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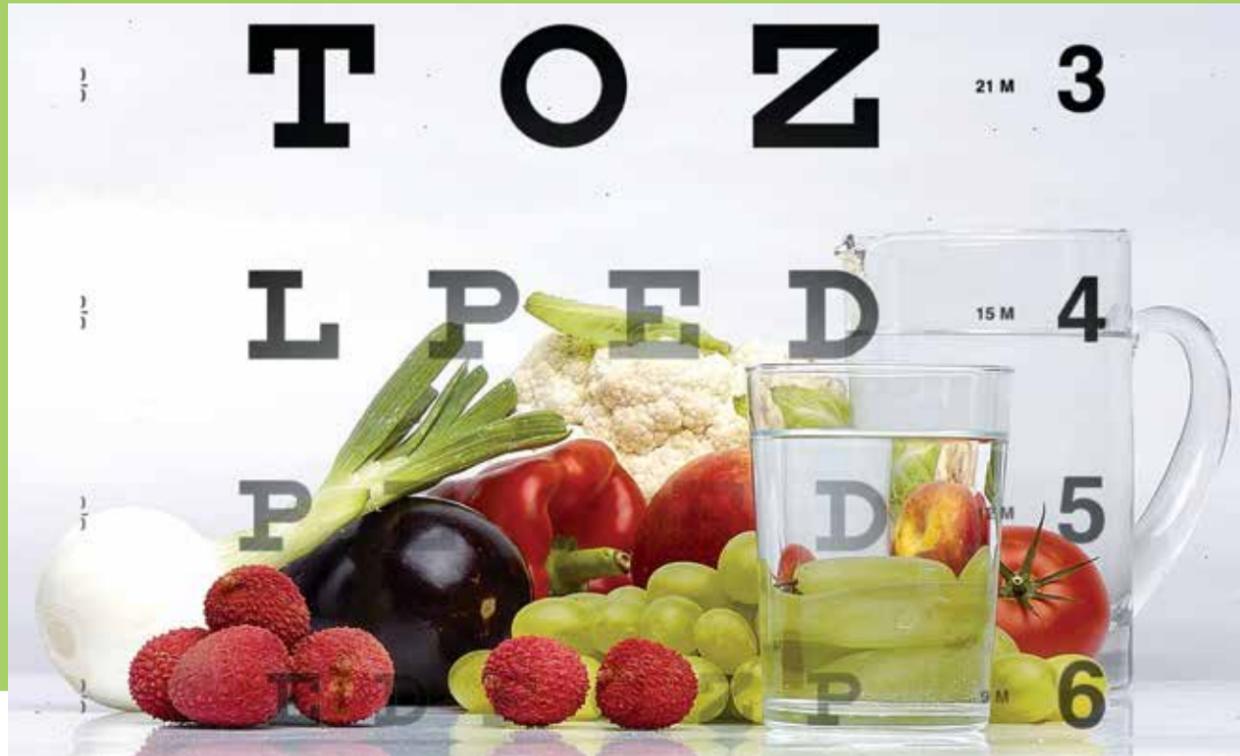
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For more than 40 years Mark Berkowitz, D.D.S. NMD, C.HOM, AIAOMT has been a leader in his field serving the holistic community. Now Dr. Berkowitz is pleased to announce Gary Braun D.M.D., AIAOMT has joined the practice, together offering more than 50 years of experience. The practice has been a holistic dentistry practice for over 20 years, specializing in bio-compatibility testing for allergens, SMART amalgam removal, full body holistic and nutritional counseling, Ozone/Oxygen administration in conjunction with major dental procedures including periodontal therapy/endodontics/oral surgery, and removal of base metal restorations along with the usage of e-max/zirconia crowns as well as BPA-free composite materials.



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letter from publisher

Hello Friends



Sharon Shaffery

HAPPY VALENTINE'S DAY! I love to celebrate love 🎵
"Light of the world, shine on me, love is the answer. Shine
on us all, set us free, love is the answer" -
— England Dan & John Ford Coley.

Love IS the answer. Each month we approach pro-
duction of the magazine with so much love in our hearts
for our readers and our advertisers and we are truly blessed
to feel your love back in return. Over the last 2 years we
have increased our distribution sites by 50% now with over
600 locations all over Monmouth & Ocean counties. And
we have gone from 14,000 copies to nearly 17,000 each
month – and this number continues to grow. Plus, our
web traffic has tripled. It is such a great feeling to watch the magazines fly off the shelves
so quickly, and super rewarding to know we are helping to make a difference in so many
lives in our community. Thank you so much for giving us this opportunity!

Each month we strive to bring you content that will help awaken the god within each
of us recognizing our unlimited power, potential and healing capabilities. As we embrace
our abilities, we help to raise the collective consciousness of human beings. Scientist
Rupert Sheldrake conducted an experiment with rats which showed that as rats in one
location learned a new skill, rats in at a distant location were suddenly able to learn that
skill more quickly than the first group. Now, if rats can do it, imagine what we can do.
But the rats aren't burdened with human "problems" and that is why it is so important for
us to clear away the stress and anxiety that lowers our vibration. As we raise our vibration
we become more powerful transmitters and receivers. So that the lessons we learn each
month from the content in Natural Awakenings and other great resources permeate the
collective conscious and like the rats, other tuned in humans gain the advantage of learn-
ing the lessons more quickly.

10 months ago I was curious to see how many people on LinkedIn identify them-
selves as Lightworkers. A Lightworker is an individual who recognizes themselves as a
spiritual being having a human experience with a higher purpose to spread love and help
humanity recognize and strive for our highest potential. At that time there were 1400. I
checked back today and now there are 1474. It's pretty exciting for me to witness people
from all around the globe choosing to spread love and proudly wearing the title. I have
been hearing the words "step into your power" a lot this past year, but I was like "what
is my power". Listening to one of the MndValley coaches the other day I finally had the
answer. Love is my power. If I am honest with myself, I have been pretty stingy with my
love. I've retreated to a winter hibernation and now I think it is time to force myself out
and start interacting with people again. I can't spread love and positivity sitting dormant.
So that's my new resolution, it came a little late but there it is.

I hope your 2020 is off to an amazing start, and thank you so much for your contin-
ued support. We couldn't do this without you! Thanks to our advertisers, and thanks to
our team.

Warm wishes,

Sharon

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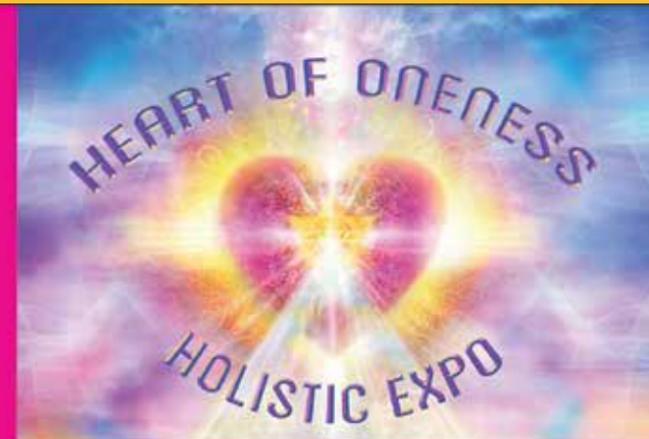
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March 27, 28 & 29

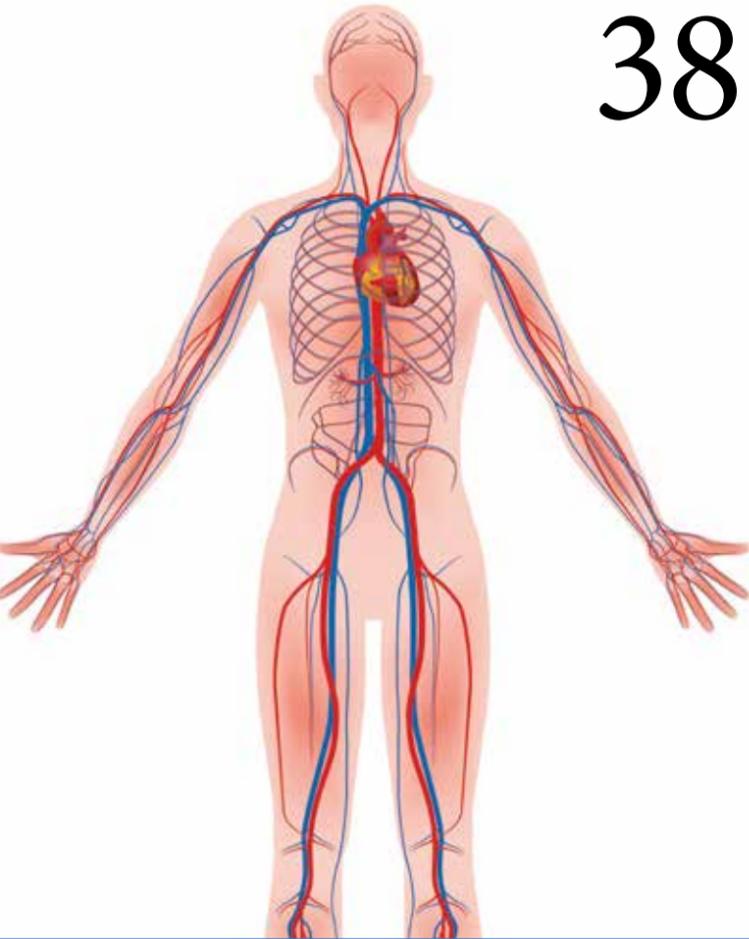
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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 26 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.



38

18 Vitamin C
Not Just For Colds!

20 THE FIVE ELEMENTS

22 TIPS FOR PREVENTING
TICK BITES

24 FOR
OPTIMAL HEALTH
Look Beyond Cholesterol

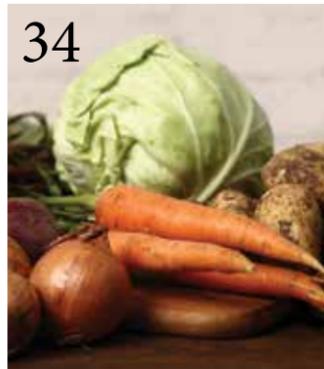
28 LINDA CARROLL
on Skills That Make Love Last

32 CHOOSING LOVE
How to Cope With Fearful Times

34 A FEAST FOR
ALL SEASONS
Embracing the Rainbow Year Round

38 SACRED VESSELS
The Lifeblood of Heart Health

42 PAIN RELIEF FOR PETS
Prolotherapy Gives Joints New Life



Contents

DEPARTMENTS

- 7 news briefs
- 14 health briefs
- 16 global briefs
- 28 wise words
- 32 inspiration
- 34 conscious eating
- 42 natural pet
- 44 calendar
- 48 resource guide

news briefs



The “Non-Intimidating” Yoga Studio

Introducing SUKHA. The “Non-Intimidating” Yoga Studio located in Brick. Sukha has been open since 2015 and our philosophy has always been to teach yoga in a non-intimidating approach for all shapes, sizes, ages, genders and levels of yoga. Everyone is welcome no matter if you wear your pajama bottoms or yoga pants. Sukha is about comfort and community over competition. We offer Gentle, Restorative, all level Vinyasa, Hatha, Pilates, and Barre. All classes and prices are non-intimidating. Nervous to commit? New friends can come to SUKHA for our February special: 28 days

of yoga for \$28 or One Year All Inclusive Membership for \$59 per month. (Exclusive for Monmouth County Residents - receive a \$10 gas gift card with a one-year membership).

Sukha also offers many workshops including, bi-weekly crystal Bowl Meditation with Danielle Gregor and Monthly Mediumship Classes with Gloria Weichand. Learn more about Sukha by visiting: sukhayoga.com or call 877.785.4211. Facebook @sukhasouth Instagram @sukha_non-intimidating_yoga.

Dimensions of Love

February often brings with it thoughts of romance and love, but it can also bring bitterness and depression. The expectations we create for others on Valentine’s Day and other “connection” holidays really do affect our emotions and reactions as we wait to be joyfully surprised or frustratingly disappointed. Through all of these emotional “demands” we are living, are we loving ourselves?

Sometimes the best gift to give ourselves is the gift of Forgiveness. We can’t dictate other people’s actions; we can only control our own. We owe it to ourselves to assess what we are going through, forgive ourselves and take responsibility for our own behavior, and learn the lessons from those past issues so that we can apply what we learned in the future. Then we get to focus on what really raises our vibrations and clears our energy field. Think about the gift of reconnecting with friends and family that have become estranged.

At Dimensions Reiki, we are committed to helping you reach balance and peace while reminding your mind, body, and spirit of a time when they didn’t carry so many burdens. Our energy healing sessions will balance and prepare your physical and emotional energy, and our classes and workshops will give you exposure and techniques to help you develop your spiritual energy. Love and honor yourself first; you are the most important part of any relationship. Spirit awaits, with unconditional love.

For more, visit dimensionsreiki.com. Owner Jeff Carpenter is a Reiki Master Teacher, psychic, spiritual cleanser, and spirit medium, 169 Main Street, Suite 105, Matawan, NJ. Email dimensionsreiki@gmail.com or call 732.832.1036 to schedule an appointment with Jeff or with Tracy, another of our skilled Reiki Masters.



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Kid's Yoga 4 Week Series

Join the Yoga Loft for our new Kid's Yoga 4-week series for ages 6-9 February 4th, 11th, 18th and 25th 5-5:45pm with Jennifer Hardy-Wiessel. \$45 for 4 weeks or \$12 per class drop in fee. Is your child cooped up inside due to the weather and needs to move their body? Does your child need self-regulation skills? Does your child like to have fun while making new friends?!

Join Jennifer Hardy-Wiessel, music, yoga and mindfulness teacher, as she helps kids build self-confidence, awareness, and control through breathing exercises, yoga poses, mindfulness skills, games, partner poses, and relaxation techniques.

Pre-registration for the 4-week series is required. Please call/text 732.239.2333 or email info@theyogaloftnj.com to reserve a spot.

Maha Sadhana The Great Yoga Practice

It's time for Maha Sadhana! February 2nd 4:30-6 pm. Jivamukti trained, Maria Preuster comes with great experience and knowledge of the Yoga teachings. Her early practice was under the guidance of Walt & Magana Baptiste and her career in NYC led the way to Jivamukti. Maria has been teaching Yoga for almost 20 years and is dedicated to helping others find the same transformation of mind, body, and soul that she has experienced in her own life.

This class is for serious practitioners as well as newer students looking to bring yoga into all aspects of their life. Known for her clear and precise instruction she will guide you through a 95 minute, naturally heat building asana sequence accompanied by chanting, uplifting music and hands on assists. Always backed by Yoga scripture and philosophy, plan on meditation and if your karma aligns, you might get an epic and ancient story as well. The Great Practice will be offered once a month and is perfect for those consciously seeking spiritual enlightenment. Sun Moon Yoga and Healing 104 Brighton Ave Long Branch, 917.701.3298.

Conversations with Adele

Adele Paula Royce will be exploring the topic "Who is in Charge of my Inner State of Being" Friday February 2nd 7:30- 9pm. Come to one or go to all in this 4-month series.

This series will be an open forum consisting of discussion, some light breath and imagery work. This would allow participants an opportunity to take a journey inward to explore the points of similarities of the rich traditions of Eastern and Western Spiritual paths; enabling one to delve into their practice with an open heart and a quiet mind. It sets the groundwork for 'why' we practice Yoga and the various methods of dealing with the Physical, Emotional, Mental, Moral and Spiritual issues that we call Life. Sun Moon Yoga and Healing 104 Brighton Ave Long Branch, 917.701.3298



A Fine Experience Awaits at this Historic Mansion

It's not Downton Abbey, but it's close! – A Victorian mansion with a beautiful parlor, dining room, tea rooms, library, fireplace, and more awaits your visit! Vicki Weiss, a long-time Toms River resident, recently became the business owner for the newly named Mathis House, a Victorian Bed & Breakfast and Tea Room, known formerly as 600 Main, Toms River, N.J.

