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

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

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We provide comprehensive, holistic strategies to guide individuals to everyday better wellness based on each individuals' needs. We create better choices and specific lifestyle changes that will significantly impact chronic diseases. We provide nutritional therapies based on cutting edge approaches assessed from each individuals' measured metabolic presentations and from clinical tests. These individual values will guide us together to create the easily adopted, nutritional wellness plans.

TESTIMONIAL:

"I found Dr. Monica and then started to follow a completely different diet. I learned about different types of foods and carbohydrates and how best to eat them. Following this made my gastro problems almost completely disappeared. I have to say, all of my complaints improved. The best part was that once I felt better, I then asked Dr. Monica about weight loss. With not that much more change she said I would lose weight with a little time. I have to say it fit my lifestyle and I stayed on it every day. I am now 30 pounds lighter! I am going to keep going! See you next month Dr. Monica."

– Carole W., Monmouth County

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recycled newsprint with soy-based ink.**letter from publisher****Hello Friends**

Sharon Shaffery

Happy Springtime! What light through yonder window breaks? It is the East, and the end of the lockdown is the sun! This has been a very difficult year. All of our normal challenges were compounded by events and situations we never could have imagined a little over a year ago. But here we are, coming out on the other side. Most people I have the pleasure to chat with are beaming with a renewed sense of gratitude for all of the gifts this human experience places before us. I see the joy of life returning to so many faces. Myself included.

Every day we take new steps closer to resuming a sense of "normalcy". People are returning to yoga and the gym, companies have set return to the office dates, people are enjoying restaurants again, families are gathering and celebrating, people are enjoying travel again. Americans are coming back strong. We need to continue to stay safe and follow CDC guidelines, but I don't recall ever being more optimistic about the start of a new season.

The last year felt like somebody hit the pause button on the movie that is our life. Some used the time to evaluate life and determine what we do and what we don't want from our future. This is very true in our community. And some are still struggling to step out of the long darkness and into the light. As a community we shine bright and those still in the darkness need our help. Our aura is a powerful energy field and when we are vibing high we have the ability to lift the spirits of others. Even just a smile can turn someone's day around. So I ask everyone, send out positive vibes for those who are struggling. Your prayers make a difference.

I have an announcement.... The lock down gave me the opportunity to pursue a certification I have been wanting to complete for a few years, but didn't have the time. I have recently completed the coursework offered by Hay House with Kyle Gray to become a Certified Angel Guide. I have experienced divine intervention so many times in my life and I am so excited to now be an accredited teacher to help others invite, receive and recognize divine guidance. My first workshop will be at the Yoga Loft on May 7th and you can read about it in the news brief.

As always, I would like to thank everyone for your continued support. We made it through because of you and my infinite gratitude goes out to all of your beautiful hearts. Shine bright lightworkers, help the rest of the world fill their hearts with love and kindness. Warm wishes,

Sharon



Sharon Shaffery
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24



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Contents

18	HEALTHY HOME	18
	How to Detoxify a Living Space	
20	COLLAGEN	
	Good for Your Body and for Your Face	
21	CREATE A NURTURING NEST	
22	KILL THE CRAVINGS WITH HYPNOSIS	
24	SEASONAL ALLERGIES	
	And Self Care Remedies	
28	WORKING WITH YIN AND YANG	
29	ECO-ATHLETES	
	Working Out with the Planet in Mind	
30	FEATHERED FRIENDS	
	The Pros and Cons of Keeping Birds as Pets	

DEPARTMENTS

8	news briefs	29	fit body
12	health briefs	30	green living
14	global briefs	32	natural pet
18	conscious body	36	calendar
21	inspiration	36	resource guide
26	eco tip		



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15 Day Women’s Metabolic Reset



Menopause is not fun but it can be the wildest hormonal time of your life. It is like a light switch that gets turned on at a certain age. For some there are no symptoms, but for others it can be a long journey. Hot flashes, night sweats, insomnia, irritability are all symptoms where your body is crying for help. No, you are not crazy but it is real! Ovaries are shutting down, other organs are making up the hormonal slack-organs that may already be overworked and not up for the job.

Join the 15 Day Women’s Metabolic Reset starting on Monday, April 19th where you will learn all about hormones, how they work and how they are controlled by a team of organs. Experience diet and fasting variation, balance hormones and become metabolically flexible! Reset will include a Meal Plan & Recipes, shopping list, day by day diet variation sequence, how long to fast on each day, outline of fasting variations, 4 live Zoom calls with intro, info & Q&A.

Women’s Metabolic Reset is led by Larisa Belote, Integrative Nutrition Coach. Call, text or email for more information and to register. Tel: 732.996.6993, email: larisa@stepbystep-wellness.com

Goddess to the Core Workshop

Workshop Designed for Self-Care and Empowerment April 17th 12:30 to 2pm at The Yoga Loft Located at 462 Adelphia Rd. Freehold \$35. (Please bring your yoga mat). This class is part of the Sierra Bender Empowerment Method which focuses on women. It supports developing a sense of becoming more empowered physically, emotionally, mentally and spiritually.

This is a workshop for women that will incorporate conversation, movement, breathing exercises, self-care tools, and a guided relaxation. For any level of yoga experience.

Empowerment: derived from a Greek word that means ‘pulling forth what is already in you. This workshop will support you to:

Strengthen the immune system,
-Halt the aging process, -Rejuvenate the body, -Clear the mind, -Release pent up emotions, -Reduce stress, -Burn fat, -Contour and build muscles, -Energize the spirit, -Soothe the soul, -Learn tools to cultivate a more empowered way of life.



This workshop is taught by Katie Strakosch. Katie is the founder of Sunshine Kate’s. Katie is a nourishment coach and registered yoga teacher. She has studied under Sierra Bender since 2010. She has worked in the wellness industry for the past twelve years. Pre-registration is required as space is limited to 7 students, register at info@theyogaloftnj.com or call/text 732.239.2333

Take the First Step on Your Angel Journey

Our Angels are with us with every step we take on this life’s journey. They shine their love upon us just waiting for the invitation to help us along. In this workshop we will shut off the anxieties and pressures of everyday life and we will tune in to our own vibration. Join Sharon Shaffery, Certified Angel Guide May 7th at 6pm.

For a few moments we will enter our own safe space and get in touch with our true selves. Together we will walk through an exercise that identifies the first step on our journey to fulfillment. After being introduced to our Archangels, we will invite them to guide us, lift us and support us on this journey. We will then create our very own crystal energy grid that will empower us daily as we transform our lives and raise our vibration through this first step on our Angel Journey.

Please register early to reserve your spot by email info@theyogaloftnj.com or call/text 732.239.2333 \$40 (all materials included)



Dimensions of Awakening

With Spring unfolding all around you, it’s the perfect time to use the vibrant energy you are feeling to awaken your Spirit to new heights!

The first step in your awakening is to realize that you don’t have to search for the “gift;” you already have it. It is already a part of you. Are you a “spiritual being?” Yes! Then, by definition, you have spiritual energy! Once you accept this, you will understand that you are reclaiming your spiritual energy, rather than discovering it. Just like with any other skill, it takes practice to develop and hone it, but where to begin? Use the things around you, and be present. If you want to work with extra-sensory perception, start by practicing how to take a “snapshot” with your physical senses of every detail of the world around you. (The evolving energy of Spring is a great opportunity for this.) The better you get at being present, the better you will become at detecting the subtle changes in energy that reach into the intuitive realms. Becoming attuned to new levels and sources of universal energy, as in a Reiki attunement, gives you access to higher frequencies of energy in order to experience how you perceive and

manipulate them. It’s also important to practice how you close down your senses from receiving excess energy; when you can turn off your sensitivity on your terms, it’s so much more fun to experiment with your spiritual energy!

At Dimensions Reiki, it is our commitment and passion to show you how to bring out your Highest Good through developing your spiritual calling and energy management skills. Our compelling classes and workshops are designed to show you how you perceive and master energy. Our exciting program “Mastering Your Energy” focuses on step-by-step explanations on making direct changes to your energy fields. With our Reiki therapy sessions, we also help clear out your energy fields to improve your sensitivity and prepare you to awaken your innate intuition. All of our services are available remotely for your convenience. Spirit awaits...are you ready?!

For more information, visit <http://dimensionsreiki.com>. Jeff Carpenter is a Reiki Master Teacher, soul coach, psychic, spiritual cleanser, and spirit rescue medium who owns Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Please email dimension-sreiki@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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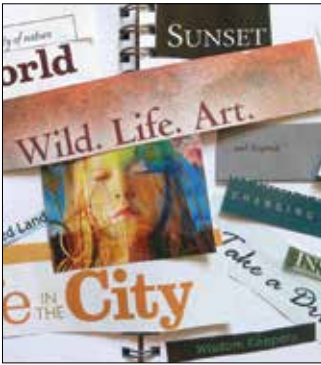
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Hypnosis Helps IBS

Solving the Emotions and Uncertainties Underlying Irritable Bowel Syndrome (all subtypes) and Other Gastrointestinal Disorders Workshop entitled: Replay In Vagus, Please! by Dr. Jean Eljay. Register for the meeting at International Medical and Dental Hypnotherapy Association* (IMDHA) Conference. Register at https://www.hypnosisalliance.com/imdha/conference_welcome.php. Verified in the medical literature, there are many gastric distress disorders, e.g., irritable bowel syndrome, inflammatory bowel disease, gastroesophageal reflux disease, functional dyspepsia, heartburn, etc. that respond to intervention by trance. These complex and deep-rooted physical, emotional, and spiritual issues can be naturally and simply resolved using self-hypnosis..

Join us during this convention by registering. Any questions or comments, please directly contact *Jean Eljay, PhD, MS, CMT, CI, AdvHC, CHt, NLPC located at 800 West Main Street, Suite #201, Freehold, NJ or directly at 484.574.1144 or by email at drjean@hypnobiosis.com.

