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Feeding the  
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Living Long  
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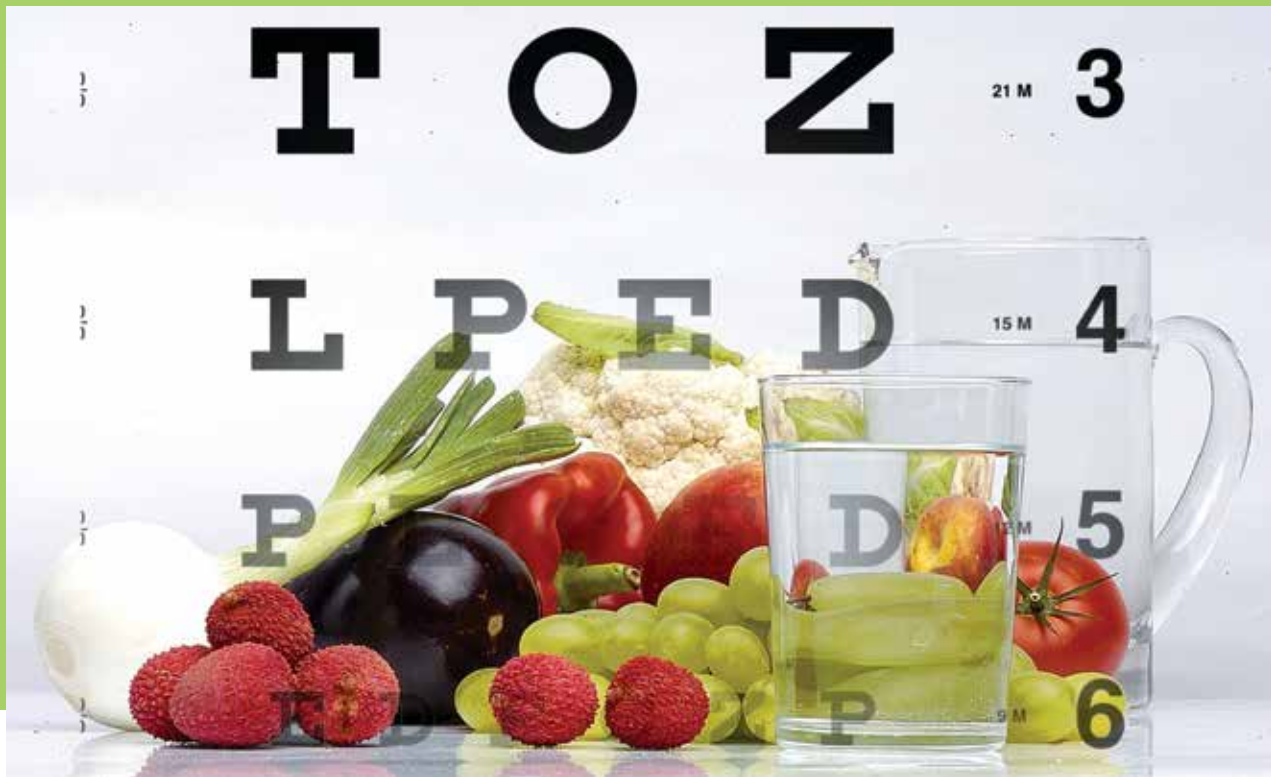
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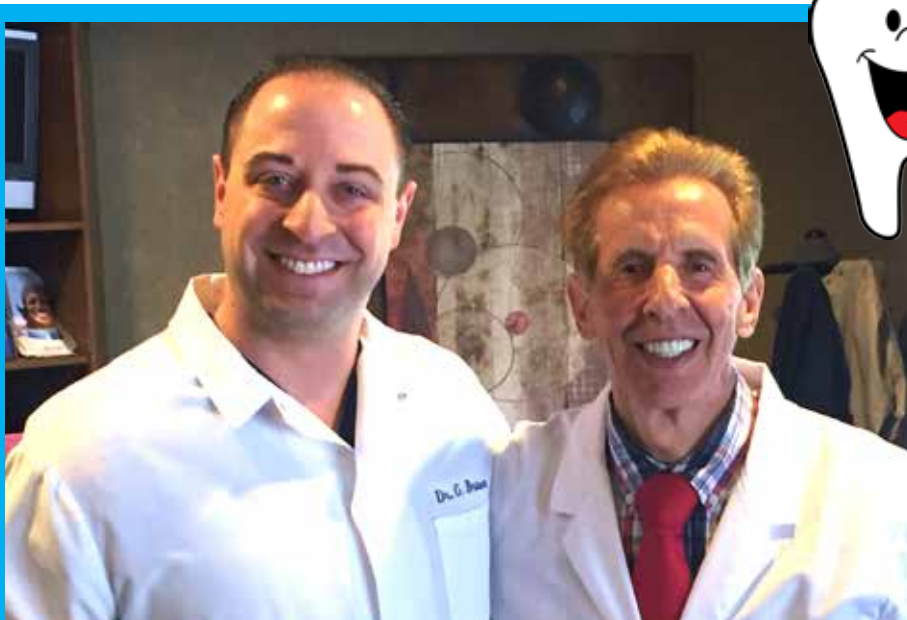
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## letter from publisher

## Hello Friends



Sharon Shaffery

down to review my goals, and track my progress. These meetings help me stay on track, and identify new opportunities. Ed and my puppy Neo were the greatest gifts the universe gave me in 2019.