Guests at the Mathis House can stay overnight in one of six suites with four-post beds and enjoy a gourmet breakfast. Tea in the Victorian Tea Room, special occasions, parties, business meetings, corporate events, even weddings are always welcome at the Mathis House.

Voted The Best of New Jersey, 2019, and open year-round. Afternoon Teas include soup, salad, scones, a variety of tea sandwiches, and a plate of desserts. Desserts, soups, scones with clotted cream and lemon curd are made on premises. For tea reservations and overnight stays, call 732.818.7580 for reservations. Visit mathishouse600Main.com for more information.

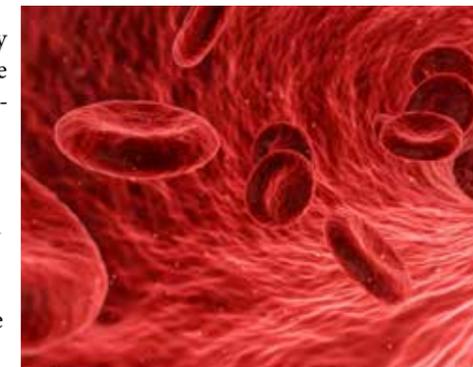
February Special - Live Blood Microscopy Just \$65

Experience Live Blood Microscopy where a high resolution state of the art microscope is used to observe live blood cells and dry layer of blood. Live Blood Microscopy provides information about the state of the immune system, possible vitamin deficiencies, and toxicity levels. It identifies acidity level, uric acid/acidic crystals, cholesterol plaque, fermentation of blood cells, parasites, what might be yeast, fungus and much more.

Dry layer of blood is used to identify Oxidative Stress of different systems in the body, ie lymphatic, renal systems, thyroid and adrenal and etc.

How it's done: a drop of blood from your finger is placed on one slide to view live blood cells and a second slide to view dry layers of blood. Then your live blood cells are observed under the special state of the art Microscope while you are seeing the same but on a screen.

After the weaknesses are identified and a comprehensive health history is discussed, a Blood Type Diet and various solutions are discussed in order to bring your body back to optimal health. Don't miss our Valentine's special for you or a loved one, only \$65 in the month of February! Take control of your health and make your appointment today! For more information and to schedule your Live Blood Microscopy call Larisa, Integrative Nutrition Health Coach at 732.996.6993.



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Transformational Breath Introductory Workshop.

Come experience what some have called the 'shortcut to enlightenment'. Fri, February 7, 2020 6:30-8:30pm, First Presbyterian Church 4 East River Road Rumson, NJ. Rich and Kirk both are certified Transformational Breath Facilitators and Group Leaders. Transformational Breath blends the conscious and unconscious mind to achieve our highest potential.

Experience the benefits and application of a full, deep, connected breath! Eliminate restrictive breathing patterns and heal yourself - physically, mentally and emotionally. Live fully & be joyful!

Space is limited and tickets are on sale now! Reserve your spot today and start transforming your life for the better! Please bring 2 pillows, water bottle, blanket, and a mat to lie on.



P.S. If you have physical limitations or health concerns you are welcome. Please let us know beforehand so we can take the best care possible. \$40 early bird pricing, \$45 week of workshop. Tickets are available here: <https://www.eventbrite.com/e/transformational-breath-introductory-workshop-tickets-87999215021?aff=ebdssbeac>

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Workshop – Healthy Gut & Digestive System

Do you often have heartburn or acid reflux? Are you suffering from some type of digestive disorders such as irritable bowel syndrome? Do you often feel bloated, have constipation or diarrhea? Join us Wednesday, February 26th at 7pm.

In this integrative workshop you'll learn about the common causes of digestive disorders, foods and other modalities that help heal and/or disrupt the normal function of your digestive system and steps to take to achieve optimal digestion and intestinal health.

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If you are taking that purple pill or any other acid blocker for what feels like a lifetime even though you were only supposed to take it for 2 weeks then this workshop is for you. Discover holistic ways to decrease your dependence on acid blockers and restore your Gut & Digestive System.

Cost: \$15 Workshop is led by Larisa Belote, Integrative Nutrition Health Coach at 298 Broad Street in Red Bank, NJ. Call 732.490.5770 or email larisa@stepbystep-wellness.com to register. Implement lasting changes step by step to improve your gut health, digestive issues, health and weight!

Wild and Free Painting

Calling all Creatives or wannabe Creatives... Join us and give yourself the opportunity to rediscover your creative self alongside other women without pressure to perform, produce or succeed.

Wild and Free Painting is an indulgent and nourishing Process Painting Art Studio for self-care, personal growth and exploration. We focus on the act of painting itself and your experience while painting rather than the final art product. We celebrate your creativity in all of its authentic form and return to the idea that creative expression can serve as a tool to heal, connect, uncover, reclaim and discover. Experiencing this process helps women feel a deeper connection within themselves and in turn feel more satisfied and connected in all of their relationships. Absolutely no prior art experience is necessary to enjoy the benefits of this process.

Elissa earned a BFA in Graphic Design from The University of Michigan, holds a Masters degree in Art Therapy from NYU, is a Registered Board-Certified Art Therapist and Process Painting Facilitator. Join our Weekly Process Painting Women's Groups and Monthly Art Nights! Individual sessions available. Call 347.804.8249 or visit wildandfreepainting.com. 660 Tennent Road, Suite 106, Manalapan, NJ.



TAI CHI at Monmouth Beach Yoga & Wellness

Learning the practice of Tai chi is an easy way to get our bodies moving everyday. Join Melinda at Monmouth Beach Yoga & Wellness, she will be offering a two-hour workshop called "Tai Chi Easy" Her teacher Dr. Roger Jahnke has developed this practice so that anyone can experience the benefits of peace and well-being it affords. Tai Chi Easy doesn't require more than your body, breath and 10 minutes of time, but don't let the easy part fool you. Although simple to learn the profound healing that occurs can change your life.

We'll start with the basic principles and then learn the moving meditation, flowing together like a string of pearls. Once learned you'll have joined the revolution to empower yourself with affordable self-care. Discover what Dr. Jahnke calls "The Healer Within!"



Reserve your spot! Saturday's February 22nd & March 7th 1-3pm Investimate: \$45 The Studio is located at 36 Beach Road Suite 10, Monmouth Beach (Complex with MB Post Office) 973.452.2828. mbyogaandwellness.com

Reiki II Certification Training

In this Reiki II Certification Class at Monmouth Beach Yoga & Wellness, you will raise your spiritual awareness and increase your Reiki energy channeling abilities with new techniques and tools. You will receive two powerful Reiki II attunements and learn the sacred Reiki Second Degree symbols for the expansion of the Reiki healing energy. You will become a more powerful and skilled Reiki healer immediately. We begin with a brief review and practice of the Reiki I class techniques. After the review and practice, you will learn the three Reiki symbols known as the "Sacred Keys" of Reiki. The Reiki symbols unlock and activate the higher Reiki energies.

You will also learn: How to scan a person to determine energy blockages, and effectively remove those energy disruptions. How to perform a Spinal Clearing, how to Beam Reiki, and give a Reiki Shower. How to use crystals in basic grids to enhance healing. How to use a pendulum to determine energy blocks. How to effectively clear and protect yourself and your space. How to be more intuitive while working on someone.

You will receive a comprehensive manual and a Reiki II completion certificate. Sunday, February 9th, 12-6:30pm, Investment: \$195 (includes manual & certificate) Reserve your spot!

The Studio is located at 36 Beach Road Suite 10, Monmouth Beach (Complex with MB Post Office) Call 973.452.2828 or visit mbyogaandwellness.com.

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Beginner Level 2 - Next Steps

Are you ready to take the next step in your yoga journey? We will build on everything we learned in the first Beginner Yoga series at MBYW. This series is also appropriate for anyone returning to their practice after an absence. The greater part of this series will continue to be centered on the physical practice (asana), giving you the opportunity to explore the proper alignment of more foundational poses and get comfortable with the commonly used terminology. It is accessible to everyone with the use of props and modified versions for all poses.

The focus for each week in the series will be: Week 1 - The Standing Poses. Week 2 - The Seated and Supine Poses. Week 3 - Forward Folds and Twists. Week 4 - Pranayama (Breathwork), Meditation, Restorative Poses (Savasana).

You will also learn how to use your breath to find stability and ease in your body. We will explore the practices of pranayama and meditation in more depth and learn a bit about the history and philosophy of yoga, the different styles of yoga and what sets yoga apart from other forms of physical activity. These classes will be relaxed and fun and you will be encouraged to ask questions. Some prior yoga experience is suggested. Reserve your spot! Mondays February 24th - March 16th 7-8pm Investment: \$80 The Studio is located at 36 Beach Road Suite 10, Monmouth Beach. Call 973.452.2828 or visit mbyogaandwellness.com.

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Everyone Needs to Stretch!

Stretching is on our schedule every day because everyone needs to stretch and can learn to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. Stretching brings better flexibility which helps to improve your performance in physical activities. It can decrease your risk of injuries by helping your joints move through their full range of motion and enabling your muscles to work most effectively.

We emphasize the deep stretch of all major muscles and connective tissues through a series of slow movements and breath awareness. The goal is to release tightness in your body, whether it's in your hips, shoulders, back, hamstrings or quads. We end all of our classes with a relaxing, resting pose to prepare your body and mind for inner peace.

Stretch classes are offered daily, please check our calendar for times. mbyogaandwellness.com. Drop ins are always welcome & we offer a new student special 3 classes for \$30 with no expiration date. Monmouth Beach Yoga & Wellness is located at 36 Beach Road, Suite 10, Monmouth Beach. Any questions please call Lisa Matthews at 973.452.2828.



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Routine and Ritual on Saturday from 1:30-3. This practice will open your mind and heart to what it means to resolve, reflect, reconnect, and create a ritual centered on movement, breath, and a beautifully simple journaling experience that will keep you centered and strong. Everything you need is already inside of you. Step into your power, passion, grace, and greatness. Embrace the willingness to make everyday a bit more intentional and sacred.

Easy Like Sunday Morning afternoon 12:30-1:30. Begin with a warming and heart-opening slow flow, allowing energy to begin flowing in the body. The second half of the class will focus on yin poses held longer to stretch the connective tissues helping us to relax into the deepest layers of the body. You will be sure to leave feeling calm, peaceful and balanced after this healing practice.

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Buti yoga is a trademarked style of yoga that combines jump training (plyometrics), tribal dancing and dynamic yoga asanas into an intense workout. In Marathi, the language spoken in parts of western India, buti means "a secret remedy or cure."

Join Yolanda Howard Saturday February 1st from 11:30am-12:15pm in this ecstatic practice. This cardio-intensive yoga workout is designed to transform body and soul through the trademark method of Spiral Structure Technique (SST), which forms the basis for Buti yoga's dynamic flow sequence. SST uses spinal movement to tone the core, rather than the linear movement found in many yoga practices. The spiral movements are thought to be more appropriate for a woman's body. SST is designed to target to both the inner stabilizing and outer muscles. Sun Moon Yoga and Healing 104 Brighton Ave Long Branch, NJ 917.701.3298

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Practice Qigong Massage to Improve Autism Symptoms in Children

Qigong, a traditional Chinese massage technique and movement practice, may offer hope for the one in 68 American children suffering from autism spectrum disorder. Researchers at Portugal's Oporto University reviewed 10 high-quality studies, all of which involved massage for children as young as 2, including two which also employed slow qigong movements and breathwork for older children. Previous studies have found that the qigong type of gentle massage practiced for 15 minutes daily by parents on autistic children helps the children tolerate touch, feel reassured by it and bond more deeply with parents that also feel less stress. The meta-study affirmed, "Qigong seems to be able to decrease severity of individual sensory, behavioral and language components of autism, and improve self-control, sociability, sensory and cognitive awareness, as well as healthy physical behavior."



Use Pumpkin Seed Oil to Dodge Hypertension

Postmenopausal women are more likely to develop hypertension than men their age, but taking pumpkin seed oil daily may head off that condition, report researchers from Marymount University, in Arlington, Virginia. In a blind study of 23 participants, women taking three grams of pumpkin seed oil for six weeks had significantly reduced systolic blood pressure, as well as better blood flow in their arteries. The oil "might be effective in the prevention and treatment of hypertension in this population," write the authors.



Use Probiotics to Reduce Bone Loss and Newborn Infections

Bone loss leading to increased fracture risk occurs in half of postmenopausal women, but new research from Sweden offers a deterrent: a combination of three *Lactobacillus* probiotic strains. A total of 249 healthy, early postmenopausal women over the age of 50 that took the probiotics for a year suffered no significant bone loss in the lumbar spine compared to a placebo group, report researchers at Gothenburg University. They had slight reductions in bone loss at the neck and no changes at the hip or upper femur.

In a *British Medical Journal*-published study on probiotics that spanned 10 years and involved nearly 1,000 at-risk babies, researchers from the UK's Norfolk and Norwich University Hospital found that newborns with gut infections were twice as likely to recover when given probiotics as part of their treatment in intensive care units, with sepsis rates reduced from 22.6 percent to 11.5 percent. The strains used were *L. acidophilus*, *Bifidobacterium bifidum* and *B. longum* subspecies *infantis*. The babies were suffering from necrotizing enterocolitis, a rare infection and inflammation of the intestines which can affect low-birthweight babies.

Get Nutritional and Antifungal Benefits from Celery

Researchers from Cameroon's University of Buea studied the properties of nine local vegetables and found that celery, *Apium graveolens*, had some of the highest levels of antifungal properties, as well as high levels of nutritional lipids, protein, vitamin C, copper, zinc and phosphorous. Also scoring high in nutritional and antifungal value were the seeds of *Irvingia gabonensis*, African or bush mango, sometimes used in the U.S. in weight-loss products.

Try Mind-Body Options to Reduce Opioid-Treated Pain



People suffering from acute pain often turn to addictive opioid treatments, but research from the University of Utah School of Social Work published in the journal *JAMA Internal Medicine* concluded that certain mind-body therapies significantly reduce pain and the use of opioids. Reviewing 60 randomized, controlled, published clinical trials with more than 6,400 participants, researchers found that meditation/mindfulness, therapeutic suggestion and cognitive behavioral therapy all significantly reduced pain severity along with opioid use and misuse. Hypnosis also helped lower pain. Mind-body therapies proved effective at reducing short-term, acute pain from medical procedures, as well as chronic pain. Lead author and Associate Dean for Research Eric Garland pointed out that 82,000 Americans are projected to die from opioid overdoses in the next five years and noted, "If all of us—doctors, nurses, social workers, policymakers, insurance companies and patients—use this evidence as we make decisions, we can help stem the tide of the opioid epidemic."

Consider Vitamins to Reduce Eczema Severity

Eczema, or atopic dermatitis, affects one in five people over the course of a lifetime, causing itchy, red, swollen and cracked skin, especially on the arms, hands and feet. Genetics, immune system dysfunction and environmental exposure, including to chemicals, are some causes, and treatment usually involves moisturizers and corticosteroid creams. Research from China's Chongqing Medical University reviewed clinical research on treating eczema with vitamins and found 10 studies totaling 456 patients. Their study concluded that supplementing with vitamin D₃ significantly reduced symptoms for patients with moderate to severe eczema, and that a vitamin B₁₂ cream was also effective in soothing symptoms, as was vitamin E supplementation. A combination of 600 IU of vitamin E and 1,600 IU of D₃ scored highest in a study included by the researchers, lowering symptoms overall by 64 percent in 60 days.





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Clear Thinking

UNESCO Adopts Resolution on Earth Charter

The 40th General Conference of the United Nations Educational, Scientific and Cultural Organization (UNESCO), held last November, adopted a resolution that reaffirms the importance of the Earth Charter (EarthCharter.org) as an ethical framework for sustainable development.