Reiki Usui Training

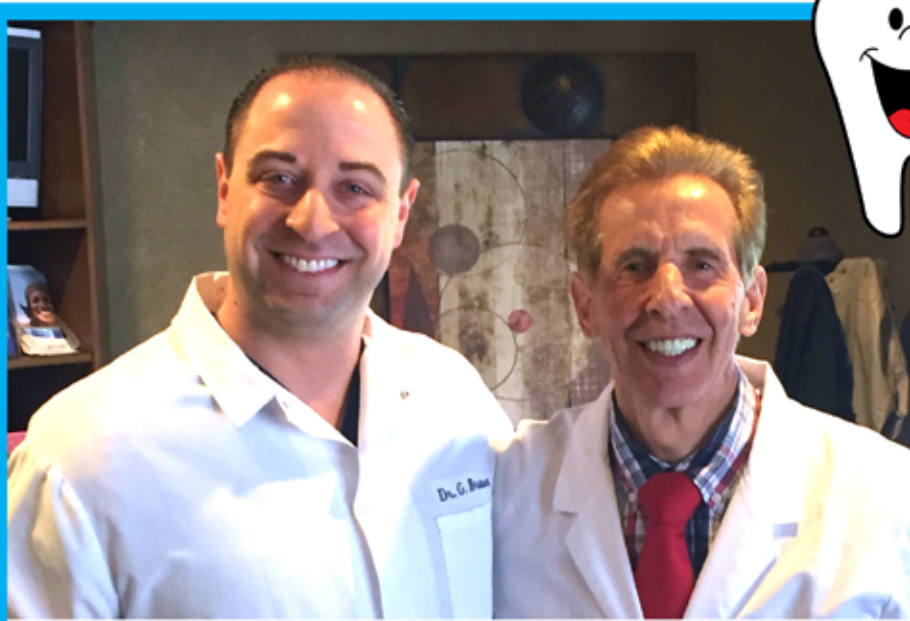
Roseann Petropoulos, Reiki Master/Teacher is offering Private Individual Reiki Training in a safe space. Previously, Reiki Trainings were designed in a group setting over a couple of days. The group would have the opportunity to share the teachings of the Reiki principles and hands on experience. During this time, Roseann has redesigned the program to allow an individual to gain the full experience with focused attention. Each trainee will met with her with one on one learning experience. Roseann says, "This approach has proven to very useful". Most times groups are formed without the consideration of who and where one is on their personal spiritual journey. Each will first have the opportunity to discuss the spiritual nature of their understanding of universal consciousness. A personalized class will be arranged to further develop growth and expansion based on the Reiki teachings.



Training will include: the history of the Usui Reiki method, functions of the varies levels of Reiki, the Reiki Principles, the Chakra system, clearing energy blocks, distant Reiki, use of pendulums and an efficient on self-care as one is a channel of healing. Each will receive Reiki attunement upon completion Offering: Reiki 1 - \$150 and Reiki 2 - \$175. For more information call Roseann 732.894.3197 or visit Belmarwellness.com

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Please Join Us in Welcoming Gary Braun, D.M.D.

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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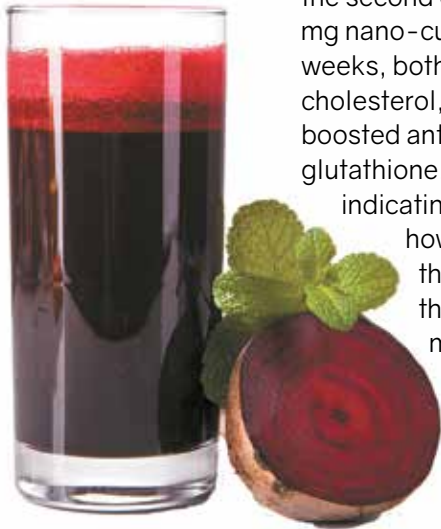
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Drink Beet Juice to Lower Blood Pressure

Hypertension is a global disease that particularly affects people in low-income communities, but a new study by the UK University of Nottingham suggests that beetroot juice may be a practical solution for people with high blood pressure that have little access to diagnostic help or money for medication. Researchers divided 47 people between 50 and 70 years of age in Tanzania into three groups. For 60 days, one group drank nitrate-rich beetroot juice and folic acid; another was given nitrate-rich beetroot juice and a placebo; and the third drank nitrate-depleted beetroot juice. The researchers found that systolic blood pressure dropped by 10.8 millimeters (mm) Hg (mercury) in the nitrate-rich plus folic acid group and 6.1 mm Hg in the nitrate-rich and placebo group. Studies have shown that the high level of nitrates in beets is converted by the digestive system into nitric oxide, which relaxes and widens blood vessels.



Consider Curcumin and Nano-Curcumin for Heart Health

Iranian researchers tested 90 patients undergoing elective heart angioplasty, giving one group 500 milligrams (mg) curcumin, the second group 80 mg nano-curcumin, and the third a placebo. After eight weeks, both types of curcumin significantly improved cholesterol, triglyceride and LDL-C levels. They also boosted antioxidant levels, superoxide dismutase and glutathione, and reduced C-reactive protein levels, indicating less inflammation. The nano-curcumin, however, produced even better results in five of those indexes, leading the authors to conclude that the effects of curcumin on the nano formula may be more conducive for cardiac patients due to its high bioavailability. Nano-curcumin is made through a process that encapsulates the herb, allowing it to be metabolized better.



Make Lifestyle Changes to Ease Reflux

The heartburn symptoms of gastroesophageal reflux (GERD) affect about one-third of Americans, many turning to medications. Based on evidence from 116,000 women in a long-running Nurses' Health Study, Harvard University researchers have found that GERD symptoms can be reduced by up to 37 percent by adopting five lifestyle strategies: 30 minutes of moderate to heavy exercise per day; not smoking; maintaining a normal weight; limiting acidic beverages like coffee and tea to two cups per day; and following a "prudent diet" with an emphasis on fruits, vegetables, whole grains, low-fat dairy, fish and poultry. The more faithfully the guidelines were followed, the lower the risk of symptoms. Benefits were also realized for women using treatments like proton pump inhibitors and H₂ receptor antagonists. According to senior author Andrew T. Chan, M.D., MPH, this study was among the first to link physical activity to the control of GERD. He notes, "Being physically active may help with the clearance of stomach acid which causes heartburn symptoms."

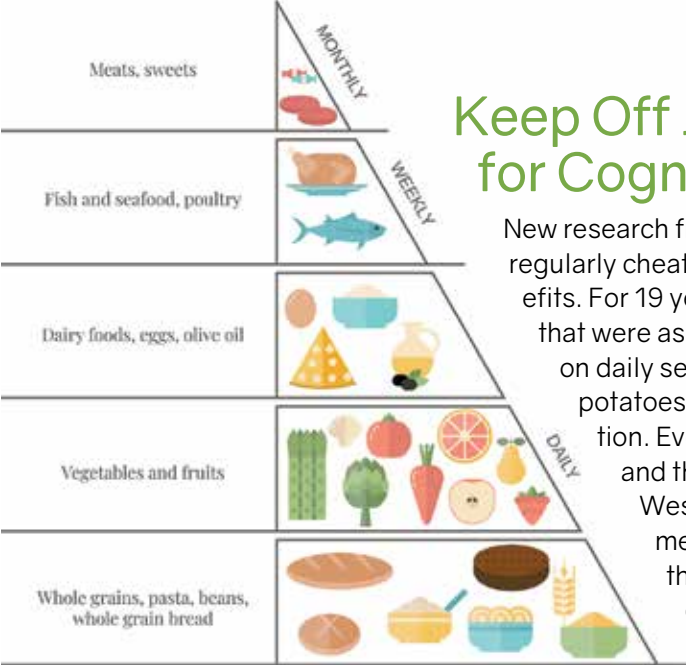
B₁₂ and Prenatal Supplements Gain Official Nod

In updated 2020-2025 dietary guidelines, the U.S. Department of Agriculture and the U.S. Department of Health and Human Services have endorsed the specific use of certain supplements, noting that under-consumption of some nutrients among Americans is linked to health concerns. The guidelines advise that infants being fed breast milk exclusively or partially should be given a vitamin D supplement of 400 IU per day beginning soon after birth and perhaps continuing for more than a year. Women that are pregnant or planning to become pregnant should take a daily prenatal vitamin and mineral supplement. Pregnant or lactating women that follow a vegetarian or vegan diet are advised to talk to their healthcare provider about supplementation to ensure that they get adequate amounts of iron, vitamin B₁₂, choline, zinc, iodine and omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The guidelines also state that some older adults may require vitamin B₁₂ supplements, noting concerns over the amount of the vitamin absorbed from food.




Keep Off Junk Foods for Cognitive Wellness

New research from Rush Medical College, in Chicago, shows that regularly cheating on a healthy diet undermines its cognitive benefits. For 19 years, researchers followed 5,001 adults over age 65 that were asked to eat the Mediterranean diet, with its emphasis on daily servings of fruit, vegetables, legumes, olive oil, fish, potatoes and unrefined cereals, plus moderate wine consumption. Every three years, their cognitive abilities were tested and their diets reviewed, including how often they ate a Western diet of fried foods, sweets, refined grains, red meat and processed meats. After almost two decades, those that adhered most faithfully to the Mediterranean diet were cognitively 5.8 years younger than those that followed it the least.



Mediterranean Diet




For The
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Group Hug

Nations Band Together to Preserve One-Third of the Planet



While human activity has transformed 75 percent of the Earth's surface and 66 percent of ocean ecosystems, the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services determined in a 2019 assessment that approximately 1 million plant and animal species are threatened with extinction, some in mere decades. In response to the crisis, more than 50 countries representing 30 percent of the world's land-based biodiversity, 25 percent of its land-based carbon sinks, 28 percent of important areas of marine biodiversity and more than 30 percent of ocean carbon sinks have united as the High Ambition Coalition for Nature and People (HAC 30x30), avowing to preserve 30 percent of the planet's land and oceans by 2030.

