits. Create a lifestyle that brings you happiness and peace in your body, mind, heart and soul. Visualize your life as you want it to be. Know it in your minds-eye. Feel it come to life each day. Roseann is a certified Hypnotherapist and Reiki

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[info@naturalwatersystems.com](mailto:info@naturalwatersystems.com)



Blue Dolphin specializes in Non-Chlorine pool and spa conversions and whole-house water filtration, softening, and structuring systems. We also offer pool service, pool safety covers/fences, heaters, etc. Chlorine is one of the most

toxic chemicals on Earth yet everyone is swimming in it. Please feel free to call, ask any questions, and share your concerns. We welcome the opportunity to teach people how to swim without chlorine and practice all-natural pool and spa care. Here's to your health and wellness!

POSITIVE PSYCHOLOGY

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Are you stuck in life without motivation to move forward to achieve your goals? Coaching will offer you the guidance and support to change your life. We will partner together in a non-judgmental environment to achieve your wellness goals. I am

a National Board Certified Health and Wellness Coach and accredited by the International Coaching Federation. I am also certified in Positive Psychology, Life and Nutrition Coaching as well as an author and keynote speaker. I use my coaching skills, assessments, and motivational interviewing to help my clients discover, define, and design their lives. We can not change adversity but we can change how we respond to it. Contact me to schedule a complimentary 15-minute phone consultation and plan to become your Best-Self. Individual and couple sessions via office, zoom, and phone.

PSYCHIC READINGS MEDIUMSHIP

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**PAMELA FURLONG**  
The Galleria, #2 Bridge Ave,  
Red Bank, NJ 07701 [moonstruckusa.com](http://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](http://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.

RETAIL

**A YEAR AND A DAY MYSTICAL SHOPPE**  
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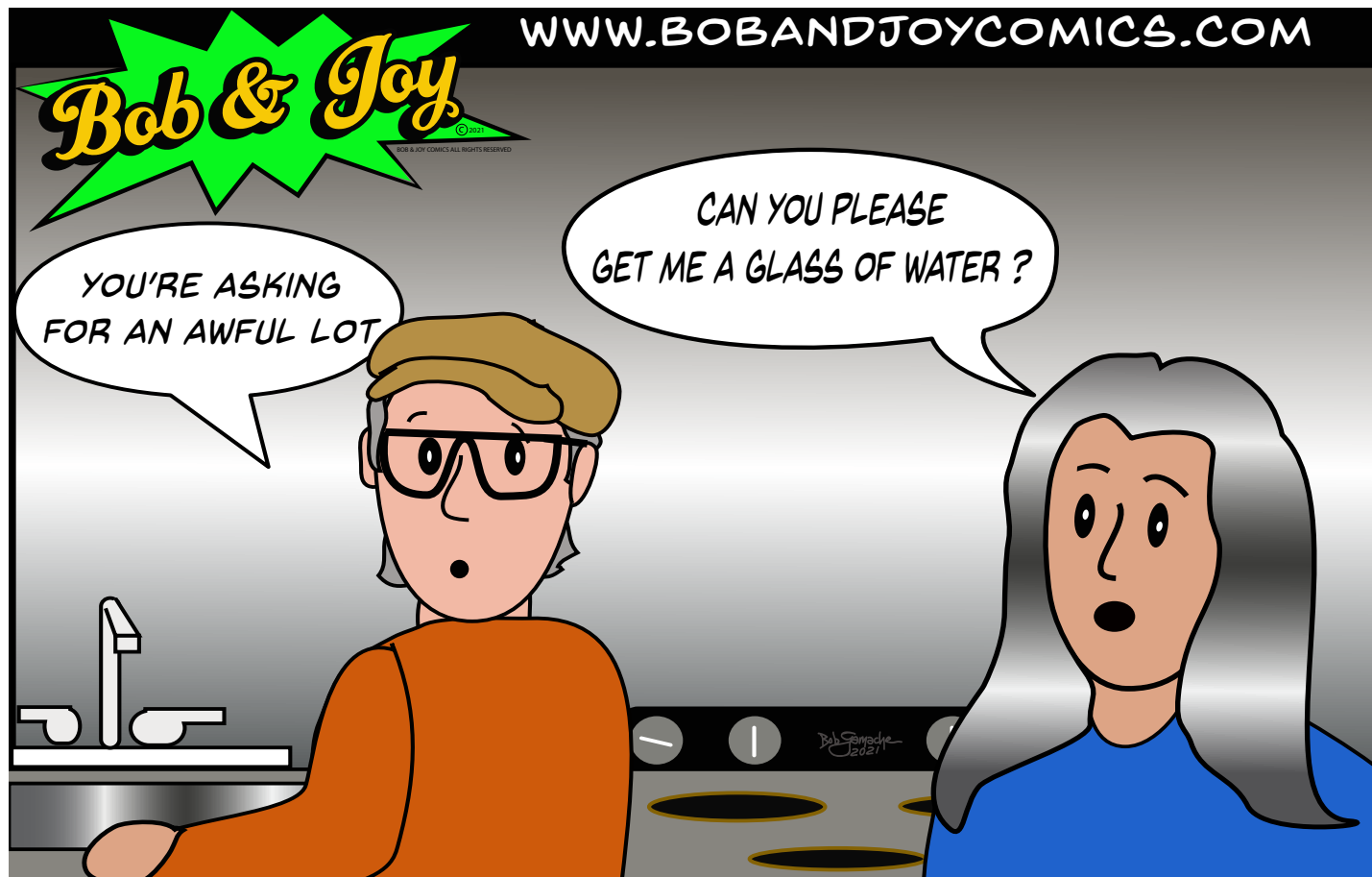


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