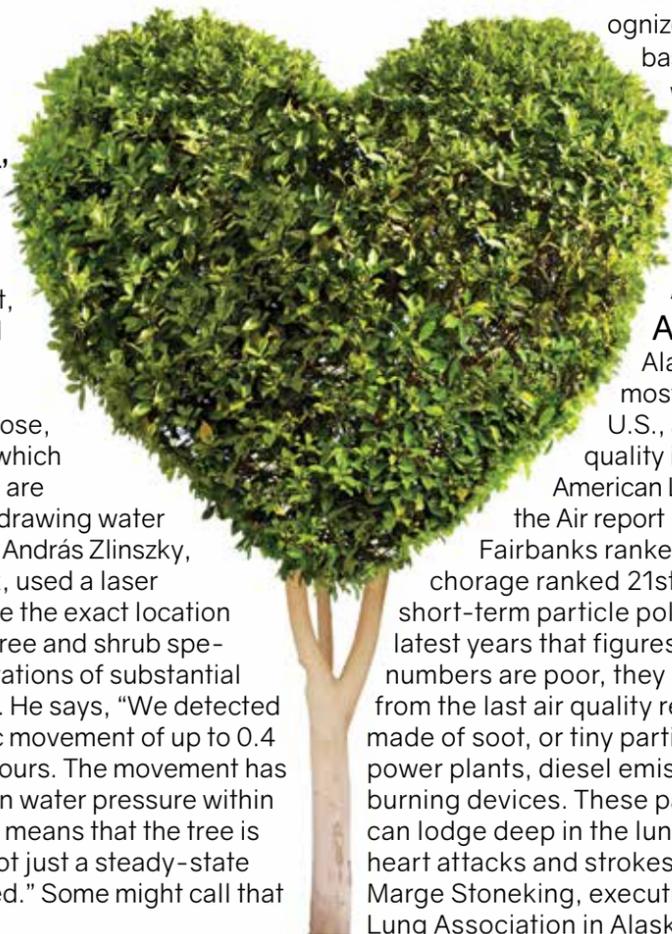
The Charter's four pillars—respect and care for the community of life; ecology integrity; social and economic justice; and democracy, non-violence and peace—have guided and underpinned UNESCO's sustainable development work. Taking into account the current world situation and environmental crises, delegates felt it was time to act and that the Earth Charter provides the needed principles and values. Although it has no binding force, like previous UNESCO resolutions, its ethical foundation may surface in future battles in international courts.



Thump Thump

Trees Exhibit 'Heartbeat'

Scientists have discovered that some trees raise and lower their branches several times in the course of the night, indicating a cycle of water and sugar transportation, but they didn't know why. Plants need water to photosynthesize glucose, the basic building block from which their more complex molecules are formed. For trees, this entails drawing water from the roots to the leaves. Dr. András Zlinszky, at Aarhus University, Denmark, used a laser scanning technique to measure the exact location of branches and leaves of 22 tree and shrub species, and published his observations of substantial unexpected movement cycles. He says, "We detected a previously unknown periodic movement of up to 0.4 inches in cycles of two to six hours. The movement has to be connected to variations in water pressure within the plants, and this effectively means that the tree is pumping. Water transport is not just a steady-state flow, as we previously assumed." Some might call that pumping action a heartbeat.



Seal Deal

Fishermen Protect Endangered Sea Mammals



In 1969, there were only 100 South American fur seals and sea lions along the coastline of Lima, the capitol of Peru, but that has increased to more than 8,000 today, thanks to local fishermen that have realized over the intervening years that a

balanced ecosystem benefits all. Once hunted almost to the point of no return for their pelts and because they ate so many fish, the sea mammals have slowly rebounded since Peru established its first marine protection area there in 1979, the Paracas Marine Reserve. Today, the Fishermen's Union has defined these areas, in which each local fishing collective is dependent economically, and has assigned responsibility to that group for protecting those marine resources. Impetus for species protection is also being driven by the rise of tourism and artisanal fisheries.

The International Union for the Conservation of Nature, which maintains a "Red List" database of species and the degree to which they are threatened with extinction, has also been involved. It also compiles a "Green List" to recognize global best practices for area-based conservation, a program working with marine reserves along the Pacific coast.

Soot Cities

Alaska Battles Air Pollution

Alaska, which has some of the most pristine environments in the U.S., also has some of the worst air quality in its cities. According to the American Lung Association 2019 State of the Air report (Tinyurl.com/StateOfTheAirPDF), Fairbanks ranked third and a section of Anchorage ranked 21st in cities with high levels of short-term particle pollution between 2015-2017, the latest years that figures are available. Although the numbers are poor, they still represent an improvement from the last air quality report. "Particle pollution is made of soot, or tiny particles that come from coal-fired power plants, diesel emissions, wildfires and wood-burning devices. These particles are so small that they can lodge deep in the lungs and trigger asthma attacks, heart attacks and strokes, and can even be lethal," warns Marge Stoneking, executive director at the American Lung Association in Alaska.



Green Horizons

A Billion Trees in Eight Years

Marrying forestry to technology, the startup Flash Forest, in Toronto, is using aerial drones to plant trees 10 times faster than human planters with a goal of 1 billion trees by 2028. Since testing prototype devices last year, it has already planted several thousand trees across Ontario using pre-germinated seed pods containing a mixture of species. The drones are capable of planting trees at just 50 cents per pod, or a quarter of the cost of typical planting methods. Funded partly by a Kickstarter campaign, the group will start planting trees in April, with at least 150,000 in the ground by the end of this year. At full capacity, one drone operator will be able to plant 100,000 seed pods per day.

Flash Forest spokesperson Angelique Ahlstrom says, "Our goals are to have a significant and measurable impact on mitigating climate change in the next decade, while combatting deforestation and biodiversity loss on a global scale. We feel we are one of the only ways that the federal government will be able to fulfill its pledge to plant 2 billion trees in the next 10 years."

Climate Check

New Label Verifies Carbon Neutral Products

A new Climate Neutral product label is joining others like Fair Trade, 100% Organic and Made in America, and is closing in on a Kickstarter (Tinyurl.com/CarbonNeutralKickstarter) funding goal to raise \$100,000. The idea for the label was hatched by the founders of San Francisco-based backpack and camera equipment maker Peak Design and Brooklyn-based Biolite, which sells sustainable energy products. Participating companies start by establishing baseline emissions, evaluating such factors as raw materials, the energy costs at their facilities, the amount that employees travel, and how and where their products are shipped. They work to reduce and balance them through greener strategies, switching to renewable power and investing in carbon offsets before they can display the label on their products. According to Climate Neutral, it only costs 12 cents to offset the carbon emissions required to produce a \$120 running shoe. More than 40 brands have already signed up.



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Vitamin C: Not Just for Colds!

by Dr. Neda Gioia

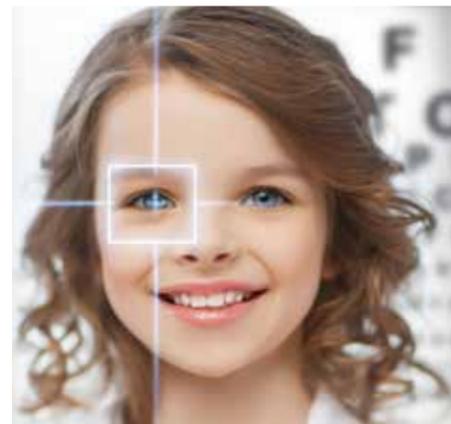
Antioxidants. We hear that word often these days. Usually in the context of health and nutrition. We know they are good. We are supposed to take in lots of them. But do we know why? Do we know what they do, or what they even are? Yes? No? Maybe? This article will take the mystery out of it so that we can understand why they are so important in our lives. It may even be a surprise to learn how crucial they are to the health of our eyes!

“ANTI”-oxidants combat or remove oxidants (compounds that oxidize) from our systems. They are responsible for rust on metal and that nasty brown color on an

apple after it’s left exposed to the air. This process is oxidation. Cells metabolize oxygen to produce energy (good), but this results in oxidants (also known as free radicals). These harmful compounds, if allowed to build up in quantity, can cause major damage to cells and their ability to function properly.

How do we cope with the damage? Helpful scavenger compounds donate electrons to these free radicals, which then neutralizes them and prevents them from causing harm. These scavengers are called antioxidants and their role is crucial to cellular health in everyone.

This process is especially true in our eyes because they are exposed to higher levels of oxidative stress and increased metabolic activity. Toxic substances such as smog, cigarette smoke, and ultraviolet light increase free radical production. That means more oxidation! Antioxidants work synergistically to protect the eyes and recent studies have shown that low levels of them is correlated with increased risk of ocular disease. In other words, we need them even more for good eye health!



In the eye, damage from oxidation plays a role in cataract formation, glaucoma, age related macular degeneration, and dry eye syndrome. That is why the eye is rich in a very common antioxidant, vitamin C. The fluid within our eyes contains 15 times greater concentration of vitamin C than in the rest of the body, suggesting that vitamin C may protect against harmful factors within the eye, where oxidative stress is at a maximum. If you have early signs of these eye problems speak with an eye care professional and ask for counseling about the importance of antioxidants, in particular, vitamin C. Guided supplementation and dietary recommendations should follow this. The goal is to provide the eye and its cells with enough power to resist the damage caused by ultraviolet light and oxidative stress and ultimately, prevent protein damage.

Stay tuned in the coming issues to read about other fundamental vitamins, foods, herbs, and of course antioxidants, and how they play a role in keeping you and your eyes healthy. Helping you “SEE” health.

Dr. Neda Gioia is a licensed optometrist with certification through Functional Medicine University and a current CNS candidate. She is a fellow of the Ocular Wellness Society, a member of the Institute of Functional Medicine and has been featured in Review of Optometry and Women in Optometry. She is the owner and founder of Integrative Vision Corp., in Shrewsbury, NJ. Currently accepting new adult and pediatric patients 732.389.2792, integrativevision.com Follow “Dr.G’s Wellness Wednesday” posts on Instagram @ integrativevision and Facebook for quick tips!

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The Five Element Cycles of Life

by Shoshanna Katzman, L.Ac., M.S.

The Five Elements or wu xing is an interactive cycle of energy serving as a representation of the physical universe. It is a comprehensive Chinese medicine guide that organizes all-natural phenomena into five master phases of fire, earth, metal, water and wood. This template categorizes the energetics underlying all things based on the laws of nature. According to this paradigm, each element is related to a specific vital organ along with its associated meridian pathway.

Furthermore, Five Element designations include association to a particular season, environmental condition, direction, taste, color, sound, odor, emotion, vocal quality, developmental stage, body type, personality, sense organ and to various tissues of the body. These inherent relationships have many practical applications to Chinese medicine diagnostics, daily lifestyle habits and health maintenance. This culminates in deeper understanding about how the elements interrelate - especially in terms of their similarities and differences, in addition to whether they are nourishing or controlling to one another.

Application of the Five Elements to daily living helps one realize why they behave the way they do based on the association of the prevailing element of their personality. It also assists them in

choosing things like the most appropriate foods, method of food preparation and environmental living situation. These elements also serve as a basis for the art of placement known as “feng shui,” therefore they are commonly used to determine how to arrange furniture along with many other aspects of their place of dwelling. In addition, it is used for guidance about when it is time to rest and hunker down, versus being outgoing and busy according to the energetics of a particular season.

Symbolically the Five Elements represent all phenomena, including the stages of life. They explain how the body functions and how it changes during health or disease.

This paradigm is further employed by a Chinese medicine practitioner as a method of diagnosis and treatment in terms of how the body functions and changes during health or disease according to the Five Elements. It provides a basis for energetic balancing with the goal of redirecting how energy flows between these elements. An acupuncturist employs this method in terms of the relationship existing between a vital organ system and a particular element. The multi-dimensional view of life provided by this approach offers a

diagnostic framework to recognize where imbalances exist within the body, mind, emotions and spirit.

The association of one’s emotional state to the Five Elements also provides key insight about how to initiate and strengthen a patient’s healing response. This includes the inherent relationship between emotions and vital organs which has many implications for quality of life and health. When deciding upon a Chinese herbal formula or dietary recommendation this includes matching the taste and color of an herb or food with a person’s prevailing Five Element constitution. Furthermore, the assessment of a particular movement in the Chinese exercise of tai chi involves how placement of the feet impacts energy flow from one element to the next. And the direction that a tai chi practitioner faces upon beginning their form is significant in terms of how qi flows within the body.

Each application of these Five Elements employs the seasons as a basis for recommendation of specific daily living habits. Overall, this approach offers a master blueprint showing how nature interacts with the body and how different dimensions of our being relate to and impact each other. Getting back to one’s inherent nature offers many ways for revitalizing and balancing body, mind and spirit. It



is an important aspect that needs to be continually nourished – empowering one to live life to its fullest. Take the initiative to learn more about this ancient paradigm to gain greater clarity and purpose in 2020!

Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist and director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for thirty years. She has taught tai chi and qigong for almost 45 years and is a 6th generation lineage holder of the Guang Ping Yang Style Tai Chi Form. Shoshanna is author of Qi-gong 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 (www.qigong4.us). For more information call 732-758-1800 or visit www.healing4u.com.

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Tips for Preventing Tick Bites

(Part 1 of 2)

by David Dornfeld DO

Below are a few important tips for preventing tick bites. This information has been compiled from discussions with fellow Lyme experts and information from the CDC. Tick pictures courtesy of the Housatonic Valley Council of Elected Officials.

Keep ticks off of you:

Prevention, including checking pets, is essential to protect young children and adults. There are a variety of tick repellants that you can spray on yourself to help repel ticks (as well as other biting insects). Sprays that contain DEET are commonly recommended I am not a big fan of spraying Neurotoxins on people however. For personal protection, IR3535 and/or picardin is usually used on the skin, with permethrin treated clothing helping to kill

ticks. One application to pants, socks, and shoes typically stays effective through several washings. Permethrin should not be applied directly to skin. Taking a shower and putting clothes in the dryer upon coming from outdoors can also kill ticks. For prevention of flea and tick-borne diseases in pets, Bravecto, Frontline plus and other products exists. Please consult your vet for the best option for your pet.

The first step in preventing tick bites is to know what ticks look like and how small they really are.

Wear long pants, long sleeves, and long socks to keep ticks off your skin. Light-colored clothing will help you spot ticks more easily. Tucking pant legs into socks or boots and tucking shirts into pants help keep ticks on the outside of clothing. If you'll be outside for an extended period of time, tape the area where your pants and socks meet to prevent ticks from crawling under your clothes.

Tick checks are key!

Check your body for ticks after being outdoors, especially in your own yard. Conduct a body check whenever you come in from the outdoors. Search your entire body for ticks. Using a mirror will help you see those hard to see areas. Remove any tick you find. Pay extra attention to these body areas;

- Under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- Under the arms
- In the hair
- Between the legs (in the groin area)
- Around the waist

Tick checks should be performed daily all year round in New Jersey and New England as our peak tick season is early Spring through mid-Fall, tick checks after any outdoor activity are essential. Ticks however can still be present - although smaller in the late fall and winter.

Important tick check reminders:

- Check your clothing for ticks
- Check your children for ticks
- Check your pets for ticks.



Tick removal:

Remove a tick from your skin as soon as you notice it. Use fine-tipped tweezers to firmly grasp the tick very close to your skin. With a steady motion, pull the tick's body away from your skin. Gently maintain this upward traction until the tick release it's grip on your skin. This may take 30-60 or more seconds. Be patient. Avoid yanking the tick out quickly as this increases the risk of having the tick mouth parts left in your skin. Then clean your skin with soap and warm water.

Avoid crushing the tick's body. If you accidentally crush the tick, clean your skin with soap and warm water or alcohol. Try to avoid startling the tick as you plan to gently remove it as it will, via "jet-propulsion", excrete its bacteria, virus and or fungal organisms into you, leading to potential co-infections. Don't use petroleum jelly, a hot match or any other products to remove a tick. This will only increase the likelihood of transmission of Lyme disease and/or a co-infection.