The group announced its goal at the One Planet Summit for Biodiversity in January, hosted by French President Emmanuel Macron, along with the World Bank and the United Nations. "We call on all nations to join us," Macron said in the video launching of the plan. Biologist E.O. Wilson has called for the "conservation moonshot" of protecting half of the land and the sea. Goals include preventing biodiversity loss, solving the climate crisis and preventing pandemics.

Freedom of Information

Access Expanded for Scientific Papers

A two-year, open-access project organized by more than 20 organizations, including Wellcome, in London, the Bill & Melinda Gates Foundation, in Seattle, and Dutch NOW—some of the world's largest research funders—began requiring in January that scholarly papers published from the work they fund be made immediately available for public reading at no charge. The initiative, Plan S, may usher in the end of journal subscriptions and allow anyone to read scientific literature. Plan S has already prompted several titles, including Nature, to offer open-access publishing for the first time.



World Watchers

Deforestation Alert System Mitigates Climate Change

Deforestation, which contributes to warming the planet, is a key factor behind the 40 percent increase in atmospheric carbon dioxide since the beginning of the industrial age. According to the National Oceanic and Atmospheric Administration, the global average atmospheric carbon dioxide concentration in 2018 was 407.4 parts per million, higher than it's been in almost 1 million years. Avoiding deforestation is much better than conducting reforestation efforts after the fact, and should be a key global climate change mitigation strategy, says Jennifer Alix-Garcia, a researcher at Oregon State University.

The Global Land Analysis and Discovery System (GLAD), founded in 2016 by the University of Maryland's Department of Geographical Sciences, is based on high-resolution satellite imaging from the NASA Landsat Science program. Subscribers can access data via a free interactive web application, Global Forest Watch. So far, forest loss has declined 18 percent in African nations where GLAD provided alerts when detecting deforestation activities. Previously, government agencies and other groups had to use reports from volunteers or forest rangers.



Wilderness Woes

National Wildlife Refuges are Overwhelmed and Understaffed



President Theodore Roosevelt designated Florida's Pelican Island as the first unit of what would become the National Wildlife Refuge System in 1903 to shield brown pelicans from hunters. Now, the world's largest set of 568 refuges, encompassing 95 million acres dedicated to preserving

wildlife, is under pressure from increasing numbers of visitors, maintenance needs and chronic underfunding. The system has lost more than 700 staff positions since 2011, despite growing by 15 refuges. Managers of the system under the authority of the U.S. Fish and Wildlife Service (FWS) report that staff morale is low.

Local conservation nonprofits have stepped in with fundraising and volunteers, but the lack of resources throughout the refuge system is limiting its capacity to provide healthy habitat for birds and other wildlife. Essential infrastructure is crumbling and staff can't provide the community outreach and visitor services they want to offer. The FWS oversees 25,000 structures and 14,000 roads, bridges and dams. Many of them have fallen into disrepair due to a lack of funding. Advocates claim that a remedy will require \$900 million per year, while the system's 2020 budget was only \$502.4 million.



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Working with Yin and Yang

The forces of Yin and Yang are the existential representation of opposites in the universe, including those found in nature and in the body.

by Shoshanna Katzman



Chinese medicine teaches that establishing Yin-Yang balance is essential to all aspects of life. Attaining such balance leads to internal health and external harmony – accompanied by preventing illness, injury and other forms of harm. Balancing Yin and Yang is at the root of creating a free flow of energy and manifesting everlasting health.

The Yin Yang Theory provides understanding about the characteristics and tendencies of Yin and Yang energies. We know that they contain an element of their opposite, where within each lies a seed of the other that could sprout at any time. They are independent, yet never fully separate – as Yin cannot exist without Yang and vice versa. Yin energy represents the more feminine, soft, yielding, internal, receptive and calming aspects of life. It forms the basis of the nervous system, bones and bodily fluids. Whereas yang represents the more masculine, hard, firm, external and active aspects of life. It is associated with igniting physiological and mental activation.

Yin corresponds to the earth and moon, while Yang corresponds to the heaven and sun. Yin energy comes up from the earth and cools. And Yang energy comes down from the sky and brings warmth to the body. From here they move into the body bringing nourishment from the forces of nature.

Take a moment to experience these energies for yourself through practicing this simple Qigong exercise.

- Begin by sitting up straight on the edge of a chair with feet parallel, flat on the floor and shoulder width apart. Make sure that height of the chairs allows your thighs and lower legs to form a right angle. Then place your hands on your lap, your tongue on the soft pallet of your tongue and gently lift the crown of your head upward toward the sky.

- Close your eyes and concentrate your mind on a place two inches below your belly button and inside your abdominal cavity. This is your energetic center of physical healing where the majority of qi (vital energy) is stored. Proceed by taking three slow, deep and rhymical breaths into your belly – breathing in and out through your nose with mouth closed.



- Concentrate your mind on the crown of your head and feel the yang energy being drawn downward into the top of your head through this point – then move it downward to a place on the center of your chest between your breasts.

- Place your mind on the soles of your feet and become cognizant of yin energy bubbling up from the earth through your feet, up your legs and to your belly. Then consciously move this yin energy upward to meet and mix with the yang energy held within your chest.

- Sit for a moment and feel the mixing of the cool yin energy with the warming yang energy happening within your chest. Notice how it is forming a perfect balance of Yin and Yang energies along with a uniquely tranquil form of emotional energy.

Take a few moments to reflect upon how you feel. Notice any changes in how energy is flowing throughout your body. Then open your eyes and bring yourself back into the room.

Have fun working with these ancient



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Chinese medicine principles as you draw yourself into a place of greater harmony and peace. Allow this to help with transitioning into Spring – bringing you closer to your innate nature as you learn to work with Yin-Yang energies and come into a place of vibrant balance.

Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist and director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for over thirty years. She is author of Qigong for Staying

Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy (visit www.qigong4.us) and co-author of Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness. Shoshanna has taught tai chi and qigong for over 45 years and is a 6th generation lineage holder of the Guang Ping Yang Style Tai Chi Form. She is offering qigong and tai chi instruction via Zoom and outdoors weather permitting.

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Spring Cleaning the Body

Simple Ways to Detox Naturally

by April Thompson

As we shake off the sluggishness of winter, many of us feel an urge to “spring clean” our bodies with a detox or cleanse. Yet health experts say such programs should help jumpstart new healthy habits and not necessarily be seen as a short-term fix.

“The air we breathe, the water we drink, the cosmetics we use, the materials we build with and most notably, the food that we eat, are loaded with chemicals that are toxic to our metabolism,” says Alejandro Junger, a Los Angeles cardiologist, author and founder of *CleanProgram.com*. “The systems in the body designed to clear toxicity are overwhelmed, and this leads to the imbalances and damage that is at the root of most diseases today.”

Detoxification functions are performed by many different organs and tissues, including intestinal flora, the immune system, the nervous system and the liver, so its imbalances can manifest in diverse ways, according to Junger. “Symptoms of detox imbalance include sleep and mood disorders, anxiety, rashes, lack of energy and libido, autoimmune disorders, inflammation and cancer.”

While some health professionals say that detoxes are unnecessary because the body is capable of cleansing itself, others make a compelling case for the need to help it along, given our heightened exposure to manmade toxic elements. Information of varying reputability swirls around the internet, offering approaches ranging from juice cleanses to total fasts.

Everyday Toxin Cleaners

Simple dietary strategies can help sweep out toxins, explains Robin Foroutan, an integrative dietitian and nutritionist in New York City. She points to cruciferous vegetables like cabbage, broccoli, collards and kale, which promote cytochromes P450, a family of enzymes critical in helping toxins clear the body. She also recommends foods high in fiber that can bind to toxins and bile, and transport them out of the body through the stool. Berries, green tea and turmeric are also helpful for their antioxidant and anti-inflammatory properties; even water facilitates the excretion process, supports the lymphatic system and replenishes fluids lost through sweat. Using a water filter and eating organic foods when possible also reduces incoming toxins, she says.

Healthy smoothies are a great way to get water, fiber and easily digestible nutrients into our body at the same time, according to Junger. “When using a good, clean, protein powder in addition to fruits and leafy greens, healthy fats such as nuts, and coconut or cashew milk, a smoothie can provide us the nutrients needed to support our energy for hours,” he says. Adding herbs like mint or holy basil (tulsi) and spices like turmeric and cinnamon elevate both flavor and healing. Liquids such as celery juice provide highly concentrated nutrients and hydration, but lack the fiber of a blended drink. Both juices and smoothies give overtaxed digestive systems a needed break.

Deep Detox

Fasting (occasionally for a prolonged period, such as three days without food) and intermittent fasting (abstaining from food for a shorter period, such as 16 hours per day on a regular basis) are great tools for deeper detoxification, says Junger. “Digestion takes energy and resources from the detox functions, so eating less, eating less often and allowing time for digestion to stop so that detox can intensify is crucial.”

For a comprehensive detox, experts recommend working with a health practitioner to assess toxic burdens and develop a personalized plan. Russell Jaffe, a physi-

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cian in Ashburn, Virginia, crafts a detox program based on four self-assessments, including digestive transit time, urine pH, hydration levels and vitamin C levels.

Jaffe claims our bodies are burdened by excess acid, rendering them less resilient to stress and resulting in fatigue, illness and infection risks. “When we enjoy a diet

rich in greens, fruits, vegetables, minerals and antioxidants, our cells become more alkaline and more resistant to everyday stress,” he states.

Experts emphasize that a short-term program must be part of a longer-lasting lifestyle and diet shift. “It is not enough to do periodic detoxes if you go back to

old habits. I offer these programs as a jumpstart in hopes that participants feel so much better that they never want to go back to what they were doing and eating before,” says Junger.

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.



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Collagen: Good For Your Body And For Your Face

by Dr. Julie Monica



Collagen is a truly functional supplement that provides much value for maintenance and anti-aging support in keeping joints and skin regenerated.

After just age 40 collagen production declines by about 1% per year. This creates a loss of skin firmness and elasticity.

Collagen supplements are available in the form of a digestible, hydrolyzed protein derived from the connective tissue of animals, mostly bones. This is in the form of a powder and from mostly type 1,2, and 3. The major protein, the amino acid make up is Alanine, Glycine and Proline.

Our human bodies are made up of 30% collagen type proteins (there are 16 major) of which 70% of this makes up our connective tissue. Skin is a type of connective tissue along with our cartilage, nails, joint-ligaments, hair follicles and bones.

Supplementing with collagen is beneficial in replacing the synovial membrane and fluid between our joints to keep them bending and performing. And also, to

repair and rebuild the cartilage weakened by overuse through impact and stress especially as we get older.

Studies have found this collagen protein is also beneficial for wound healing, preventing bone loss and gut rebuilding.

Our skin is made up of approximately 75% collagen. There is evidence suggesting that taking collagen supplements can increase skin hydration and collagen density which can make it look plumper.

Women in China have been consuming naturally collagen-rich foods like pig's feet and shark fins for centuries with the belief that these foods help smooth wrinkles.

Supplements do come encapsulated and in powder the latter of which you can add to hot or cold beverages, soups, and even baked goods or other foods.

A 2019 PubMed review of clinical studies found that supplementing with 2.5–15 grams of hydrolyzed collagen peptides each day may be safe and effective.



To maximize collagen supplement specific for skin; start at 5.0 – 10.0 grams per day. The source should be from marine origin (usually crustaceans) that is a type 1 & 3 and then will have a 1.5 times better absorption rate for the skin. A maintenance dose is effective at 2.5 – 5.0 grams per day.

Many of the joint supplements are derived from type 2 collagen, more specific for that type of tissue. And you can start at a dose of 10 – 15 grams per day. This form and dosage can also improve bone density.

Larger daily doses of 15 grams per day or greater of these protein peptides have mostly been used to improve muscle mass and body composition. Many are using this in a powdered form for protein drinks.

Gelatin is a form of cooked collagen! – Yes, cooked down bones make this food form which is used in sauces, jellies, desserts and main dishes too. Consuming gelatin is an effective healing form too especially for the gut.

You may have heard this type of protein also being used for Keto diets. And this is so as it is a pure protein with no added carbohydrates in these products. And it absorbs into other, non-carb beverages most notably, coffee. And can add a whole serving of protein. With so many functional attributes it is a cornerstone of this diet.

As we are less likely to consume collagen in our diets as generations before supplementing can provide balance for our protein needs and structural maintenance and for healing especially as we age.

Dr. Julie Monica is a Functional Nutritionist, a diplomat to two nutrition boards

with a B.S. in Clinical Nutrition. She provides a holistic approach to managing your health with state of the art, diagnostic testing to assess chronic issues. With clinical perspectives and our testing, we create individualized plans for optimal outcomes. *For information on a comprehensive profile for: Glutathione / Toxic Load / Anti (Healthy) Aging, call our office: 732.685.3171

inspiration

Create a Nurturing Nest

by Marlaina Donato



kelly sikkena/Unsplash.com

Creating a haven doesn't require remodeling the kitchen or buying new furniture, only distilling new joy from the mundane. Adding a luxurious throw to a sofa or putting books to read in a pretty basket by an easy chair invites us to tend to the much-neglected inner life. Putting cut flowers at the bedside or turning a chair toward the sunlight says, "Yes" to life and renewal. Playing uplifting, infectious music on laundry day rouses an element of fun. Practicing easy principles of *feng shui*—the art of placement—can get previously stagnant energy moving. Repositioning furniture for optimal flow and creating more open space are simple actions that can lighten heavy thoughts or memories. Home is a harbor of habit, and breaking out of the usual routine can be transformative. Here are some activities to try.

■ Reserve an evening every week for an old-fashioned "Sunday supper" by candlelight or have a rainy-day indoor picnic on the floor in the living room.

■ Add one item per day for a month to a bag intended for a local thrift store and then follow through by dropping it off.

■ Tidy the desk every other day and keep it uncluttered.

■ Hang new art prints, photos or paintings to set a new mood. Consider bright splashes of color—a set of red cups, a turquoise pillow or sunny yellow bathroom towels.



■ Bring the seasons in; hang a garland of faux ivy, roses or autumn leaves over the showerhead.

■ Buy or adopt low-maintenance indoor plants like philodendrons and snake plants for a spot of lovely green, even in deep winter.

In a world that fosters a "grass is always greener on the other side" mentality, cultivating soul-nourishment is a sure way to turn the humblest space into a castle.

Marlaina Donato is the author of *Spiritual Famine in the Age of Plenty: Baby Steps to Bliss*. Check out: AutumnEmbersMusic.com.

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Kill the Cravings with Hypnosis

by Jean Eljay, PhD, MS, CMT, AdvHC, CH, NLPC



Overt and Covert Cravings what help can we tap into? If we let our conscious mind do the walking, it may be causing us problems and boosting unhealthy behaviors. Cravings can be defined as an intense, urgent, or abnormal desire or longing for something. These unhealthy desires are increasing in this troubled and turbulent time. Our conscious mind tries to power through the cravings, but it neither has the stamina or the support to see it through.

Perhaps in some cases will power works for us. We all have positive examples, but in most cases will power alone fails, and we should not punish ourselves for that. How many times in our semi-secret New Year's Resolution list, did we focus on better exercise, reduced calories, and healthy food? Driving by the parking lot of our favorite gym on January 2nd of the year whatever, we find not a single parking space empty. If we are honest with ourselves, will power does not seem the way to establish a healthy behavior. Of course, there are exceptions, but if we take an honest look at where we are at the start of quarter 2 of 2021, are we really one of them?

We are facing an increase in cravings. This is all occurring in an environment of declining mental stability. The levels of addiction, lockdown induced isolation, depression, sadness, general and social anxiety, as well as widespread overwhelming stress are seriously rising. Mental instability coupled with a huge increase in unhealthy weight gain, is simply stated quite alarming. But that risk is apparent, abundant, and obvious.

What about the covert risks? The ones that go unnoticed (under the radar, so to speak). Is that easy fast food "healthy" option really killing me right now? The answer of course is a resounding "no". Is the pandemic increasing the number of junk food junkies? The answer is -for sure, yes! Is weight a problem in this country? A reverberating "yes"; obesity has always been a problem. Would it not be nice to lose those extra pounds? Remember the high school you! The instability of the world has only magnified this problem and too many other unhealthy cravings. Indeed, it even gets worse. Lung deficiency and increased weight are the most obvious factors in making Covid-19 critical and life threatening.

Are there other Unhealthy Cravings on the Rise?

- ☞ Drug Addiction ☞ Smoking
- ☞ Lack of Exercise ☞ Alcoholism
- ☞ Vaping & other Tobacco Products
- ☞ Poor Nutrition (junk food junkie)

In this last year life has taken us for a ride, but it is time to take charge and plot our own journey. It would be nice to just lay back and relax, while knowing exactly what we are going to do and when. Unfortunately, the world is dynamic, and this past year has shown us we are not always the masters of our navigation. In most cases our conscious mind prefers the certainty of a boring lifestyle.

We have spent a year in a holding pattern waiting for life to once again bend to our will. To cope with that stagnation, many have self-medicated with food, alcohol, and other items. The light at the end of the tunnel is now shining bright in our eyes. We are emerging from the pandemic and learning to access our subconscious to release the unhealthy thoughts and bad behavior works when we practice hypnosis to kickstart our healing process.

Remember that eliminating bad behavior is extremely difficult but substituting a healthy behavior for a bad one is easier. Moving forward in our life in balance and in a natural way, comes from inner peace and calm. Now might be the perfect time to focus on the healthy-you and not your cravings.

Jean Eljay, PhD, MS, CMT, AdvHC, CH, NLPC. Any questions or comments or to schedule a consultation, please contact Dr. Jean at 484.574.1144 or

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Seasonal Environmental Allergies and Self Care Remedies

by Gregory A. Carey, M.A.C.O.M., Dipl. O.M. (NCCAOM), L.Ac.



The change of Season often brings its unique challenges, and for many Seasonal Allergies are an annual rite of passage. As we celebrate the official start of the Spring Season on the Spring Equinox, March 20, 2021, some have already been noticing the onset of Seasonal Allergy symptoms. Allergic Rhinitis is a common presentation, with symptoms such as nasal mucus discharge, sneezing, post nasal drip and irritated, itchy eyes. But why do people suffer Seasonal allergies, and what can be done about them?

Allergic (Atopic) diseases have exploded in Industrialized Nations. Diseases such as Eczema/ Dermatitis, Asthma and Rhinitis often cluster together within individuals and communities. Causes are likely multifactorial, but a key influencer appears to be Gut/ digestive health. Industrial, processed foods, over use of antibiotics in humans and the food chain and reduced vegetable intake have all been linked to increased allergic responses. Even pasteurized dairy has been implicated- some studies have shown that non pasteurized milk is both better tolerated and yields a lower allergic response!

Chinese Medicine has long held that not only is digestive function crucial for overall immunity and immune regulation, but it is also known as the physiological “root” of the Lung Organ! Thus, proper respiratory and Lung function is intimately associated with, and dependent on Gut health! Therefore, in order to treat the “root” of allergic disease – one must consider the gut, and not merely slap a “band aid” on that runny nose symptom! But what are some self care strategies to improve your gut health at home?

Bone Broth is an important element in restoring and regulating Gut Health. Try a warm 12 oz cup of bone broth on an empty stomach once a day for 1-2 weeks and see how you feel. Do you notice improved bowel function? Less bloating? Less GERD? More regular bowel movements? Reduced skin dryness? Reduced respiratory symptoms? Want to learn more, look up the recommend book “The Bone Broth



Miracle,” by Ariane Resnick.