What should I do if I'm bit by a tick?

Remove the tick as recommended. Contact a healthcare provider who knows about Lyme disease immediately. You can get Lyme disease or a co-infection from any tick that is attached, no matter how long. Improperly removing the tick only increases the risk of disease transmission. In other words, you should be evaluated by a healthcare provider after ANY tick bite, no matter how long the tick was attached. Tick disease transmission may occur in as little of 15 minutes. The sooner you are treated properly, the better the outcome usually is.

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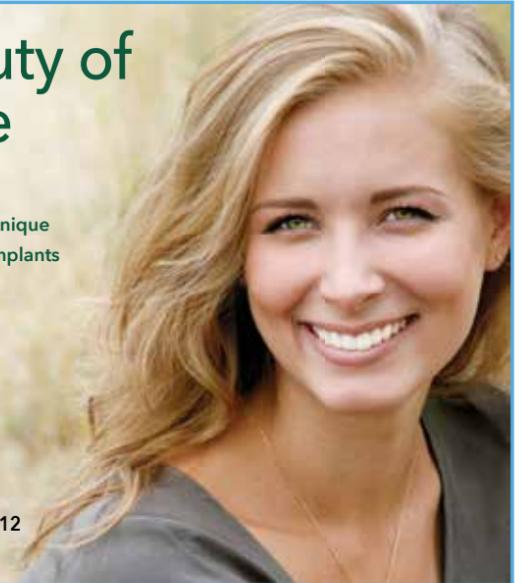
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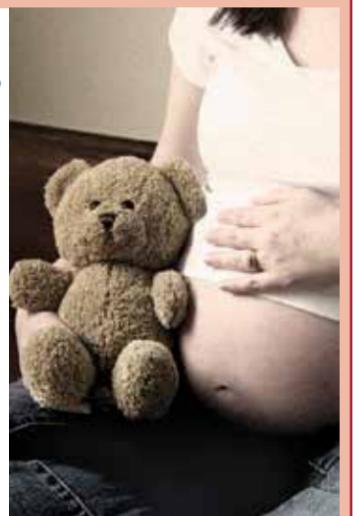
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For Optimal Heart Health, Look Beyond Cholesterol

by Vivian A. Kominos, MD, FACC, ABOIM

It is never too late to obtain optimal heart health. There is ample clinical evidence that heart disease can be reversed with lifestyle, appropriate medications and a healthy physical and emotional environment.

For the last several decades cardiology has concentrated on the treatment of high cholesterol, specifically LDL cholesterol, for the prevention of heart disease. It is true that high cholesterol is a risk factor. For people at high risk for heart disease, drug therapy with statins decreases heart attack and stroke risk. However, about one-half of patients who have heart attacks have normal or low LDL cholesterol levels. Risks beyond cholesterol

need to be considered to help prevent and reverse heart disease. Two of these risks are inflammation and calcification.

Inflammation:

With injury or infection, inflammation is the mechanism by which the body heals: chemical messengers recruit white blood cells that attack and repair damage caused by infection or injury. In fact, inflammation that is appropriately targeted and

short-lived is necessary for survival and health. But when inflammation goes unchecked and persists, it increases the risk for heart disease and many other chronic diseases including dementia, arthritis and some cancers. There are ways to measure inflammation with a simple blood test called C reactive protein, or CRP. The results of a large placebo-controlled trial, JUPITER, showed that even with normal cholesterol levels, a high CRP was associated with an increased risk for heart attacks and strokes. Your doctor can order a CRP to check for inflammation. A level below 1 mg/dL is associated with low cardiovascular risk while levels above 3 mg/dL confer high risk.

What causes inflammation and what can you do to reduce it? Inflammation can result from many insults: environmental exposure to toxins (e.g., smoking, pesticides), high emotional stress, autoimmune diseases, and poor nutrition to name a few.

Inflammation can be reduced naturally through lifestyle. Clinical studies have shown that both the Mediterranean and DASH diets reduce the inflammatory chemicals that damage the lining of blood vessels. Stress reduction techniques such as breathwork, meditation and yoga not only reduce inflammation and stress, but also prevent and treat high blood pressure, high cholesterol and obesity! Supplements such as turmeric and fish oil

also lessen inflammation. But before taking supplements, check with your physician to make sure they are safe and do not interact with any medications.

Calcification:

Calcium, the most abundant mineral in the body, may collect on the lining of blood vessels as a response to injury. This interferes with the normal function of the blood vessel and over time, the calcium build up



can cause a blockage that limits blood flow. It is easy to quantify the amount of calcium in the heart's arteries with an ultrafast CT scan of the chest. This yields a number called a "calcium score." This score is then compared to people in the same age group. A high calcium score, or high calcium for age, predicts an increased risk for heart attack and stroke. But this test is not for everyone: there is some radiation exposure; if there is a history of coronary artery disease or other vascular disease, the test does not add any prognostic value; similarly if a high risk for heart disease is already present, the test may not be of value since it may not change treatment. The purpose of any test is to provide useful information that will aid in a treatment plan. Ask your physician if this test is right for you.

What causes calcification of arteries? A complex milieu that includes some of the same risks that cause heart disease: high blood pressure, smoking, high cholesterol, diabetes, and genetics. Unlike high cholesterol, there is currently no drug that treats or reverses calcification. Minimizing or reversing risks will also prevent calcification.

Vivian A. Kominos, MD, FACC, ABOIM is a fellowship trained integrative medicine doctor and cardiologist. She is an Assistant Professor of Medicine at the Andrew Weil Center for Integrative Medicine, University of Arizona School of Medicine and has a clinical practice in West Long Branch, NJ. She utilizes the best of conventional and integrative medicine to personalize approaches to overall wellness besides heart health.

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Are you a Rushing Woman?

by Larisa Belote, INHC, AADP

Are you one of those women that drinks coffee to wake up, takes Prozac to make herself feel better, drink wine to wind down and then takes Ambien to help with sleep? If this is you, then you are a Rushing Woman who is destroying her hormones day in and day out.

A woman's body was not designed to live in today's stressful world, but instead to live like the cave women did. Many women believe that they are strong, powerful and can achieve anything and everything they want. They believe they can be a mother, a wife, a friend, can have a career and do all of those things perfectly. The truth is, that women can do all of those things perfectly and can achieve everything they want, but at what price? They push themselves every day without any regard for their health, but while doing it are causing their hormones to suffer.

While being a Rushing Woman, women are not able to eat the right foods or research what their makeup is doing to their endocrine system. They are on their cell phone getting wife stimulation all the time and they are reaching for medication to get a quick fix. With all of this, the Rushing Woman is putting herself in the sympathetic dominance state where she is constantly stuck in freight or flight just like a hamster on a wheel and does not know how to get out of it.

This state keeps a woman in a high cortisol level at all times which is very harmful. Most women can be that Rushing Woman for a while and then so many start losing their hair, can't lose weight and start feeling overwhelmed followed by anxiety and depression. Some end up with thyroid problems and cancers like breast and ovarian... all coming from a rushed life!

You may say there is no answer to this, because you as a woman with a lot of responsibilities. But think about what will happen if you get sick and no one is there to care for your kids or for yourself! Remember you, the Rushing Woman, takes care of everything and everyone and so you should be taking good care of yourself first.



Here's 3 steps you can take to heal yourself:

1. Snap out of the Rushing Woman syndrome! Take a moment and make yourself aware of what is really going on. Most women are not aware, because they are always busy and have no time to think and make themselves aware.
2. Get to the Root Cause - Rebuild your endocrine system, lower your cortisol and balance your hormones naturally
3. Get a Tool Box – also known as MTA – Multi Therapeutic Approach which includes the correct diet, supplements if needed and lifestyle changes.

Working with an Integrative Nutrition Health Coach can help women with Rushing Woman Syndrome by implementing the three steps above. Expect to receive the TLC you need, to bring out awareness and take steps for self-care. Expect to use the Multi Therapeutic Approach for guidance with diet and lifestyle changes desperately needed and help getting to the root cause by gently balancing hormones. The Tool Box is built based on unique individuals need and the tools inside will be useful for a lifetime.

Larisa Belote, INHC, AADP, Integrative Nutrition Health Coach is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Contact Larisa to set up an appointment today. Call 732.996.6963 or email: larisa@stepbystep-wellness.com; Website: www.stepbystep-wellness.com

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Linda Carroll on Skills That Make Love Last

by Kajsa Nickels



Psychotherapist Linda Carroll was drawn into the dynamics of couples' counseling three decades ago when she saw how in her own marriage, petty disagreements could turn into full-blown arguments with the potential for deep wounds. She and her husband Tim worked on their issues by attending workshops across the country, including Imago

therapy and PAIRS (Practical Application of Intimate Relationship Skills), which were so effective that she developed a curriculum called Love Skills by combining those tools, her experience as a married person and counselor, personal training from consciousness pioneers and resources from ancient mythology and spiritual/religious traditions.

She has co-taught the course with her husband for more than 25 years. Her first book, *Love Cycles: The Five Essential Stages of Everlasting Love*, has been translated into several languages and details stages in romantic relationships. Her new book, *Love Skills: The Key to Unlocking Lasting, Wholehearted Love*, is a guide to developing a relationship toolkit.

What is the Love Cycles model?

It is based on the fact that feelings of love are seasonal. Like the seasons of the year, they are a natural progression of a relationship. If you understand the seasons, you

can pass through them. All relationships are teachers. If we allow them to teach us, we become free to love deeper and better.

What is the most difficult Love Cycles stage, and why?

Each stage has its own unique challenges. For example, the first stage, the Merge, has a magic to it due to the chemical cocktail that

floods your body when in the presence of your significant other. But this stage can be treacherous in that you can mistake your feelings for evidence that this is the "right" person for you. In the Power Struggle stage, feelings will have worn off and power struggles will start to show up. The third stage is Disillusionment. Differences between both of you really start to show up at this time. The fourth stage is the Decision stage. At this point, many couples find themselves wanting out. The key to making it through this stage is to remember that this, too, shall pass and to commit to working it out. It's important to realize that life is not about getting an A+ at all times. Sometimes, we need to accept that a C- is okay; and if you do need to leave a relationship, it is possible to do it in a wholehearted way at best—at the least, to minimize damage.

The fifth stage I call Wholehearted Love, a stage reached only through mindfulness and unconditional love. Because love has changing seasons, a couple will not stop at

the fifth stage forever, but getting back to this state will become easier and easier as time goes on.

What was your impetus for writing Love Skills?

I have been teaching the program for 25 years and drew from my almost 40 years as a couples therapist, many trainings all over the country and own life experiences in my relationship with my husband to compile the program. Most couples lack the skills to manage the troubles of life. There is a skill to every aspect of a relationship, especially in communication: listening, speaking, knowing when to speak and when to be silent.

Who is most likely to benefit?

The relationship you have with yourself is a core part of the Love Cycles model. If you do not have a good relationship with yourself, you cannot have a solid and meaningful relationship with another person. This is a couples' book, although it can also be gone through by a single person if the partner is not interested in it. What I tell people is that you can only work on your part. If the other person doesn't want to buy in or isn't wholeheartedly on board—or at least partially willing—there is nothing that you can do about it. You need to be able to be okay and confident in yourself. You cannot change another person, but you can always change yourself.

What is one of the most important pieces of advice you have for couples?

I hope that couples come to realize that feelings of love are like clouds, always changing. A good relationship requires a skill set, which we practice whatever the feelings are. We are not born knowing how to love skillfully, but this skill set can be learned by anyone and will make you able to listen better and appreciate each other more.

Kajsa Nickels is a freelance author who resides in northeastern Pennsylvania. Connect at FidelEterna45@gmail.com.

The Four Agreements a Blueprint for our Growth & Freedom

by Roseann Petropoulos

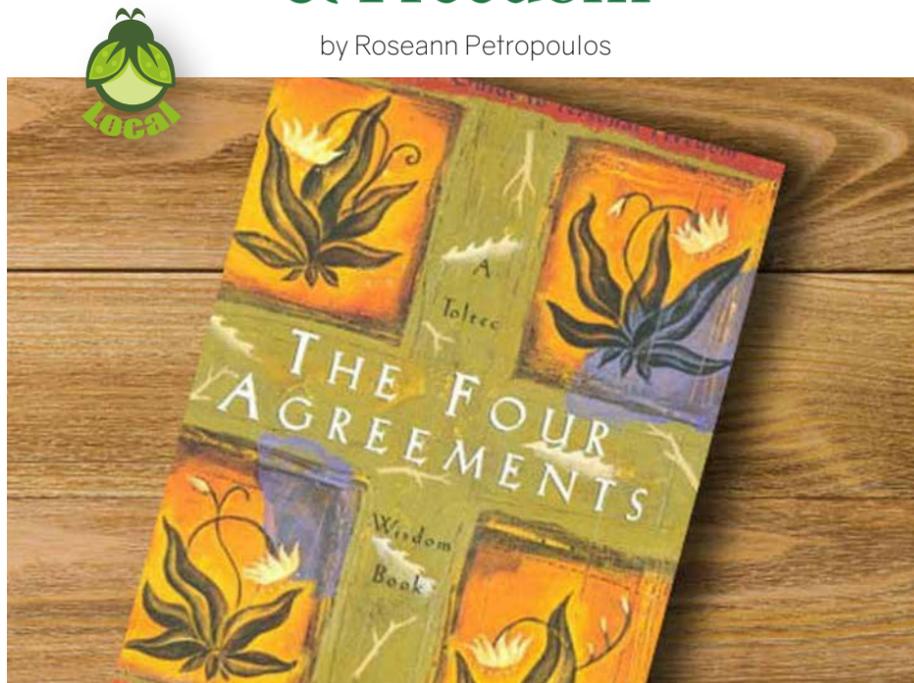


photo by LeStudioNYC

The Four Agreements, as taught by Don Miguel Ruiz, is a personal guide to personal freedom. In his book, he explains that everything we do in life is based on the agreements we have made with ourselves and the people in our life, how we perceive ourselves in society and whether or not we connect to a Higher Power. So it is within these agreements, we tell ourselves what is possible and what is impossible. It is the basis for which we thrive or suffer in life. When we wish to live a life in peace, we need to find the courage to break the agreements that are based in fear and choose new agreements based in love. This simple idea of the Four Agreements provides an inspirational code for life, a template for personal development, behavior, communication and relationships. It sounds simple or is it?

So what is an Agreement? We agree that certain words and symbols form our languages for communication. However, the human element leads us to be bias, forming our opinion thru our own perspective. Society then came to an agreement that "Nobody is Perfect" a simple solution to solve a larger issue of disagreement. We assimilate into society, and in doing so, we often lose sight of our own desires. The four agreements offer us a means to reclaim our Authentic Self. Don Miguel Ruiz teachings are based in Toltec tradition. The Toltec ancient people (900-1200BC) were seekers of the Universal Truth, as in all sacred traditions. Truth that stand the test of time-space reality.

The First Agreement - Be Impeccable with Your Word

Impeccable means without sin. Are our words our beliefs? Does

our belief still serve us? Are we lying to ourselves and others based on our beliefs? Are we speaking from love or fear? Often it is not what we say, but how we say it. Are our words, calm or loud? When we speak, does our message get lost in the tone of our voice? Something to think about.

The Second Agreement – Never Take Anything Personally

The words and actions of others lose their meaning when we take everything personally. What others say and do is more about them than about us. Something to remember next time someone irritates you.

The Third Agreement – Never Make Assumptions

When we only see what we know, what we want to see, what we want to hear, we miss how things really are. We are asking for trouble when we expect life and others to be a certain way. Then assume becomes "Ass-u-me"

The Fourth Agreement – Always Do Your Best

No More, No Less, our best varies each day depending on our situations. Perhaps these Four Agreements will serve as a code for your

life. In choosing to make this a way of life, many have found that there is a space between our words, a space to actually hear what the other is saying. Also, there is a space between our actions and the way we respond in any given moment. When we come to the place where we trust ourselves in the pause, there will be a space for our personal growth and freedom.