Another gut booster is Ginger. Not only can ginger improve appetite, digestion and alleviate nausea, but it also reduces frequent clear nasal discharge! Ginger in Chinese medicine is a warming herb, while profuse clear nasal mucus discharge is a “cold” symptom. Therefore, utilizing a warming herb which also has the function to reduce mucus is a great strategy. Particularly so if you also happen to suffer from cold hands/ feet or are generally sensitive to cold drafts. Brew a cup of ginger tea at home by slicing 1-2 cm of Ginger root (rhizome), add to 3-4 cups water, bring to a boil and simmer for no longer than 10 minutes. Over brewing ginger will reduce its therapeutic/ aromatic effects.

A classic Chinese remedy for dry, itchy, red eyes is Chrysanthemum flower tea. Aerial parts of the Chrysanthemum flower (often yellow) are brewed into a pleasing, fragrant tea. To moisturize dry eyes, Goji berries are also added to Chrysanthemum flower tea. Goji berries are an amazing antioxidant powerhouse, fantastic for the eyes and other internal organs, and can be steeped in hot water and enjoyed. Try out a cup of Chrysanthemum and Goji berry tea. Ingredients may be found at a local Asian grocer, your local supermarket or purveyors online.

If you don’t happen to have Goji berries or Chrysanthemum flowers on hand, and your eyes are driving you nuts, try Mint tea. Mint tea is cooling and may help to temporarily alleviate itchy, red irritated eyes. Mint tea also soothes an irritated throat, and for some sufferers of IBS- is also beneficial to digestion. Ultimately, your Seasonal allergy symptoms may require professional attention.

Try a course of acupuncture and herbal medicine to nip seasonal allergies in the bud. For further information and to connect with our Clinic, please visit us at www.oldbridgeacupuncture.com.



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The Benefits of Planting Trees

More Foliage Means Lower Temperatures

Planting more trees can slow down climate change. Science magazine reports, “The restoration of trees remains among the most effective strategies for climate change mitigation.” The Arbor Day celebrations this month make it an apt time for taking actions that benefit both urban areas and open spaces.

More than 166,000 square miles of forest habitat—approximately the size of California—in the tropics and subtropics have been decimated in the last 13 years, and about 2.7 million square miles of forest worldwide remain threatened, according to a recent study by the World Wildlife Fund (WWF). Some major ways to take action include:

Avoid buying products linked to deforestation.

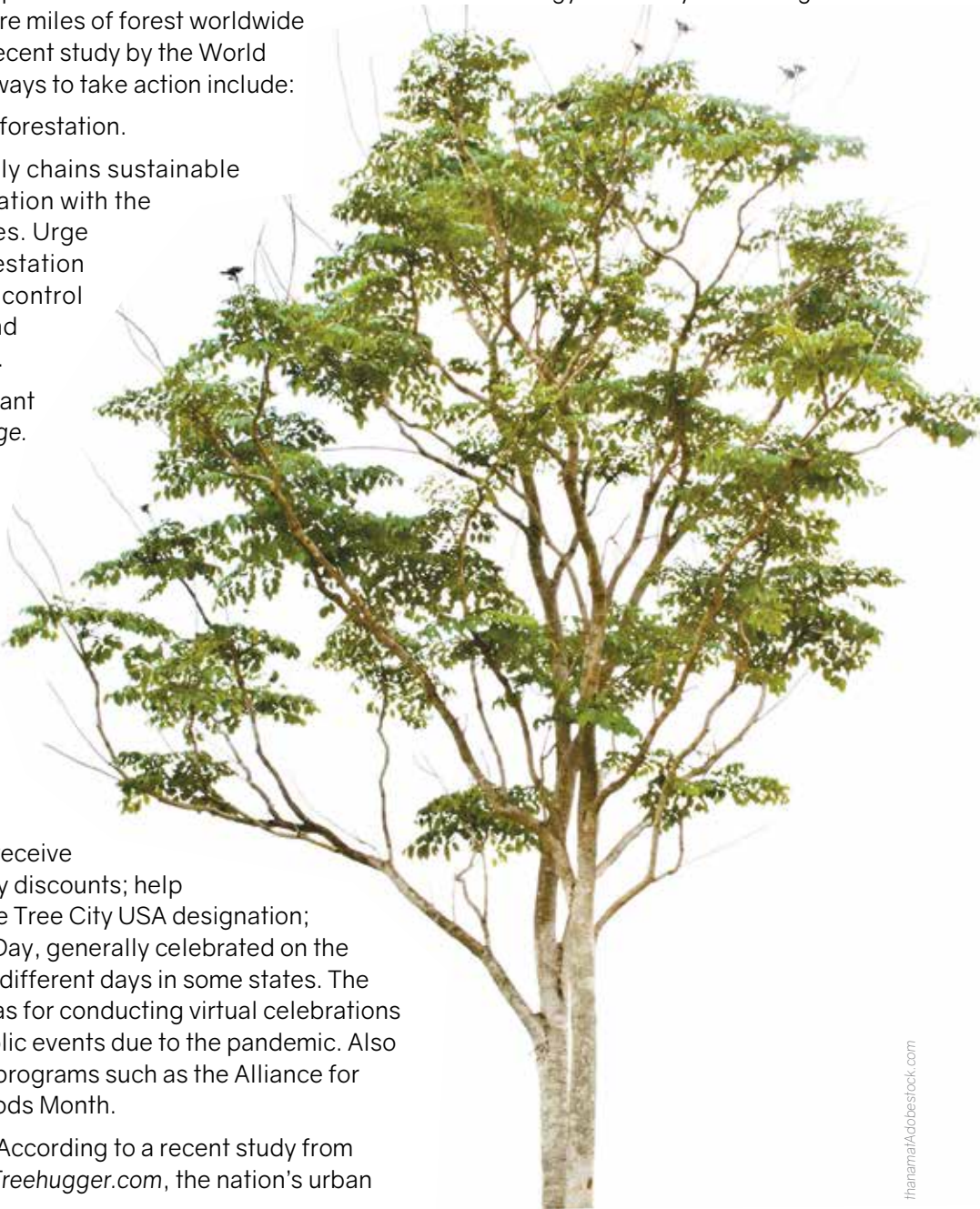
Pressure lawmakers to make supply chains sustainable while balancing the need for regulation with the concerns of farmers and businesses. Urge policymakers to enact zero-deforestation policies and bolster the rights and control of forests for local communities and indigenous people, says the WWF.

Donate spare change. By joining Plant Your Change for All (PlantYourChange.com), all debit or credit card purchases are automatically rounded up to the nearest dollar and the balance applied toward planting trees. Working together with the nonprofit Arbor Day Foundation (ADF) (ArborDay.org) and Eden Reforestation Projects, the initiative has already planted more than 3 million trees, offsetting 5 million miles of vehicle carbon emissions.

Become a member of the ADF and receive 10 free trees, along with tree nursery discounts; help to qualify a community to receive the Tree City USA designation; or get involved with National Arbor Day, generally celebrated on the last Friday in April, but observed on different days in some states. The organization’s website includes ideas for conducting virtual celebrations if local chapters are not holding public events due to the pandemic. Also consider participating in other ADF programs such as the Alliance for Community Trees and NeighborWoods Month.

Support the planting of city trees. According to a recent study from the U.S. Forest Service reported in Treehugger.com, the nation’s urban

canopies, currently home to approximately 5.5 billion trees, provide roughly \$18 billion in annual benefits via the removal of pollution from the air, carbon sequestration, reduced emissions and improved energy efficiency in buildings.



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fit body

Eco-Athletes Working Out with the Planet in Mind

by Marlaina Donato



From human-powered gyms that generate electricity to Earth-friendly activewear, professional and recreational athletes alike are increasingly working out with the planet in mind. Taking a recycled yoga mat to class, nixing the plastic water bottle and going "plogging"—picking up litter while

out for a run—are just a few examples of eco-fitness in motion.

"We believe that movement and nature go hand-in-hand, yet the world of sports isn't as green as it should be, with plastic bottles at events, junk food in canteens and monotonous movement in the gym," says Sarai Pannekoek, co-founder of the Sustainable Athlete Foundation, which strives to create a sustainable sports environment through coaching, workshops and campaigns

Working Out Green

Links between personal fitness and environmental toxicity are critical. Sixty percent of clothing is manufactured with fossil fuel-derived plastics, and activewear rates highest for eco-toxic fibers. Choosing workout clothes made from sustainable bamboo and cotton can soften the impact. With name brands like Adidas offering sustainable footwear, staying fit doesn't need to increase the toll on the environment. Pannekoek, who hosts the Sustainable Athlete Podcast with co-founder Paul Venner in Amsterdam, emphasizes personal responsibility. "We believe that there isn't a quick fix. It's all about habits and conscious behavior, while still being able to peak perform."

Supplementing the usual gym routine with self-powered workouts and outdoor activities like gardening, sustainable charity races and hiking are sound choices that can help to buffer climate change. "Being eco-centric enriches life and enhances health, but while it's personally gratifying, it also makes you keenly aware of just how far the world is from taking action sufficient to keep climate change in check. We all need to do more," says Bruce Rayner, founder and chief green officer at Athletes for a Fit Planet, in Portland, Maine, who was enlightened to the problems firsthand at a half-ironman distance race. "When I got to the finish line, I was given my obligatory plastic water bottle. I looked around for a recycling bin, and all I saw was an overflowing trash bin." Founded in 2008, Rayner's organization partners with pro-environment races like the TD Beach to Beacon 10K, in Cape Elizabeth, Maine, recently named the most sustainable 10-miles-or-less race in the country.

Fueling Up, Protecting Natural Resources

A pillar of the eco-fitness movement is eating clean and going plant-based for the

health of people and planet. "Diet is a big part of being eco-fit. The best action you can take is to support local farms, specifically organic farms," emphasizes Rayner.

To minimize global greenhouse gas emissions and water usage, eating more nutrition-packed produce, whole grains, legumes and nuts instead of animal products supports sustainability. For Adam Layzell, sports therapist, nutritionist and author of *How to Train Your Vegan: The Comprehensive Guide to Plant-Based Fitness*, going vegan is a win-win situation. "A vegan diet encourages fat loss, improves endurance and recovery and has plenty of all the necessary components such as protein to build strength and muscle." Layzell underscores that the vegan diet preserves animals and their ecosystems, prevents deforestation and destruction of wild land and lowers the impact on climate change and global warming.

Athlete Engagement

For Lewis Blaustein, managing editor of *GreenSportsBlog.com*, climate change action and sports are an ideal marriage. He recently launched *EcoAthletes.org* to encourage sports figures to speak up about global warming. "Nelson Mandela once said, 'Sport has the power to change the world.' EcoAthletes aims to show that athletes are the agents of that change and that they, by mobilizing millions if not billions of fans, can do so on climate." Blaustein sees a surge of climate-concerned athletes leading radical changes. "There will be many different looks—from athletes endorsing green products à la solar power, electric vehicles, etc., to athletes speaking out for environmental/climate justice in a similar fashion to WNBA and NBA players on Black Lives Matter."

Pannekoek concurs, "All small steps taken still go a great distance. Elite athletes are role models. If they would support more conscious brands to influence the youth, we believe that they can make such a difference."

Marlaina Donato is an author and recording artist. You can connect with her at [AutumnEmbersMusic.com](https://www.AutumnEmbersMusic.com).



Feathered Friends

The Pros and Cons of Keeping Birds as Pets

by Julie Peterson

Alabama, once knew a bird that routinely screamed, “Fire!” resulting in 911 calls. “Birds can be loud,” says de Jongh. “They generally try to be louder than the ambient noise in the room.” Luther agrees, saying, “You can hear my bird yell from a city block away.”

Happy and Healthy
Talking birds are delightful. Some mimic human language, others understand word meanings and use them appropriately. “Birds are as intelligent as a young child and as emotionally temperamental as a toddler,” says Mary Miller, who has raised budgies and the small- to medium-sized parrots known as conures at her home in Buffalo and has worked with other birds in rescue facilities.

Luther agrees that birds don’t just mimic what they hear. “They understand like a 2- to 3-year-old child. When we are cooking dinner, she will ask, ‘For me?’ or, ‘Can I have some?’”

Kata May also articulates her fondness for the pizza delivery person with, “I love you!” Then, “Mmmmmm, thank you,” in anticipation of a treat.

Even without words, birds are excellent companions. “If raised correctly and interacted with on a regular basis, birds can be very affectionate. They are highly intelligent and social animals, so they form deep and lasting bonds with humans,” says de Jongh.

Nutrition is key to a raising a bird. Leslie Moran, a Reno-based holistic animal nutrition and care consultant, is working to end avian malnutrition through the Healthy Bird Project, which conducts nutritional research on exotic species. Traditional grain and seed mixes lack essential nutrients and contribute to unbalanced protein intake for caged and companion birds. Moran’s goal is to move the food industry toward the inclusion of more wholesome choices. “Fresh fruits and vegetables can be purchased at the grocery store, but parrots need specific, high-quality, tropical bird food, which can be hard to find,” says Luther.

Keeping a tropical animal healthy also requires bathing, temperature control, clean air and water, exercise and mental stimulation. Costs vary. Owning a small parakeet could include the purchase or adoption price (\$12 to \$65); cage (\$30 and up); food; toys; and checkups (typically less than \$200 a year). A large macaw might cost \$500 to \$5,000. Supplies, food and vet care could top \$2,000 the first year.

Don’t Shop, Adopt
Birds are available from breeders and pet stores, but there are many needing adoption. Sanctuaries struggle to care for animals with such long lifespans and complex needs, including diet, space, intellectual stimulation and emotional bonding. Lacking proper care, birds may develop mental illness and pluck out feathers or bite, but happy birds can be snuggly, social and fun.

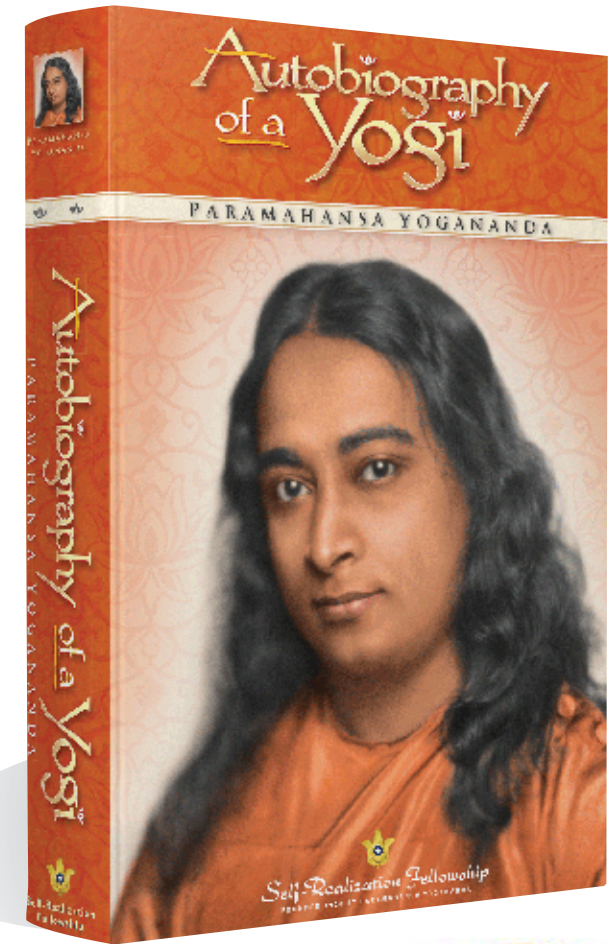
Rosemary Wellner, of Mountainside, New Jersey, has owned parakeets, cockatiels and lovebirds. Currently, she has two parrots, the oldest is 24. “Many people do not understand... but birds feel true attraction for their companions—and who doesn’t want to be loved?” she says.

Julie Peterson is a health and wellness writer. Reach out at JuliePeterson2222@gmail.com.



Cappy, a 23-year-old white-eyed conure, resides in Mountainside, New Jersey, with his lifelong human companion, Rosemary Wellner.

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new online classes

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T'ai Chi Chih®- T'ai Chi Chih®: Joy thru Movement is a non-martial art with many health benefits. This practice is more Qigong-like and is completely non-violent. It is a set of movements (done standing or seated) completely focused on the development of an intrinsic energy called Chi. Improve physical & emotional balance, help with better sleep quality, & overall sense of well-being is reported by clients. Class meets LIVE on Wed. at 6pm Eastern Time. Recordings will be available for a limited time. \$96/month. Buy 2 months for discount, buy with 1 month of Holistic Health with Siobhan and get half off- see site for details. In person classes in Toms River & Browns Mills in April.

Balance Hormones with Energy Medicine- This class will provide tools to balance the body's energy systems, by tapping into the body's natural healing ability. Using powerful simple techniques that work quickly and easily, symptoms of PMS & menopause become more manageable and less challenging. With handouts, no recordings to keep class customized to attendees needs. 1hr. \$25, Monday, April 5th at 1pm.

Calming Stress & Anxiety- This class will provide some tools to balance the body's energy systems, by tapping into the body's natural healing ability. Using powerful simple techniques that work quickly and easily, stress becomes more manageable and less challenging. With handouts, no recordings to keep class customized to attendees needs. 1hr. \$25, Thurs. March 18th at 7pm OR Monday, April 12th at 1pm.

Relieve Pain- Learn Powerful Energy Medicine Tools to Help:

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- Bounce back from injuries faster.
- Relieve Chronic Headaches so you don't have to power through a day in pain
- Lessen your reliance on pain medication so you can lessen the risky side-effects and expense.

With handouts, no recordings to keep class customized to attendees needs. 1hr. \$25, Monday, April 19th at 1pm.

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FRIDAY, APRIL 2 & SATURDAY, APRIL 3

11-Week Certification Course - Become a certified hypnotist with Dr. Jean 9am-5pm Sats, 11am-5pm Suns. Course title "New Road to Revenue and Fulfillment: Certification in Helping others to Harmony and Balance". Zoom catch-up lectures for the first two weeks are available online. This course runs 11 weeks. Simply put, you can gain a paying profession that fosters empathy and is outwardly directed. This course is 220 hours and results in complete certification. Course by *Jean Eljay, PhD, MS, CMT, AdvHC, CHt, NLPC. Certification is in the International Association of Counselors and Therapist (IACT). Once certified you can immediately guide your clients with confidence and the certainty that only an excellent education provides. Act NOW for this limited time offer by calling 484.574.1144, emailing drjean@hypnobiosis.com. or directly by email at drjean@hypnobiosis.com.

SATURDAY, APRIL 3

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

THURSDAY, APRIL 8

Reiki Level II Workshop and Certification 11am-3pm – This workshop is the second step on your Energy Healing journey with Maria Martin. As healers we have the deep desire to help, heal and nurture the light within ourselves and others. With your second attunement, learn the Art of healing with Reiki including: How to heal others, the chakras meanings and placements, Self-Grounding, Hand positions

for self-healing, the healing of others and Reiki Symbols as well as their meanings. Pre-requisite Reiki I; \$200.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com.