Roseann Petropoulos is a Certified Hypnotherapist & Reiki Master. Roseann combines her knowledge and intuitive insights to access collective consciousness and spiritual guidance, allowing her to offer clear and compassionate responses to your concerns. Roseann believes that true peace comes from within. For more information: www.Belmarwellness.com or call 732.894.3197

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Share the love not the cold

New device stops cold and flu

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

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." It worked again every

time. He hasn't had a single cold for 7 years since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.



New research: Copper stops colds if used early.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they

still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

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

Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids

had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

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

People have even used copper on cold sores and say it can completely prevent outbreaks.



Dr. Bill Keevil: Copper quickly kills cold viruses.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family. Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

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CHOOSING LOVE

How to Cope With Fearful Times

by Scarlett Lewis

It's hard to make sense of some of the troubling things we see on TV and read about in the news. Our kids ask us, "Why are these things happening?" It's an important question and it all comes down to two competing feelings: fear versus love.

When we see disturbing images such as school shootings or political opponents attacking one another, it cultivates anxiety, which is epidemic in our society. When left untreated, it can lead to negative outcomes including substance abuse, depression, suicide and violence. Often, we look to those in perceived power to solve these issues. Perhaps what we haven't considered is that these are not political issues; rather, they are issues of the heart and only we can solve them.

So we continue to see pain and suffering played out before us. We feel powerless and this feeds our unease. Our personal safety is a priority and external safety measures sometimes fail. If we don't feel safe, nothing else matters. There is a solution. The opposite of anxiety and fear is love. When we examine the trajectory of most societal ills, there is often an arc of loneliness, depression, isolation and often abuse.

From a young age, we can learn to choose love as a thoughtful response to any situation. When we do this, we take back our personal power. We become part of the solution to the issues we see, and science tells us that others will do the same.

There is a formula for choosing love. It starts with courage. My son Jesse was a 6-year-old boy who stood up to the shooter that came into his first-grade classroom at Sandy Hook Elementary School and saved nine of his classmates' lives before losing his own. We all have that courage within us: the courage to be kind, to speak our truth, to do the right thing.

We can only have one thought at a time, so we can shift our thinking by replacing a negative thought with a grateful one. Forgiving helps us to take back our personal power and is a gift we give ourselves. It is the foundation of healthy relationships that lead to greater happiness and connection in our lives. Compassion in action helps us step outside our own busyness, distraction and even pain to help others.

When we do this, we're choosing love and helping to create a safer, more peaceful and loving world. When we model the practice of these character values as a thoughtful response for our children, they grow up to do the same.

Scarlett Lewis is the founder of the Jesse Lewis Choose Love Movement, a nonprofit organization whose mission is to ensure every child has access to social and emotional education and support. Connect with her at Info@JesseLewisChooseLove.org.

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.

Nineteen 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 hweelp 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 200,000 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 \$37. 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 \$410. But, please call right away because this offer expires on **February 29, 2020** 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 16 years, I've been taking care of people from across the U.S.

My assistants Stefany and Katie 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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conscious eating

Food always tastes better in the season it was intended to be eaten in.

~Brigit Binns



A Feast for All Seasons Embracing the Rainbow Year Round

by April Thompson

No matter where we live, eating seasonally in winter doesn't have to be boring or limiting; a culinary adventure awaits the home chef that's willing to leave avocados and asparagus to their rightful seasons and embrace the winter rainbow of bitter greens, sweet potatoes, sunny citrus and fuchsia beets, among other timely delicacies.

"Sometimes people think of winter foods as brown and soft and boring, and it's absolutely not the case. Winter brings bright things like pomegranates, beets and citrus, which offer color and acidity," says Brigit Binns, the Paso Robles, California author of 30 cookbooks, including *Cooking in Season: 100 Recipes for Eating Fresh*.

Eating seasonally is especially important in winter, says Shannon Stonger of Texas, author of *Simple Food for Winter: 30 Grain-Free Recipes to Get You Through the Dark Days*. "Winter foods like fermented vegetables, root vegetables, squashes and hardy greens are especially helpful in the colder, darker months, when our bodies are in need of comfort foods as well as pre- and probiotic foods," says Stonger, a homesteader and founder of the blog *NourishingDays.com*.

There are plenty of other reasons to stick to a seasonal diet in winter, adds Binns. "Food always tastes better in the season

it was intended to be eaten in. Seasonal foods are naturally ripened, rather than harvested early and trucked in. In addition to enhanced flavor, eating seasonally helps minimize use of fossil fuels to bring our food to us, and is likely to be less expensive."

Winterizing the Kitchen

Much of the fall harvest, particularly root vegetables, stores well through the winter (hence the idea of a root cellar), extending produce across seasons, according to Steven Satterfield, chef and author of *Root to Leaf: A Southern Chef Cooks Through the Seasons*. There are lots of root vegetables beyond just carrots and potatoes to be enjoyed in winter, including sunchokes, parsnips and turnips, which can be used creatively rather than "boiled to death," says Satterfield. For example, the Atlanta restaurateur incorporates parsnips into an upside-down cake with winter spices like nutmeg, black pepper and ginger.

Binns like to add texture to winter dishes with nuts, color with herbs, and crunch with a winter vegetable like fennel. Warming soups are always comforting during the coldest season, but she also likes warm salads, like a beet and escarole salad drizzled with a warm sherry vinaigrette.

Satterfield suggests that specialty citrus like blood oranges, Meyer lemons

and cross-hybridized varieties such as tangelos and pomelos are fun to intersperse with winter vegetables to maximize brightness and freshness. A lot of winter produce can be great in raw form as well, he adds, including Brussels sprouts, rutabaga or daikon radish, shaved thinly or julienned into a salad.

Winter squash is a favorite staple of the Stonger family in the cooler months. "It is easy to grow, easy to store and so deliciously sweet and rich. We roast it as a side dish, mash it as a sort of breakfast porridge or make soups and curries from it," says Stonger.

Satterfield suggests using all the parts of winter vegetables to maximize the harvest and minimize food waste. For example, the seeds of winter squashes can be roasted with herbs and spices and eaten as is, churned into other dishes such as a squash seed granola or blended and strained into a homemade broth to add some texture, fat and flavor. After roasting carrots with Moroccan spices, Satterfield suggests taking the leafy carrot tops and chopping them with cilantro and garlic to make a green sauce to crown the carrots. Swiss chard stems can also be chopped and cooked into Portuguese bread soup, with leftover stale bread made into olive oil croissants and egg whites stirred in at the end.

Winter Health Boosters

Beyond selecting seasonal produce, chefs recommend a few key dietary tweaks in winter, such as stepping up vitamin D consumption. "Since you're not seeing a lot of sun this time of year, it's more important to get it through colorful vegetables like carrots, cabbage or radicchio. Watermelon radishes are another winter vegetable full of vitamins," says Binns.

"You can grow your own sprouts throughout the winter as a great micro-green option. Sprouts are incredibly high in enzymes, something often lacking in other winter dishes," suggests Stonger. "Fermented vegetables and other fermented foods can make up the difference in winter."

April Thompson is a freelance writer in Washington, D.C. Connect at AprilWrites.com.

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Winter's Darkness - Death and Rebirth

by Rebekah & David Frome

Winter envelops us in darkness, much like a fetus is enveloped in its mother's womb. Winter is a time of stillness and dormancy. The Water Element corresponds to the season of winter. During this time of descending temperatures, shorter days and long nights, the animal and plant kingdoms slow down. Snow blankets the earth, replenishing her resources. Winter is a time of hibernation, when we gather our resources and prepare for the transitions of birth and death.



In Chinese medicine, the Water Element is the final element in the cycle of change. Fear is the emotion that corresponds to winter and the Water Element. Western culture often views fear as having no purpose or value. Fear is considered a negative emotion that exists only to be overcome.

We have a choice. We can run from our fears, or we can face them. With courage, fear can be transformational, helping us to let go of what is no longer needed, and prepare for the next stage in our lives. What is it that you fear most in life? Often we are afraid of losing family members, friends or possessions. Sometimes we fear the loss of our physical or mental health. Many of us are afraid of death.

Humans often resist change. We want things to stay just as they are, although they never do. With each passing decade, we inevitably experience loss and concurrent change. Stillness, like fear, is not embraced by modern western culture. We tend to ignore winter's natural rhythms while staying busy and keeping our minds occupied. We are tuned in to our work and school schedules, rising early in the AM to

arrive at an artificially set time. Our days are spent focused on accomplishing goals and performing tasks. When the darkness of evening falls, we turn on our electric lights, smart phones, computers and televisions.

The stillness of winter is inherently a time of reflection. By not "doing," we have an opportunity to restore, recoup and explore our essence. Stillness is often associated with fear, loss and death. Why do we fear death? And why is fear considered to be a negative emotion? Perhaps we fear moving into the unknown. Perhaps we resist uncertainty and change.

Winter is a wonderful opportunity to explore both stillness and fear. Consider tuning into the natural rhythm of the sun, rising later and going to bed earlier on the weekends. Spend time pursuing quiet inside your home. Witness the inner quiet and stillness in nature.

Explore your fear. Is there something you are holding onto that isn't really serving you? See if you can let it go. The stillness of winter and the Water Element turns us inward. Introspection has the potential to bring us closer to our soul.

In Chinese medicine, Water element is responsible for storage and management of our vital resources. Adequate reserves of water provide us with the fluidity to explore our thoughts, survey the possibilities and gives us the resources necessary to make change. The Water Element is also responsible for separating out our impurities and riding the body of these wastes.

The meridians that correspond with the Water Element are the kidney and urinary bladder. On the physical level, this element is responsible for maintaining fluid balance

Our relationship to fear is often either of excess or insufficiency.

throughout the body. Too much fluid and we develop edema or congestive heart failure. Too little water, and we become dehydrated or develop toxins and subsequent infectious diseases.

When we have too much fear we become paralyzed. We become unable to move, to act, to do the right thing. When we have too little fear we become reckless. We leap before we look, taking unnecessary risks, flirting with danger.

In Chinese medicine, the kidneys are the home of the ancestral chi or in western terms, our genetic inheritance. Qi forms the energetic underpinnings of all life and is stored in the kidneys. While it is easy to "overspend" our energetic resources by doing more than we should, it is much more difficult to restore our Qi.

While the urinary bladder stores fluids and rids the body of waste, the kidneys manage the fluids, keeping them pure and distributing them throughout the system. Acupuncture is uniquely suited to treat water imbalances. Elevated or low blood pressure, low back problems, chronic stress, hyperactivity, paralysis (physical or psychological) and extreme risk-taking are water imbalances.



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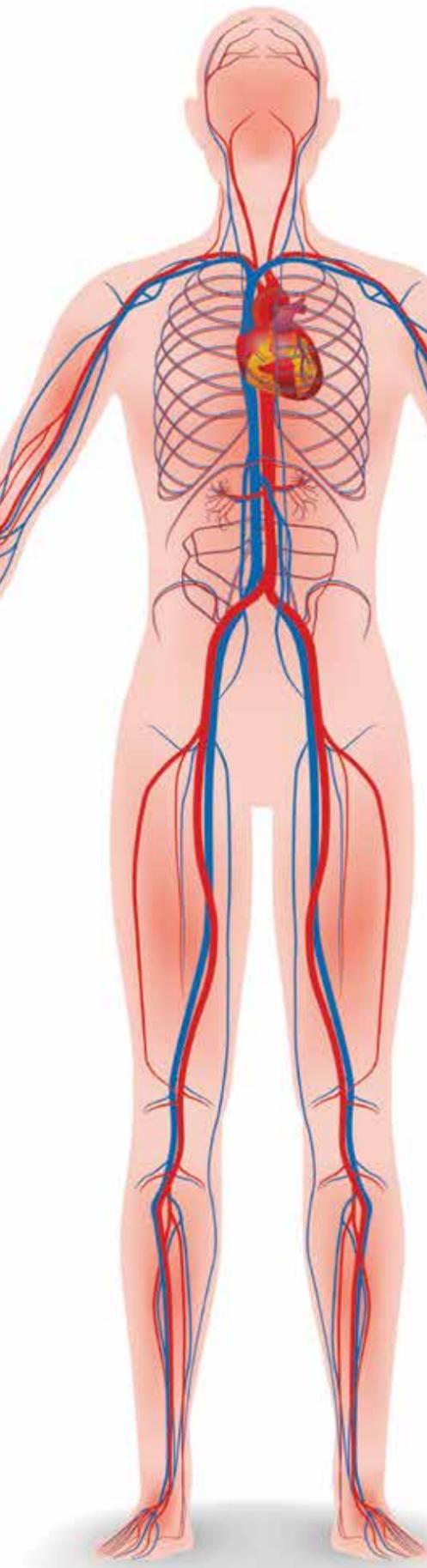
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SACRED VESSELS

The Lifeblood of Heart Health

by Julie Peterson

When people think about heart health, what generally comes to mind is the fist-sized muscle that pumps and oxygenates the body's lifeblood. However, the heart of the matter is not the pump itself, but the vascular system—the network of veins, arteries and capillaries that distributes blood to every cell in the body, delivering nutrients and eliminating waste.

Each human adult harbors an astonishing 60,000 miles of blood vessels—enough to wrap around the planet twice. Keeping these hard-working vessels supple and open is the key not only to avoiding disease, but also to ensuring a long and healthy life.

The alternative—arteriosclerosis, or hardening of the arteries—can slowly and silently bring on cardiovascular disease (CVD), which can result in a heart attack, stroke, vision loss and cognitive decline. CVD is the leading cause of death in the U.S., killing one in four Americans,

When a disease is lifestyle-induced, the only thing that can reverse it is a dramatic change in diet and lifestyle. We've seen over and over again that it works.

~Brenda Davis

according to the U.S. Centers for Disease Control and Prevention (CDC). By 2035, nearly half the population—45 percent—is predicted to have some form of the disease.

“A hundred years ago, we were farming the back 40 with a team of horses, eating what we grew. Kids don't get out and ride bikes; they're playing video games and eating crap. There's very little doubt how we got to this problem,” says John Osborne, M.D., director of cardiology at State of the Heart Cardiology, near Dallas.

Yet, the nation's number one killer, which can fester for decades without symptoms, is largely preventable and reversible. Only 15 percent of CVD is related to genetics; the rest is attributed to lifestyle, and the right choices can make all the difference. The key is to adopt heart-healthy habits before the body delivers a potentially fatal warning.

“The initial presentation of heart disease can be an acute catastrophic event that results in death in half the men and two-thirds of the women. That's not treatable,” warns Osborne.

Know the Risk Factors

The first step toward cardiovascular health is awareness. Important indicators of CVD risk include:

- ✓ High blood pressure (over 140/90)
- ✓ High cholesterol (over 240 mg/dL)
- ✓ High triglycerides (over 200 mg/dL)
- ✓ High blood glucose (over 140 mg/dL)
- ✓ Obesity (BMI over 30)
- ✓ Inflammation (hsCRP test above 2 ml/dL)
- ✓ Physical inactivity (less than 30 minutes a day)
- ✓ Smoking or vaping (any at all)
- ✓ Chronic stress
- ✓ Loneliness

Any of these factors can increase the risk of CVD, but possessing a cluster of the first five comprises a condition called metabolic syndrome, which significantly increases the potential for heart disease and Type 2 diabetes—itsself a significant risk factor that can damage blood vessels, as well as the organs they support.

“While diabetes is the seventh-leading cause of death in the United States, this figure belies the fact that most people with diabetes die of heart disease, kidney failure and other complications,” says Brenda Davis, RD, of Alberta, Canada, author of *Kick Diabetes Essentials: The Diet and Lifestyle Guide*.

Metabolic syndrome, like CVD, has few obvious symptoms and is on the rise: Nearly one-third of adults in the U.S. have it, according to the CDC. The one distinct marker for the condition is an accumulation of fat around the waistline, characterized by a measurement of over 35 inches for women and 40 for men.

Take Action to Cut Risks

“When a disease is lifestyle-induced, the only thing that can reverse it is a dramatic change in diet and lifestyle,” says Davis. “We've seen over and over again that it works.”

Know the Numbers

CVD flies under the radar even though it's increasingly common at younger ages. *The Journal of the American Medical Association* released a study in December 2019 stating that about one in four young adults in the U.S. have pre-diabetes, putting them at increased risk for Type 2 diabetes and CVD.

Lisa McDowell, director of clinical nutrition and wellness at St. Joseph's Mercy Health System, in Ann Arbor, Michigan, and team dietitian for the Detroit Red Wings, works with elite athletes of all ages and notes that they more likely know their favorite player's jersey number than their own health numbers. “Learn what your blood pressure is, know your body mass index, get your cholesterol levels and triglycerides and your [hemoglobin] A1C. Know these numbers early on and, if there's a problem, fix it,” she advises.

While simple blood tests help monitor indicators for CVD, more sophisticated tests can be even more revealing. In 2018, the American College of Cardiology and the American Heart Association (AHA) jointly issued new guidelines for patients over age 50 to get a computerized tomography (CT) scan to determine their calcium score. The procedure checks for hardening of the arteries and predicts the risk of a 10-year future cardiovascular event.

“This identifies people who have pre-clinical atherosclerosis, regardless of risk factors,” says Osborne. “It also helps people modify behaviors, because they are faced with a diagnosis.”

Yale R. Smith, a Melbourne, Florida, M.D., who specializes in metabolic and functional medicine, utilizes the U.S. Food & Drug Administration-approved protein unstable lesion signature (PULS) blood test. Recommended for patients in their 40s, it measures inflammatory biomarkers for the body's immune system response to arterial injury and provides a chronological heart age and risk of a CVD event.

There's not an excess of blueberries in the American diet; there's an excess of relatively inexpensive, highly processed junk foods in large containers.

~Lisa McDowell

“If you can show someone the future, it's a wake-up call to make lifestyle changes to increase longevity,” Smith says.

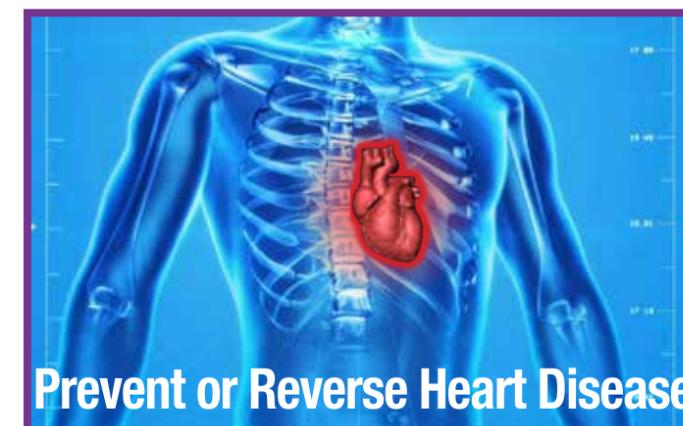
Eat for Heart Health

Perhaps the single most important change that people can make is diet. “But a lot of people don't want lifestyle medicine—they'd rather take a statin with their Big Mac,” says McDowell.



Preventing or reversing CVD requires diligence, but it's largely about eating real, whole food—and mostly plants. This means avoiding processed foods and consuming less salt, trans fats, saturated fat and cholesterol; and more fruits, vegetables, whole grains, nuts and seeds.

“There's not an excess of blueberries in the American diet; there's an excess of relatively inexpensive, highly processed junk foods in large containers,” says McDowell. Overcoming the urge to grab fast and easy foods requires education. “Everyone needs to learn how to read a food label and avoid foods linked to vascular disease,” she adds.



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Vegans have healthier cholesterol levels in their blood compared to vegetarians, which in turn have better levels than meat-eaters. Study-verified diets that lower CVD indicators also include the Mediterranean diet, as well as two developed by the National Heart, Lung, and Blood Institute: the Dietary Approaches to Stop Hypertension (DASH) diet and the Therapeutic Lifestyle Changes (TLC) diet, which also addresses exercise and weight control.

“I don’t believe that one diet fits everybody, but there’s a preponderance of evidence that the more plant compounds you get, the better off you are,” says McDowell.

Some cardiovascular boosters:

Leafy greens flush out excess sodium and magnesium, and reduce inflammation.

Berries improve circulation by boosting nitric oxide, which expands blood vessels.

Pomegranate juice lowers blood pressure and reduces plaque formation.

Walnuts, peanuts and almonds lower LDL, the “bad cholesterol”.

Oily fish, chia and flax seeds with omega-3 fatty acids lower triglycerides.

Soy with anti-inflammatory isoflavones helps dilate blood vessels. “We could eat tofu, tempeh, miso, edamame, soy beans or even organic soy ‘veggie meats’ in place of red meat,” says Davis.

Yogurt, kefir and other fermented probiotic dairy products help improve glycemic control, blood lipids, cholesterol and blood pressure.

Supplements can be very helpful: **Red yeast rice extract**, much like a statin, significantly lowers total cholesterol and LDL.

Coenzyme Q10, a powerful antioxidant, lowers blood pressure and combats the side effects of statins.

Omega-3s in fish oil supplements reduce heart risk in healthy people and those already diagnosed with CVD risk.

Nicotinamide riboside improves blood pressure and arterial health in those with mild hypertension.

Garlic, fresh or in capsules, can lower cholesterol and blood pressure.

Move It

Sitting all day and then briefly exercising doesn’t provide the same benefit as moving periodically throughout the day. Take more frequent breaks from sitting, get up to move around for a couple of minutes every 30 minutes.

Exercise strengthens the endothelium, the innermost of an artery’s three layers, and produces nitric oxide, which helps keep arteries open and healthy. Getting the blood moving lowers cholesterol and blood pressure, and increases oxygen and nutrients to the body.

Exercising outdoors provides additional benefits. Research from the Barcelona Institute for Global Health found that exposure to green spaces helped prevent metabolic syndrome.

Stress Less, Socialize More

Spending even 20 minutes outdoors in nature can do wonders for high blood pressure and cortisol levels, studies show.

Walking or talking with a friend deepens social engagement, a key factor in lowering CVD risk: “Having the right tribe is crucial,” says McDowell. “If you’re with people who support you and make you laugh, you feel less stress.”

Walking a dog outdoors gets three cardiovascular pluses—exercise, nature and sociability, as dogs tend to be tail-wagging ice-breakers. Further, merely stroking a pet lowers blood pressure.

Apps like Headspace and Insight Timer make it easy to do meditation, which studies suggest may reduce overall CVD risk.

Don’t Smoke

Not starting to smoke or vape at all is ideal for cardiovascular health, but quitting allows the body to begin to heal, reducing the risk of coronary heart disease after one year by 50 percent, reports the AHA; 14 years later, the risk is the same as a non-smoker’s.

“It’s not intuitively easy to make healthy decisions,” says McDowell. “We have to learn how to make good choices.”

Julie Peterson writes from rural Wisconsin. Connect at JuliePeterson2222@gmail.com.



High Blood Pressure

High blood pressure occurs when the force of blood pushing against the vessel walls is too high, making the heart and vessels work harder. The friction damages the endothelium—the inner lining of veins and arteries—plaque builds up, the vessels narrow and blood pressure increases even more. Contributing factors include being sedentary, overweight and consuming excessive alcohol or salt.

High Cholesterol

A waxy, fat-like substance found in all cells of the body, cholesterol can pile up (mostly as a consequence of poor diet) and stick to arterial walls, creating plaque that stymies blood flow to the heart.

High Triglycerides

The end product of digesting fats in food, triglycerides become fat in the blood that gives the body energy. Numbers climb with consumption of refined carbohydrates, simple sugars and fatty foods, contributing to arteriosclerosis.

Metabolic Syndrome

A cluster of conditions that affect up to a third of Americans, metabolic syndrome

is defined by high blood pressure; high levels of blood sugar, cholesterol and triglycerides; and excess fat around the waist. It’s closely linked to Type 2 diabetes, another CVD risk factor.

Obesity

Obesity—which afflicts almost 40 percent of American adults—causes chronic inflammation, harms the endothelium and causes poor cholesterol numbers. A 12-year study of 17,640 Europeans, published in the *European Heart Journal*, found that obese people with metabolic risk factors were two-and-a-half times as likely to have heart disease as those of normal weight.

Stress

When stressed by such factors as work overload, family strife or traumatic memories, the body releases adrenaline, which causes acceleration of breathing and heart rate, contraction of vessels and a rise in blood sugar. Chronic stress can cause constricted arteries that lead to arteriosclerosis and inflammation of the endothelium. Further, stressed people often turn to vascular-destructive activities such as smoking, drinking and binge eating.

Standard American Diet (SAD)

Previous studies have linked processed foods to hypertension and high cholesterol, and a 2019 *British Medical Journal* study of 105,000 adults reported that a 10 percent increase in the consumption of processed foods corresponded to a 12 percent overall increase in cardiovascular disease.

Inflammation

Chronic inflammation, caused by such factors as fried and processed foods, smoking, obesity, alcohol and stress, can trigger the immune system to attack healthy tissues, including the endothelium, raising CVD risk. C-reactive protein (CRP), an inflammation marker, is measured by the hsCRP blood test. Men with higher CRP levels had three times the risk of heart attack and twice the risk of stroke, Harvard scientists have found.

Physical Inactivity

A lack of regular, ongoing physical activity has been shown to dramatically increase obesity, blood pressure, cholesterol and inflammation. A 2019 British study found that artery functions declined and CVD risk factors worsened in just two weeks when active exercisers reduced their daily steps from 10,000 to 1,000.

Smoking and Vaping

Nicotine, carbon monoxide and chemicals in cigarettes increase blood pressure and heart rate, damage the endothelium and cause blood platelets to clot more, which is why smokers are two to four times more likely to get cardiovascular disease. E-cigarettes and cigars may be worse due to higher doses of nicotine, the AHA warns.

Loneliness

People need people: Harvard researchers examined 23 studies that involved 181,000 adults and found that loneliness, social isolation or both were associated with increased risks of heart attacks (29 percent) and strokes (32 percent).



Pain Relief for Pets

Prolotherapy Gives Joints New Life

by Julie Peterson

Brian Engler, of Drexel Hill, Pennsylvania, was asked to provide hospice care for a senior Akita. Tadao was underweight, weak, arthritic and had been severely neglected. He needed a place to live

Prolotherapy offers an effective alternative to surgery in a significant number of partial ligament tears or persistent joint pain issues.

~Judith M. Shoemaker

by strengthening ligaments and tendons supporting the joint. It's minimally invasive, involving the injection of a sugar solution directly into the affected area. The body's inflammation response kicks in,

resulting in regrowth of new fibers in ligaments and tendons.

Prolotherapy has been around a long time. It was used to treat lame animals around 1350 B.C. Back then, a hot poker



out his remaining days in comfort. Even though Tadao was unstable with severely limited mobility, Engler believed that the old dog had more than a little life left in him. Engler's veterinarian tried prolotherapy injection treatments for Tadao's joint pain and he soon became more comfortable and gradually more active. "By the time we completed the treatments, he was able to get up and down with ease and started cruising around the kitchen looking for snacks on the counter," says Engler.

Prolotherapy, short for proliferative therapy, isn't just for dogs. Any animal with a joint can receive the regenerative injection therapy, which relieves pain

was used to induce the inflammation response. In the 1930s, injection of an irritant solution at the site of the injury became the new method, and has since been shown in scientific studies to facilitate the repair and regrowth of connective tissue, ligaments, tendons, cartilage and other joint-stabilizing structures.

Modern prolotherapy has remained basically the same for the last 80 years, although the injected irritant solution is modified according to the veterinarian, the type of animal and the injury. Every vet uses a slightly different prolotherapy "cocktail", which typically includes 50 percent dextrose and possibly several other ingredients the practitioner finds useful, such as saline, vitamin B₁₂, lidocaine and homeopathic combinations. Some vets also offer platelet-rich plasma or stem cells in the injection mixture.

"Prolotherapy offers an effective alternative to surgery in a significant number of partial ligament tears or persistent joint pain issues," says Judith M. Shoemaker, DVM, owner of Always Helpful Veterinary Services, in Nottingham, Pennsylvania. "It's quite inexpensive and the success rate is very good. Many animals respond after just a few treatments."

Shoemaker typically does prolotherapy treatments in three- to five-week intervals until the joint heals. She also looks to correct the underlying issues of the problem. "Joints don't get torn up with normal movement," she says.

Animals may have joint issues from falling, but other causes include overweight, long toenails or chiropractic issues. Prolotherapy stabilizes joints after an injury and achieves pain-free motion, but it's only successful if the cause of the injury is remedied.

"Prolotherapy is a very important tool in integrative veterinary care, but it's not a panacea, and it's never a stand-alone treatment," says Christin Finn, DVM, owner of the Canine Rehabilitation & Integrative Veterinary Center, in Kingston, Washington. "It's part of a combination of integrative treatments based on what is best for your pet."

The right balance of treatments to help an animal feel comfortable could include laser therapy, osteopathic manipulation,

By the time we completed the treatments, he was able to get up and down with ease and started cruising around the kitchen looking for snacks on the counter.

~Brian Engler

acupuncture, physical therapy, custom braces, prolotherapy or rest.

Using prolotherapy in conjunction with other posture-correcting and integrative therapies is a win for pets and their owners. Surgery is fraught with complications and expensive. When prolotherapy is used as part of a comprehensive treatment plan, animals can recover from injuries that may have been debilitating or even fatal.

Ivey Sumrell's Irish sport horse recovered from a severe injury. At 8 years old, Johnny was bitten on the neck by a stallion. "His neck became unstable and he had severe problems walking," says Sumrell, of Tryon, North Carolina. "Ultrasound-guided prolotherapy was done three times to all of his neck joints." Johnny was able to be ridden and lived to be 22.

And Tadao, the dog that was expected to die in hospice care a year ago, is enjoying life. He's now well-nourished and loved, and painlessly goes for walks and plays at the park. "Tadao is the poster child for what prolotherapy can do," says Engler.

Julie Peterson writes about health and environmental issues. Reach her at JuliePeterson2222@gmail.com.

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SATURDAY, FEBRUARY 1

Reiki Level I Workshop and Certification – 11am-2pm Get started on your Energy Healing journey with Reiki Master Maria Martin. Learn how to nurture and heal the light within yourself and others, along with the basics of the art of healing with Reiki including: What is Reiki? How does it work? The Chakra System, Self -Grounding and more! \$175.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com.

Buti Yoga 11:30pm–12:15pm Buti yoga is a trademarked style of yoga that combines jump training (plyometrics), tribal dancing and dynamic yoga asanas into an intense workout. Join Yolanda in this cardio-intensive yoga workout designed to transform body and soul through the trademark method of Spiral Structure Technique (SST), which forms the basis for Buti yoga's dynamic flow sequence. SST uses spinal movement to tone of the core. The spiral movements are thought to be more appropriate for a woman's body. Sun Moon Yoga and Healing 104 Brighton Ave Long Branch 917.701.3298.

Reiki Level II Workshop and Certification 3pm-6pm This workshop is the second step on your Energy Healing journey with Maria Martin. 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: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com.