SATURDAY, APRIL 10

Reiki Levels I and II Certification 10am-3pm. Begin your spiritual journey and tap into your innate intuition in this innovative class to certify you as a Reiki Practitioner! Admission Price: \$280.00 per person. Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

SUNDAY, APRIL 11

Introduction to Spirit Guides 1-4pm. We all have helpers in Spirit waiting to work with us; learn how to meet yours! Admission Price: \$60.00 per person. Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit dimensionsreiki.com/calendar

Free Drumming Circle: 1:30-3pm and stay and get a reading or energy healing from one of our gifted Psychics or Healers at our Holistic Fair from 3-6pm. Circle to be led by Shaman, Lauren Porter. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just be here for the experience A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

VIRTUAL Meditation & Dharma Talk with Venerable Bhante Sujatha 4-5:30pm Cost: \$30 (Proceeds go to Bhante's "Mothers & Incubator Project" in Sri Lanka) Meditation is a daily practice that helps to calm the mind, improve psychological balance, creates healing in the body, and creates a healthy brain. Venerable Bhante Sujatha, Bhante teaches loving-kindness meditation to people around the globe for all those seeking the art of happiness and contentment. His approach to meditation is deep and simple, bringing core Buddhist teachings to everyone in a way that is practical and easy to understand. Any questions contact Monmouth Beach Yoga & Wellness 973.452.2828.

WEDNESDAY, APRIL 14

Reiki Levels I Certification 7pm-10:30pm. Begin your spiritual journey, and learn to channel universal energy by becoming a certified Reiki Level I Healer! Admission Price: \$280.00 per person. Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

Native American Drumming/ Journeying 7:30-9:30pm with Shaman, Lauren Porter. Looking to connect with the spirit of the drum and connect with your inner medicine? Learn the importance of drumming, how drumming can help you heal spiritual wounds, and be guided through a journey to help discover your spiritual allies. See how a shamanic journey will help you connect with your higher self. \$40 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private journeying sessions

THURSDAY, APRIL 15

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.

Reiki Meditation and Healing Circle 7:30pm-9pm. Join our guided meditation to focus on your personal energy, and receive a Reiki Demo! We focus on a different Chakra every circle. Admission Price: \$10.00 Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ or online via Zoom. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

FRIDAY, APRIL 16

Kundalini Yoga and the Chakras with Anna 12:15-1:45pm 8 class series 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28 & 6/4 Cost: \$200 for 8 classes in this series. If you cannot make a class don't worry we will be recording and will send to you. During each class, we will use both discussion and Kundalini Yoga to learn about the chakras, starting at the root, working our way up to the crown, and ending with the auric field. You will walk away from this course with practical tools to help you better understand who you are and how to meet your body's needs (physical and energetic) through a lens of the chakras. Everyone is Welcome. Any questions or if you need information please contact Monmouth Beach Yoga & Wellness 973.452.2828.

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, APRIL 17

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

IN STUDIO Vision Board Workshop with Theresa Hunt 1-3pm Cost: \$25 Join us for an exciting opportunity for personal growth as you learn about the power of manifesting your goals and dreams for 2021. In this 2-hour workshop we will begin with a

meditation to tap into your internal guidance system/intuition. Then you will be making personalized 5x8 collages (1 or 2) from selecting a few powerful images from magazines to serve as a daily reminder of your future goals and aspirations. Stir together the ingredients of your imagination, intuition, and creativity, along with some playfulness, to create your very own vision for 2021. Any questions or if you need information please contact Monmouth Beach Yoga & Wellness 973.452.2828.

Goddess to the Core Workshop 12:30 to 2pm at The Yoga Loft Located at 462 Adelphia Rd. Freehold \$35. (Please bring your yoga mat). This class is part of the Sierra Bender Empowerment Method which focuses on women. It supports developing a sense of becoming more empowered physically, emotionally, mentally and spiritually. This is a workshop for women that will incorporate conversation, movement, breathing exercises, self-care tools, and a guided relaxation. For any level of yoga experience. Pre-registration is required as space is limited to 7 students, register at info@theyogaloftnj.com or call/text 732.239.2333

SATURDAY, APRIL 24

VIRTUAL Introduction to Ayurveda: Meditation for The Doshas with Rachel May 12-2pm. Cost: \$40. Ayurveda means "the science of life" and is the sister to yoga in the healing and holistic realm. Ayurveda works to balance the elements in the body, mind, and emotions; creating a dynamic understanding of healing that goes into all the depths of being. This workshop will include an Introduction to Ayurveda and Samkhya Philosophy; the opportunity to take a thorough constitution test and discover your own imbalances; and simple meditation practices for each doshic imbalance. The participants will also receive a recording of the session with the meditations to utilize on their own at home! Contact Monmouth Beach Yoga & Wellness 973.452.2828.

Introduction to Tarot 3pm-5pm. Tarot has been a source of insight and mystery for centuries. Come explore all of its complexities and facets in our 6-session Tarot Class! This series of classes will provide an informal, informational session for all levels – from beginners to those more advanced. Hosted by Jamie Kwiat (SeaWitchNJ), we will dive into the layered history of one of the world's most mystical tools. Over the course of six monthly classes, you will learn not only what Tarot can do, but the meaning and ways you can incorporate it into your everyday life. First class is \$75.00 per person (includes Tarot Deck); subsequent classes are \$50.00 each 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.

Joys of the Sea 7-9pm Waterspirit's beloved charity gala is back in an online format. Join us for an evening of community, inspiration, and fun. Greet your fellow Waterspirit supporters while celebrating the joys of the sea. Test your water knowledge and win prizes at our trivia game! Browse beautiful artwork and delightful experiences in our silent auction! Learn from our featured guest, a leading environmentalist who exemplifies Waterspirit's mission! Register here: https://www.eventbrite.com/e/joys-of-the-sea-tickets-139975038107

SUNDAY, APRIL 25

Introduction to Psychic Development 1-5pm. Tap into your own intuitive abilities and learn techniques to give psychic readings! Admission Price: \$100.00 per person Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ Phone: 732.832.1036 dimensionsreiki.com/calendar.

Full Moon Circle: 6-7pm, Enjoy and experience the Wind Worm Moon with us. Enjoy and experience the Wind Moon with us. Because April's moon is associated with the winds – for obvious reasons – now is a good time to explore the winds that blow from each of the cardinal directions. This is a good time to work on new beginnings. It is the time to stop planning and start doing. Take all of those ideas you have had brewing for the past few months and make them come to fruition. We will have a brief meditation and focus our intention and give blessings toward home, hearth and family. \$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

on going events

MONDAYS

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

FREE Loving Kindness Meditation 11am with Roseann Petropoulos founder of Belmar Wellness email belmarwellness@gmail.com for zoom link.

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

TUESDAYS

Meditation for Earth every Tuesday on Waterspirit's YouTube 12:15 - 12:45 **Channel:** https://www.youtube.com/channel/UCFzJckCCtU22hEjrmolLitwQ **Please join Waterspirit for 'Meditation for Earth.'** We read a short blessing, followed by an excerpt from Hal Borland's '12 moons of the Year'. Then we lead a simple meditation followed with silence, for a flourishing Earth. The meditation and silence is approximately 30 minutes. All of our videos are filmed by our Program Manager, Abbey Koshak, with loving care. No matter where you are in the world, you can join us as we meditate for our Earth!

Tuesday Meditations: 6-7pm, Come join our weekly group guided meditations. De-stress from

your hectic weekend and Manic Monday. Recenter and Regroup yourself for the coming week and be ready for whatever life brings your way. For all levels: Beginners to Advanced. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

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

WEDNESDAYS

Tai Chi Class taught by Shoshanna Katzman 10:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Tai Chi is an ancient Chinese exercise known as "meditation through movement" – one taught by Shoshanna primarily for health and longevity, although its roots are as a martial art. The form you will learn is the Guang Ping Yang Tai Chi Form for which Shoshanna is a 6th generation lineage holder. It is a Yang Style comprised of flowing movements that promote energy, balance, strength, serenity and rooting – along with wholeness of mind, body and spirit. Classes are based on Shoshanna's Tai Chi Tutorial entitled: Center of Power: Life Mastery Through Tai Chi. Check out www.healing4u.com or call 732.758.1800 for more information.

Tai Chi Class taught by Shoshanna Katzman 6pm at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Tai Chi is an ancient Chinese exercise known as "meditation through movement" – one taught by Shoshanna primarily for health and longevity, although its roots are as a martial art. The form you will learn is the Guang Ping Yang Tai Chi Form for which Shoshanna is a 6th generation lineage holder. It is a Yang Style comprised of flowing movements that promote energy, balance, strength, serenity and rooting – along with wholeness of mind, body and spirit. Classes are based on Shoshanna's Tai Chi Tutorial entitled: Center of Power: Life Mastery Through Tai Chi. Check out www.healing4u.com or call 732.758.1800 for more.

Wednesday Sound Healings/Meditations: 6-7pm, Through the use of crystal bowls, guided sounds, singing and chanting we will facilitate your healing journey. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$20 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private meditation sessions and Veteran Discounts.

Gentle Yoga with Dee 6pm pre-registered to reserve your slot at: info@theyogaloftnj.com or call Dee at 732.239.2333.

THURSDAYS

Qigong Class taught by Shoshanna Katzman 5:30pm on ZOOM. Qigong is an ancient Chinese exercise that cultivates the flow of your qi (life energy). Its gentle, flowing movements are performed

to integrate your body, mind and spirit. They also strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation. Beginners are welcome and qigong is suitable for all ages and ability. The workout is derived from Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy." Check out www.healing4u.com or call 732-758-1800 for more information.

Tai Chi Class taught by Shoshanna Katzman 6:30pm at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Tai Chi is an ancient Chinese exercise known as "meditation through movement" – one taught primarily for health and longevity, although its roots are as a martial art. The form you will learn is the Guang Ping Yang Tai Chi Form for which Shoshanna is a 6th generation lineage holder. It is a Yang Style comprised of flowing movements that promote energy, balance, strength, serenity and rooting – along with wholeness of mind, body and spirit. Classes are based on Shoshanna's Tai Chi Tutorial entitled: Center of Power: Life Mastery Through Tai Chi. Check out www.healing4u.com or call 732.758.1800 for more information.