Reiki Clinic 12-5pm Clear out stress and get ready for the week ahead! These sessions will also help anyone on a spiritual journey & with manifesting the life they want. Walk-ins welcome for 20 minute sessions. \$30 Cash only please. The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218

TUESDAY, FEBRUARY, 4

Lessons from Spirit 7-9pm Are you looking for a deeper understanding of the meaning of life? Are you on a spiritual path? Gather w/a group of like-minded people to receive timeless wisdom from divine sources including Archangels, gods/goddesses, Ascended Masters, & others from the Spirit world. This is designed to elevate our consciousness as we move into a new paradigm. \$45 Cash/\$46.50 Credit, Reservations Required as this event sells out quickly. The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218

WEDNESDAY, FEBRUARY 5

The Four Agreements – This workshop will explore the teaching of Don Miguel Ruiz as written in his book, The Four Agreements. Whether you read



this book or are just curious about it, all will gain an understanding that will raise awareness about the nature of reality. All will have the opportunity to express their thoughts & opinions in a safe and confidential space. Facilitator: Roseann Petropoulos. Offering \$30. Location: Peace Warrior 2809 Bridge Ave Point Pleasant, for more information 908.200.1111.

THURSDAY, FEBRUARY 6

Reiki Level II Workshop and Certification: 6-9pm – 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: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com.

FRIDAY, FEBRUARY 7

Friday Night Unwind, 6-7:30pm at The Yoga Loft, 462 Adelpia Rd, Freehold with Joan. With the hustle bustle of the holidays behind us, we begin the New Year with the perfect combination of restorative yoga with essential oils supported by bolsters and blankets and the gentle touch of Reiki. Surrounded by the soft glow of candles you'll find yourself relaxing and melting into your body releasing tension. This is the perfect time to manifest the intentions you created during the winter solstice. Please call 732.239.2333 or e-mail to info@theyogaloftnj.com to register \$30

Transformational Breath Introductory Workshop 6:30 – 8:30pm at First Presbyterian Church 4 East River Road Rumson. Come experience what some have called the 'shortcut to enlightenment'. Rich and Kirk both are certified Transformational Breath Facilitators and Group Leaders. Transformational Breath blends the conscious and unconscious mind to achieve our highest potential. Eliminate restrictive breathing patterns and heal yourself. Please

bring 2 pillows, water bottle, blanket, and a mat to lie on. P.S. If you have physical limitations or health concerns, please let us know before-hand so we can take the best care possible. \$40 early bird pricing, \$45 week of workshop. Tickets are available here: <https://www.eventbrite.com/e/transformational-breath-introductory-workshop-tickets-87999215021?aff=ebdssbeac>.

Community Reiki Share 7-9pm Reiki share open to practitioners of all levels and disciplines or anyone who is interested in learning more about or experiencing Reiki. Enjoy a guided meditation and receive Reiki from one or more practitioners. This is an amazing opportunity to sit with like-minded individuals and for all practitioners to share this gift of energy healing. \$12 cash/\$13 credit. The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218

SATURDAY, FEBRUARY 8

Reiki Combined Levels I and II Certification 10am-3pm Learn to release the excess energy you absorb from the people around you to regain peace and balance! \$260.00 per person at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

Soul Planting - Seeds of the Future 12-3pm Decorate a Planter & Plant your seeds for the future! Spend a relaxing afternoon letting your creative juices flow as you decorate a planter for planting the seeds for your future! Refreshments included. This is a fun relaxed workshop that may very well change your life! \$45 Cash/\$46.50 Credit include supplies. Reservations Required. Seating is limited! The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218

Free Drumming Circle: 1:30-3pm and stay and get a reading or energy healing at our Holistic Fair from 3-8pm. Experience the uplifting energy vibrations of this Native American drumming. You may bring one instrument (drum, rattle, etc.), or just be here for the experience, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

Mediumship Beginners with Gloria Weichand Join International Spiritual Medium Gloria Weichand at Sukha Yoga in Brick. During this one-day Intensive Workshop you will learn: To work closer with your Five Main Guides, strengthen your abilities to receive clearer messages from Spirit Work and have a better understanding of Auras. Build Evidence through Observation and Communication. Included will be many handouts: Demonstrating Mediumship; Symbolology and the Spirit World; Evidential Mediumship Guidelines; Auras; Communication with the Spirit World; Powers of Concentration; Knowing the Difference. Come join us for this full day expanding your abilities and helping you bring your Mediumship to a whole new level! 10am-4pm \$125. Call 877.785.4211 or visit Sukhayogaaclass.com.

SUNDAY, FEBRUARY 9

Full Moon Circle: 6-7pm, Enjoy and experience the Full Snow Moon with us. It is called this as in some parts of the world snow is usually the deepest in this month. We will have a meditation and

focus our intention on our souls' songs. \$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

The Magic of Tarot: Awakening Your Spirit \$40 at Sukha Yoga in Brick. The 78 cards of the Tarot are overflowing with messages, mythology, and meaning. The Tarot provides tangible guidance—an affirmation of what is happening in life, a look towards potential openings and possible obstacles so that ultimately you can act and create your most empowered choices in life. We can find our own strength and overcome our limitations. Join us for a three-card reading and a white light mystic ritual designed to bring you cheerfulness, good moods, and a positive outlook in the year to come. Call 877.785.4211 or visit Sukhayogaaclass.com.

THURSDAY, FEBRUARY 11

Meet your Spirit Guides/Angels! 7-9pm Ever wonder what Angels and guides you are primarily working with and how they are assisting you in your everyday life? Come find out who is helping to guide you on your journey and how they give you guidance and messages. This will help you better identify when you are being Divinely Guided and dispel any feelings of insecurity about your intuition. \$45 cash, /\$46.50 Credit for this event. Reservations Required. The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218

WEDNESDAY, FEBRUARY 12

Native American Drumming/ Journeying with Shaman, Lauren Porter 7:30-9:30 pm. Looking to connect with the spirit of the drum and connect with your inner medicine? 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. \$40.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

THURSDAY, FEBRUARY 13

Walk-In Readings & Reiki 12-6:30pm Drop in and get guidance on how to best navigate 2020 and get this year started strong! Sit with Rebecca or Dawn for an enlightening view on your Life Path, Purpose, Relationships, Career & Health. Choose 2 of the following services for just \$59. Angel or Oracle Card Reading, Numerology Reading or Reiki.



All Readings include Astrology to help you better navigate your daily life and understand the energies that are influencing you. The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218.

Reiki Level I Workshop and Certification – 6-9pm - Get started on your Energy Healing journey with Reiki Master Maria Martin. Learn how to nurture and heal the light within yourself and others, along with the basics of the art of healing with Reiki including: What is Reiki? How does it work? The Chakra System, Self -Grounding and more! \$175.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com.

Reiki Healing Circle – Throat Chakra Healing Meditation 7:30-9pm Join a group of Reiki practitioners and like-minded members to cleanse your Chakras and your energy field, and then receive your own healing! \$10.00 per person at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

FRIDAY, FEBRUARY 14

HAPPY VALENTINE'S DAY!

Valentine's day - Love Reiki and Sound Healing 7:30pm Come celebrate Valentine's day with pure loving vibes from Mychal Mills and Amanda Frensnics. You will experience total relaxation and bliss plus some reiki infused chocolate. Together they will send out healing loving vibes through sound and reiki. The use of sound bowls, harmoniums, and other healing musical instruments will be implemented. Sound Healing is an effective and proven modality that uses vibrational sound to help reduce stress, alter consciousness and create a deep sense of peace, well-being and better health. Sun Moon Yoga and Healing 104 Brighton Ave Long Branch, NJ 917.701.3298

SUNDAY, FEBRUARY 16

Introduction to Spirit Guides 1-4pm We all have helpers in Spirit waiting to work with us; learn how to meet yours! \$50.00 per person at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

WEDNESDAY, FEBRUARY 19

Reiki Level I Certification 7-10:30pm Begin your spiritual journey by becoming certified as a Reiki Healer! \$160.00 per person at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

THURSDAY, FEBRUARY 20

Drumming Series - Universal Law 7-9pm Tap into the power of our ancient shamanic ancestral ways to bring in peace, love & abundance while learning how to work with Universal Law, effectively creating the life you want. Drumming is known to help you set firm life decisions, break free of old bad habits as well as clear your heart & mind to assist w/ focus & determination. Reservations required. \$20 Cash (\$21 Credit Card). The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218.



FRIDAY, FEBRUARY 21

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

SATURDAY, FEBRUARY 22

Do You Feel Called to Care for Earth? Join us at Waterspirit, a non-profit center for spirit and ecology, in an informative 3-hour session of eco-spiritual activities at 4 E. River Road, Rumson, NJ. Volunteer Orientation 3-7pm. A volunteer appreciation dinner will follow from 6-7 p.m. Let's co-create the right volunteer opportunities for you! More information is available at www.waterspirit.org. Please RSVP at water@waterspirit.org.

Angels Numbers/Numerology Workshop 12-2pm Signs from your Angels & The Universe! Seeing Numbers everywhere? What the heck does it mean? Come to this fun, informative workshop where we combine the wisdom of Numerology & the loving guidance of your Angels to help you stay the path, get clarity, find peace & know that you are divinely guided even in the most uncomfortable times of your life. \$25 Cash ONLY for workshop. RSVP to Dawn 609-339-9911 to reserve your seat for this popular workshop! The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ.

SUNDAY, FEBRUARY 23

Introduction to Psychic Development 1-5pm Tap into your own intuitive abilities, and learn techniques to give psychic readings! \$95.00 per person at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

Macramé at Sukha Yoga in Brick. 2pm please arrive 5-10 minutes prior to class start. Join us as we create a bohemian macramé wall hanging with Valerie from Josephina's Designs! What a fun night to spend with a friend or group? This is an 8 student class, so tickets usually go quick! This is a beginners class which includes a one-on-one tutorial, all supplies (including driftwood), and snacks! (Also... you will be standing for the duration of the class as

we work on clothing racks) Questions? Please DM @JosephinasDesigns on Instagram \$40 Must sign up and pay in advance. Call 877.785.4211 or visit Sukhayogaaclasses.com.

TUESDAY, FEBRUARY 25

Karma, The Real Story. It's not what you think. 7-9pm It's time to let go of the guilt & get some truth & clarity about karma! This workshop will discuss how Karma works, how to work with Karma to have a better life & how to make peace with your past for the best future. Reservations required. \$30 Cash/\$31 Credit or Debit. The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218.

WEDNESDAY, FEBRUARY 26

Workshop: Healthy Gut & Digestive System 7pm Do you often have heartburn or acid reflux, or suffering from some type of digestive disorders such as irritable bowel syndrome? Do you feel bloated, have constipation or diarrhea? If you are taking that purple pill or any other acid blocker for what feels like a lifetime even though you were only supposed to take it for 2 weeks then this workshop is for you. Cost: \$15 Workshop is led by Larisa Belote, Integrative Nutrition Health Coach at 298 Broad Street in Red Bank, NJ. Call 732.490.5770 or email larisa@stepbystep-wellness.com to register.

FRIDAY, FEBRUARY 28

Wisdom of the Wise Series: The Real Truth & History of Witchcraft: Candle Magic 7-10pm Learn about the original healers & healing methods that kept our species alive for thousands of years before the onset of modern medicine and religiously driven government persecution. In this informative talk, we will cover the real truth of our innate wisdom as well as how it was stolen throughout time by people with destructive agendas. The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218.

SATURDAY, FEBRUARY 29

Free Energy Clearing Event! 12pm-5pm Come alone or with a friend at any point during the day. We will offer 5-minute group clearings, which are a blend of Reiki, Healing Touch, Sound, Essential Oils, Crystals, & Smudging. Take advantage of our amazing inventory & get to know our resident healers. Light refreshments included. Come to the party & get a bit of peace into your day! The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street



Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218

Crystal 101 at Sukha Yoga in Brick. No previous knowledge needed, only an open mind and heart to experience the power of crystal healing. Learn the basics on how to care for your crystals and discover techniques on how to use them. Come find out about crystals as natural healers, protectors and energy enhancers. The science behind crystal healing will be discussed and you will learn how energy behaves in crystal healing. A large variety of crystals will be available for purchase, with many sale items for workshop attendees. \$25 Call 877.785.4211 or visit Sukhayogaaclasses.com.

save the date

SUNDAY, MARCH 1

Sessions w/Sammy (Readings & Reiki) 12-5pm Drop in for many different kinds of Oracle Card Readings and/or a Holy Fire Archangel Light Stress Management Reiki Session with Tribe Member Sam! Sammy's Oracle Card readings will be conducted from one of 3 decks (Magical Times, Soul Journey, or Earth Warriors) or you can choose to have a "Flower of Truth" reading which combines 2 of the decks that will give you knowledge and guidance on how to move forward on your Journey. The Spiritual Gift Shoppe & Wellness Center 1064 S. Main Street Suite 2B West Creek NJ for more information or to register call or text Rebecca 609.290.7218

SATURDAY SUNDAY MARCH 14 & 15,

Introduction to Energy Medicine - 9-5pm at Energy for Healing, Kingston, NJ

SATURDAY, MARCH 14

Holistic Health Expo at Georgian Court

SATURDAY SUNDAY MARCH 28 & 29,

Introduction to Energy Medicine - 9-5pm at Medicine in Balance in Langhorne, PA

FRIDAY-SUNDAY, MARCH 27, 28 & 29

Heart of Oneness Holistic Expo at the New Jersey Convention & Exposition Center in Edison

SATURDAY, APRIL 25TH,

World T'ai Chi & Qigong Day - 9-3pm at Georgian Court University, Lakewood, NJ. All are welcomed.

SATURDAY, MAY 2

Holistic Health & Crafts with Head-to-Toe Women's Expo, from 10-5pm. Join us in Hamilton, NJ.

on going events

NOTE: All calendar events must be received via email by the 10th of the month and adhere to our guidelines. Email info@najerseyshore.com for guidelines and to submit entries, or visit najerseyshore.com to submit online. Thank you.

LOVINGKINDNESS MEDITATION Starting Jan 5th 12-1pm Start your month with Lovingkindness, also known as Metta meditation. This form of meditation asks for blessings first for ourselves which nurtures our self-love. We then offer blessing for those we love in our life and continue to expand our intentions out to those we hardly know, people we may never know, continue to send blessings across the world, those no longer in this world or not yet to be born. All will come to understand our vital connection to all beings "May All Beings Live Happy and Free" Roseann Petropoulos leads this guided meditation at the Yoga Loft 462 Adelphia Rd Freehold \$20 theyogalofnj.com 732.239.2333.

monday

Free Event Metta Meditation 11am Join Roseann Petropoulos for a guided meditation. This form of meditation will bring us to a place of inner calm. All will benefit from the collective energy of the group as we first bring blessings to ourselves, others and the world. Whether you are new to meditation or have been practicing for a while, gathering with others will enhance your practice. A meditation practice can improve all body and brain functions, relieve stress more efficiently, increase attention span and creativity and promote feelings of connection to others. NEW location: Belmar public library 517 10th Ave (corner of E St)

Beginner Qigong Class taught by Shoshanna Katzman every Monday morning at 11am at the Red Bank Acupuncture & Wellness Center in Shrewsbury. All ages and abilities welcome. Qigong is a form of Chinese exercise characterized by gentle, flowing movement practiced to enhance health & longevity. The movements are done to integrate body and mind, strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation. The Qigong workout you will experience is based



on Shoshanna's book and DVD "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy." Check out www.healing4u.com or call 732.758.1800 to register.

T'ai Chi Class for Beginners taught by Shoshanna Katzman 7pm at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Tai Chi is traditionally known as "meditation through movement." The form you will learn is the Guang Ping 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, serenity, grounding, strength as well as mind, body, spirit wholeness. Check out www.healing4u.com or call 732.758.1800 to register.

tuesday

T'ai Chi Chih (Joy thru Movement Class) For Beginners & Advanced 9:30am. Discover the Serenity at Country Lakes Clubhouse, 69 Tensaw Drive, Browns Mills. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? Affordable, continual classes beginning Feb. 11th. For more information & registration call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com.