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

FRIDAYS

Friday Psychic Reading and Energy Healings: 4-7, Come and get a 10-minute Reading or Energy Healing for only \$20.00. Do you have a question on a direction you are looking to embark on, or about a job, relationship, or move? Come and get a reading and we will advise you! Are you feeling off, or out of balance? We can help you get rebalanced with an energy and/or shamanic healing. Walk-ins, or appointments are welcome. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private meditation sessions and Veteran Discounts.

save the date

SUNDAY, MAY 2

REIKI I Training Certification with Diane Todd 12pm - 6:30pm. Investment: \$175 (includes manuals & certificate) REIKI which means "universal life force" energy, is a natural form of healing that originated in Japan. You will receive two authentic Reiki I attainments that will enable you to channel the Reiki energy for the rest of your life. This original Reiki attunement process is the highest form of Reiki healing, plus a very sacred and spiritual experience. Learn the history of Reiki and receive a comprehensive manual. Reiki serves as a bridge between medicine, science and spirituality. Please Pre-register for this event because we will have limited space for this certification. Any questions or if you need information please contact Monmouth Beach Yoga & Wellness 973.452.2828.

FRIDAY, MAY 7

Take the First Step on Your Angel Journey 6pm Our Angels are with us with every step we take on this life's journey. Join Sharon Shaffery, Certified Angel Guide & Reiki Master. Together we will walk through an exercise that identifies the first step on our journey to fulfillment. After being introduced to our Archangels, we will invite them to guide us, lift us and support us on this journey. We will then create our very own crystal energy grid that will empower us daily as we transform our lives and raise our vibration through this first step on our Angel Journey. Please register early to reserve your spot by email info@theyogaloftnj.com or call/text 732.239.2333 \$40 (all materials included)

SUNDAY, MAY 16

VIRTUAL Meditation & Dharma Talk with Venerable Bhante Sujatha 4-5:30pm Cost: \$30) Research suggests that meditation can help heal injured parts of the brain, increasing brain function and improving many health problems by promoting healthy behaviors. Venerable Bhante Sujatha, The Loving Kindness Monk, a 30+ year Buddhist Monk, is singularly focused on adding more love in the world. Bhante teaches loving-kindness meditation to people around the globe for all those seeking the art of happiness and contentment. Monmouth Beach Yoga and Wellness is located at 36 Beach Road Suite 10 Monmouth Beach NJ. We offer in studio, virtual & pre-recorded. Call to register 973.452.2828.

FRIDAY MAY 21-
SUNDAY MAY 23

Solving the Emotions and Uncertainties Underlying Irritable Bowel Syndrome (all subtypes) and Other Gastrointestinal Disorders Workshop entitled: Replay In Vagus, Please! by Dr. Jean Eljay. Register for the meeting at International Medical and Dental Hypnotherapy Association® (IMDHA) Conference. Register at https://www.hypnosisalliance.com/imdha/conference_welcome.php. Verified in the medical literature, there are many gastric distress disorders, e.g., irritable bowel syndrome, inflammatory bowel disease, gastroesophageal reflux disease, functional dyspepsia, heartburn, etc. that respond to intervention by trance. These complex and deep-rooted physical, emotional, and spiritual issues can be naturally and simply resolved using self-hypnosis.. Join us during this convention by registering. Any questions or comments, please directly contact *Jean Eljay, PhD, MS, CMT, CI, AdvHC, CHt, NLPC located at 800 West Main Street, Suite #201, Freehold, NJ 07728 or directly at (484) 574-1144 or by email at drjean@hypnobiosis.com.

Dr. Jean's Upcoming Events Include:

- To sleep restfully or not to sleep is the question.
- The mind, the gut and its bugs
- Introducing the brain-gut-microbe axis and your health
- Advances in the Science and Medical Outcomes of Hypnosis: Where do we go from here?
- 8 hrs of eye closure doesn't equal a restful sleep
- Release the unhealthy emotions binding you to a night of unrest

community resource guide

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

ACUPUNCTURIST & CHIROPRACTOR

CHRISTINE TALIERCIO
Acupuncture Works LLC
100 Craig Road, Suite 104, Manalapan, NJ
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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! .

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

BIO FEEDBACK/STRESS MANAGEMENT THERAPIST

LAUREN A. SALANI, LCSW, BCB
Senior Fellow, Advanced Board Certified in Biofeedback by the BCIA, Biofeedback Certification International Alliance, Member of Association for Applied Psychophysiology and Biofeedback. Trained in EMDR. Stress Relief Services - 107 Monmouth Rd, Suite 104, West Long Branch, NJ 07764. 732-542-2638
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Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as; guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy all can take the whole person into account. Please call my office for help with the distress that is affecting your ability to be calm and happy. My office is warm, caring and comfortable where high standards for infection control are always maintained. Virtual sessions are available as well.

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CHIROPRACTOR

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



Dr. Julie Page is the founder of Page Wellness Center located in Atlantic Highlands NJ. She has been in practice for over 15 years and continues to excel in her fields of Chiropractic and body work. Dr. Page uses many modalities that are at the forefront of sports medicine; including Kinesio Taping, Graston

Method, and Fascial Manipulation (Stecco Method). More recently she has been certified in Ashiatsu and Ashi-Thai body techniques which she incorporates into her already well rounded practice.

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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.

FINANCIAL SERVICE

STRAIGHT TALK, CPA's
Salim Omar, CPA
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Salim@StraightTalkCPAs.com
StraightTalkCPAs.com



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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Are you stuck in life without motivation to move forward to achieve your goals? Coaching will offer you the guidance and support to change your life. We will partner together in an non-judgmental environment to achieve your wellness goals. I am a National Board Certified Health and Wellness Coach and accredited by the International Coaching Federation. I am also certified in Positive Psychology, Life and Nutrition Coaching as well as an author and keynote speaker. I use my coaching skills, assessments, and motivational interviewing to help my clients discover, define, and design their lives. We can not change adversity but we can change how we respond to it. Contact me to schedule a complimentary 15-minute phone consultation and plan to become your Best-Self. Individual and couple sessions via office, zoom, and phone.

PSYCHIC READINGS MEDIUMSHIP

MOONSTRUCK PAMELA FURLONG
The Galleria, #2 Bridge Ave, Red Bank, NJ 07701 Moonstruck USA.com
732-936-1889



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

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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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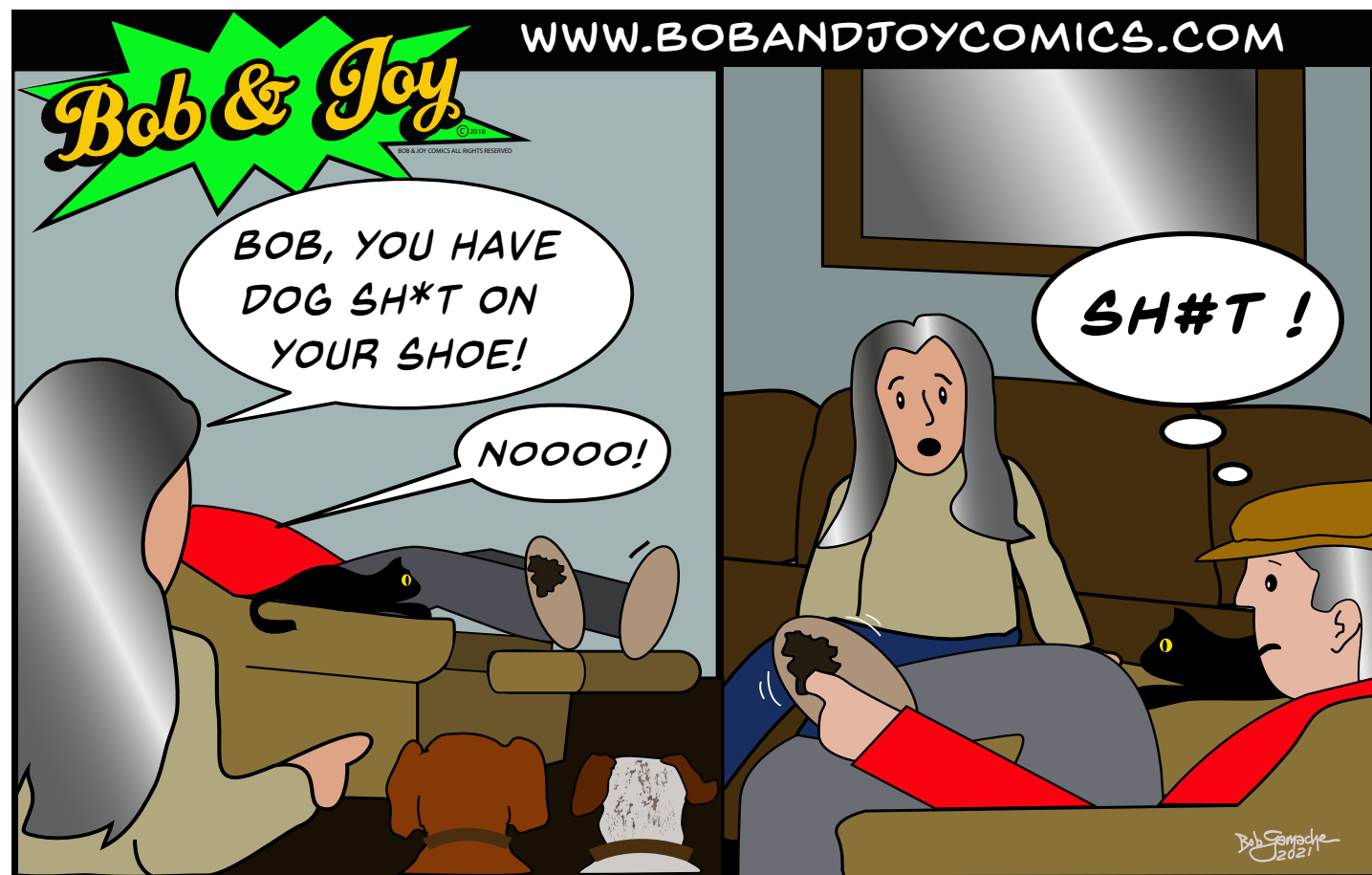
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