T'ai Chi Chih (Joy thru Movement Class) For Beginners 11:30am. Discover the Serenity at Zephyr Yoga, 15 Main Street, New Egypt. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? Beginning Feb. 11th this is a series of 6-week 1 hour classes for \$115 - SAVE by remitting before 2/1/20 and receive \$25 off a Reiki Energy Balancing session or \$15 off the T'ai Chi Chih class. For more information & registration call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com.

wednesday

Wednesday Sound Healings/Meditations: 6-7, 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.

Qigong Class taught by Shoshanna Katzman every Wednesday evening at 6pm at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Beginners are welcome! All ages and abilities welcome! Qigong is a form of Chinese exercise characterized by gentle, flowing movement practiced to enhance health & longevity. The movements are done to integrate body and mind, strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation. The Qigong workout you will experience is based on Shoshanna's book and DVD "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy." Check out www.healing4u.com or call 732.758.1800 to register.

thursday

T'ai Chi Chih (Joy thru Movement Class) 6:30pm Discover the Serenity beginning March 19th at 1970 Hwy. 33, Hamilton, NJ. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com. Space is limited. Register to reserve your spot & ask about private lessons or Reiki sessions.

T'ai Chi Class for Beginners taught by Shoshanna Katzman every Thursday morning at 10am at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Tai Chi is traditionally known as "meditation through movement." The form you will learn is the Guang Ping 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, serenity, grounding, strength as well as mind, body, spirit wholeness. Check out www.healing4u.com or call 732.758.1800 to register.

friday

Friday Psychic Reading and Energy Healings: 4-7, Come and get a 10-minute Reading or Energy Healing for only \$20. Do you have a question on a direction you are looking to embark on, or about a job, relationship, or move? Lauren 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

T'ai Chi Chih (Joy thru Movement Class) 3:30pm Discover the Serenity beginning Feb. 21st at Array of Light, 511 Dover Rd., Toms River. This is a series of 8-week 1 hour classes for a total of \$125, if paid prior to 2/1/20- SAVE by remitting before 2/1/20 and receive \$25 off a Reiki Energy Balancing session. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com. Space is limited. Register to reserve your spot & ask about private lessons or Reiki sessions.

saturday

T'ai Chi Class for Beginners taught by Shoshanna Katzman every Saturday morning at 9:00am at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Tai Chi is traditionally known as "meditation through movement." The form you will learn is the Guang Ping 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, serenity, grounding, strength as well as mind, body, spirit wholeness. Check out www.healing4u.com or call 732.758.1800 to register.

No act of kindness, no matter how small, is ever wasted.
~Aesop



Colors are the smiles of nature.

~Leigh Hunt

community resource guide

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

ACUPUNCTURIST & CHIROPRACTOR

CHRISTINE TALIERCIO

Acupuncture Works LLC
100 Craig Road, Suite 104, Manalapan, NJ
www.acupuncturemonmouthcounty.com
732-431-0015



Christine Taliercio, M.S.,C.A., L.Ac., D.ac. is a certified acupuncturist, licensed in NJ by the Board of Medical Examiners, a certified Diplomate in Acupuncture by the N.C.C.A.O.M., and the owner of Acupuncture Works LLC. Taliercio is trained

in treating infertility, smoking, anxiety, and depression. She uses a dry-needling technique to treat pain. She incorporates other modalities like electrical stimulation, ceramic mineral heat lamps, infrared light therapy, and essential oils. Breathing in the scent of certain oils enhances your treatment and well-being. It's all natural, and very effective. Suffer no more - call me today! .

ACUPUNCTURIST & HERBALIST

OLD BRIDGE ACUPUNCTURE & WELLNESS, LLC

40 State Route 34, Suite A
Old Bridge, NJ 08857 732-952-5944
www.oldbridgeacupuncture.com



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. Biofeedback and Stress Relief
107 Monmouth Rd, Suite 104, West Long Branch, NJ 07764. 732-542-2638
LaurenASalani@gmail.com



Why am I always anxious?, Why wont the pain stop?, What's wrong with my body? Do these questions sound familiar? If your answer is yes, then biofeedback therapy may be for you. Your next questions probably will be; "What is biofeedback?"

and "How can it help me?" Stress and pain build when the body tries to respond to the busy demands of life in ways that put a disruptive burden on the system. To help a person relieve this stress and pain, patients come to my office to relax and calm while sensors on their body send their own biological data back to them through a computer monitor with soothing sounds and images. Coaching can also enhance the experience. A person actually learns how to regulate their own muscular, vascular, nervous, gastrointestinal, cardiac, and respiratory systems towards optimal health. These techniques are effective in reducing tension and migraine headache, high blood pressure, back and neck pain, mood and anxiety disorders, and irritable bowel syndrome. Biofeedback is a natural treatment that may be used alone or in conjunction with other medical treatments and medications. And, moving in the direction of health feels good! If you are interested in biofeedback to reduce stress and pain, please call my welcoming office.

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CHIROPRACTIC

DR. JULIE PAGE

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



Dr. Julie Page is the founder of Page Wellness Center located in Atlantic Highlands NJ. She has been in practice for over 15 years and continues to excel in her fields of Chiropractic and body work.

Dr. Page uses many modalities that are at the forefront of sports medicine; including Kinesio Taping, Graston Method, and Fascial Manipulation (Stecco Method). More recently she has been certified in Ashiatsu and Ashi-Thai body techniques which she incorporates into her already well rounded practice. .

UPPER CERVICAL CHIROPRACTIC OF MONMOUTH, LLC

Larry Arbeitman, DC
280 U.S. 9 (Shop Rite Shopping Center)
Morganville, NJ 07751 (The shopping center in on the corner of Rt 9 North and Union Hill Road East. Directly across Route 9 from our old location.) UCCOfMonmouth.com



Dr. Arbeitman has recently authored his first book, *The Gift of Hope: The Path to Healing through Upper Cervical Chiropractic*. The Upper Cervical doctor uses mathematics, geometry and physics to gently realign the upper neck. The procedure employs precise measurements and a gentle adjustment is administered. There is no cracking, popping or twisting with the Upper Cervical procedure. Once the spine is in a corrected position, relief for many of the most severe and chronic conditions may be achieved: Herniated discs, pinched nerves, chronic neck and back pain, sciatica, trigeminal neuralgia, fibromyalgia, migraines and headaches. If you've tried everything else without success, contact Dr. Arbeitman and see how Upper Cervical may change your life.

COLON CLEANSE

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Private, safe, comfortable. Lose weight, gain energy, improve skin and sleep, help with digestive issues and help reduce the risk of disease. Spa-like atmosphere. Feel completely relaxed!



CREATIVE SERVICES

WRITER/GHOST WRITER

William Smith, MS, CSCS, MEPD
Hatherleigh Press/Penguin Random Hse
njpostrehab@gmail.com or jerseygrind.com



William Smith has been in fitness & healthcare fields for over 20 yrs. In addition to his many years in fitness, he currently works for the #1 rated hospital in New Jersey and has published 15 books. He provides content related to health, wellness, and medical solutions, is a contributing writer for Natural Awakenings Monmouth/Ocean, and our lead writer for customer marketing support.

EYE CARE

INTEGRATIVE VISION

Dr. Neda Gioia, OD, FOWNS
180 Ave at the Common Suite 6
Shrewsbury, NJ 07702
732.389.2792 Integrativevision.com



Dr. Neda Gioia's novel approach to eye care incorporates functional medicine and nutrition into an optometry practice with a vision to help patients see and feel better.

FINANCIAL SERVICES

Jeff Ball, CFP, Financial Advisor

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



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

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Salim@StraightTalkCPAs.com
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Salim is the rare accountant who believes small businesses are the foundation of our economy and is dedicated to helping them attain financial health and security. He is author of "Straight Talk About Small Business Success In New Jersey." Get your free copy by calling (732)566-3660. (Limited quantities).

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732.551.6491 or mariafontana.com



I'm a Lightworker, Entrepreneur and published author, with expertise in the cozy business concept, "Small is the new Big." and my passion is helping ambitious women become the best version of themselves, while discovering their own innate beauty, power and potential to thrive in a passionate, purpose-filled life and business. You hold the power to thrive and be happy deep down in your soul, trust me.

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I am a Certified Holistic Nutrition Coach, Positive Psychology Practitioner, Certified Coach and the Author of a book, "The Positive Psychology Diet: 21 Days to a Happier and Healthier Life" My life's purpose is to help others increase their happiness and well-being by using the tools of positive psychology and nutrition coaching. You are what you eat and what you think. Is your negative mind chatter stopping you from achieving your goals? Learn how to use the tools of positive psychology and the scientifically proven methods to achieve happiness and well-being. Call to set up a complimentary phone session. 732-245-2556.

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Pamela is a spiritual intuitive/medium who has been guiding many individuals and groups for the past 20 years. She offers private sessions and is passionate about teaching you how to bring your life from ordinary to extraordinary. 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

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



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

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

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Red Bank, NJ 07701 (732) 298-4769



Dr. Oratio owns and operates Monmouth Center For Communication Disorders. It is a full range speech therapy center offering diagnostic and speech therapy services for children and adults. He earned his Ph.D. in Speech Pathology from Bowling

Green State University in Ohio. His credentials include both licensure and certification as a Speech-Language Pathologist in the State of NJ, and the Certificate of Clinical Competence from the American Speech-Language-Hearing Association.

YOGA

MONMOUTH BEACH YOGA & WELLNESS
Owner Lisa Matthews
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Monmouth Beach Yoga & Wellness has been voted the best in Monmouth County by Monmouth Health & Life Best of Monmouth County readers' choice awards 6 years in a row & the Best of Asbury Park Press readers' choice in 2015, best of new jersey monthly 2017 & 5 stars from kidgooroo. At Monmouth Beach Yoga & Wellness we believe "yoga is for everyone" regardless of age, limitations & injuries. We offer over 40 classes a week for all levels. Our mission is to provide a variety of fitness modalities that are therapeutic, fun &

practical. We have weights, bands & props that allow you to use your body to stretch & strengthen to challenge both your body & mind. We offer classes aimed at developing strength, balance, coordination & flexibility, while being in a supportive, healing, safe & non-competitive environment. We are committed to offering students inspiring classes as well as a whole yogic lifestyle. Come in and check us out, you will be glad you did. Yoga, fitness and retail therapy at its finest. We also have a small boutique.

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Trinity Wellness Emporium is a yoga studio & metaphysical boutique that offers yoga, meditation, and fusion classes for all ages and levels of experience. All our teachers are certified to ensure your safely aligned so you get the most out of your practice. We offer a variety of classes to fit your need, with prices to fit your budget. We have many specialty yoga classes and workshops like prenatal, chair yoga, yogilates, and kids' classes. Our boutique offers a variety of curiosities: crystals, sage, apparel, jewelry, organic body care, and more! We also offer services like Angel Card readings, space clearing, private yoga sessions; by appointment only. Come take a class, get a reading or find yourself the perfect crystal, you'll be happy you did!

Forgiveness is the final form of love.
~Reinhold Niebuhr

Winter Salad Wonders



photo by Ray Kachalorian

You can grow your own sprouts throughout the winter as a great microgreen option.

~Shannon Stonger

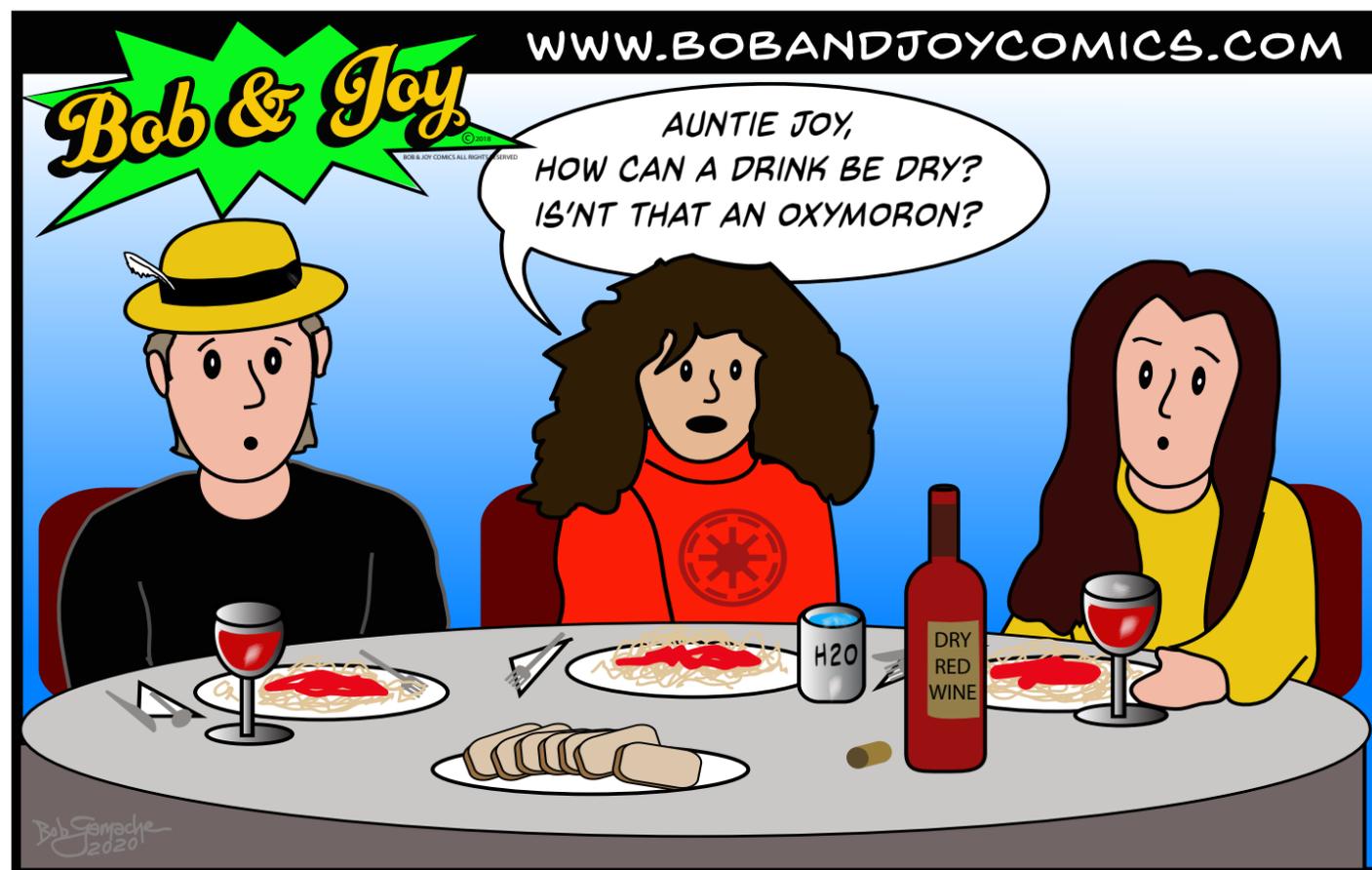
Chard and Squash Salad

- 1 small winter squash, such as sweet dumpling, acorn or golden
- 2 small beets, trimmed
- 1 Tbsp olive oil
- 1 bunch Swiss chard, tough ribs removed and leaves torn
- Red wine vinaigrette or vinaigrette of choice
- Sea salt and freshly ground pepper

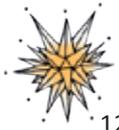
Cut the winter squash into wedges and remove the seeds, if desired. Transfer the wedges to a baking dish. Halve the beets and add to the dish. Drizzle with the oil and toss to coat. Bake in a preheated 450° F oven, stirring once, until tender and lightly browned, 20 to 40 minutes. Let cool. Peel and slice the beets. Place the chard in a bowl, drizzle with some of the vinaigrette. Toss to coat. Add the squash and beets, drizzle with the remaining vinaigrette, and season to taste with salt and pepper.

From Cooking in Season: 100 Recipes for Eating Fresh, by Brigit Binns

Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.



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