So here we are - It's that time again, our opportunity to hit the reset button, take inventory on our goals – and define our plan for new found success. One of the most important things I need to remember is “Don't talk about it, be about it”. No action, no success. And I ask myself, why are you talking about it, if you aren't pushing yourself toward it? If not now, when? So I am using the strategy below to kick off the year of action.

Action needs a plan: Define goals – write them down, make a vision board, write a mantra

## Measure Goals

- Create a high-level key milestone list
- Break down each level by small actions to get from start to finish for each level
- Incorporate the immediate next steps into a daily mantra
- Reflect on daily mantra each morning
- Revisit goals regularly

Jack Canfield says “It's a universal principle that you get more of what you think about, talk about, and feel strongly about”.

We hope to make this year the best one yet, and we wish the same for you! Thank you for your continued love and support. We also send gratitude out to our advertisers who make this all possible, and to our team for all their hard work. Have a safe, prosperous and happy New Year!

Thank You &amp; Warm Wishes,

Sharon

HAPPY NEW YEAR!!! 2019 was a year full of so many blessings, I feel like 2020 is going to be off the charts great for us all! I had a few “dark nights of the soul” in 2019 and rather than let them steer my progress in the wrong direction, I went into the woods to ground myself and I prayed hard for help. The results... seek and ye shall find, ask and ye shall receive. From out of seemingly nowhere a mentor reached out to me. I strongly believe when opportunity presents itself we should always take action. I would like to say a special thank you to my dear friend Ed Carrington for reaching out and helping me. Every month we sit

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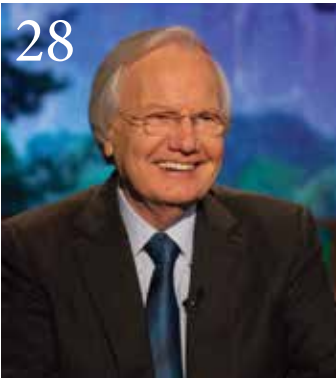
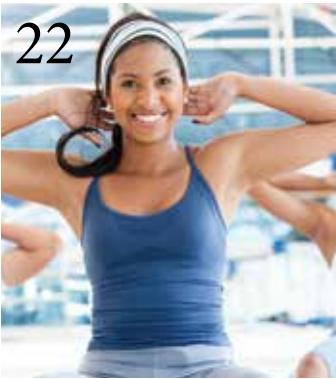
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news briefs

Candlelight Yin and Release Workshop

Rejuvenate your body, mind and soul Saturday, January 11, 6– 8pm. Join Sonia Lopez, Integrative Life & Wellness Coach, at Sun Moon Yoga and Healing in Long Branch, as she guides you through her signature healing workshop of Yin yoga, reflection, and energy healing.

This workshop will combine Yin poses that access the meridians of the body in order to release stagnant energies and create space for health and well-being. During the practice, Sonia imparts aroma freedom technique to acupressure points of the body and healing reiki that allows for the energetic balancing and harmonizing of mental, emotional and physical states.

Allow yourself to release and unravel embodied physical and emotional tension and leave feeling light and rejuvenated in body, mind, and soul. Sonia will end the session with a guided meditation during your final resting pose.

This workshop is appropriate for all levels.



Investment \$40. For more information, call Sun Moon Yoga and Healing 917.701.3298 or visit [sunmoonyogahealing.com](http://sunmoonyogahealing.com). The studio is located at 104 Brighton Ave in Long Branch.

“Tai Chi Easy”

Learning the practice of Tai chi is an easy way to get our bodies moving every day.

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

Saturday's January 18th, February 22nd & March 7th 1-3pm Cost: \$45, reserve your spot! The Studio is located at 36 Beach Road Suite 10, Monmouth Beach (Complex with MB Post Office) 973.452.2828. [www.mbyogaandwellness.com](http://www.mbyogaandwellness.com)



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## A Powerful Healing Circle to Kick off 2020



**G**ain awareness-insight into what we hold onto as obstacles, recurring habits, emotional patterns, and distorted projections that prevent us from moving forward. Release the old cloak of who we think we are, and embody life energy, free from the past. Join Sun Moon Yoga and Healing for this powerful healing circle Fridays January 10th & 17th 7:30-9pm.

Coming into the circle we move outside our normal sense of space and time, into a sacred space. This opens a portal allowing us to connect to a

deeper wisdom within, to the power of community, love, and healing intentions around us, and to the great extent of opening transformation and healing that we might call consciousness. Bringing this creative energy down to earth, and into the situational details of our everyday lives, is the practice of The Healing Circle.

The Process includes: Meditation, EFT (Emotional Freedom Technique), Awakening Heart, Listening with Compassion, Vulnerability & Honesty, Letting Go, Affirmations, Commitments & Dedication.

Speaking from our truth, and listening to others around the circle with patience and compassion, healing begins as we drop into non-judgmental and archetypes of the human journey. Space is limited to 10 people, \$25/person at Sun moon yoga and Healing 104 Brighton Ave

Long Branch. Call 917.701.3298 for more information or visit [sunmoonyogahealing.com](http://sunmoonyogahealing.com).

## Conversations with Adele

**A**dele Paula Royce will be exploring the topic “Who is in Charge of my Inner State of Being” at Sun Moon Yoga & Healing in Long Branch, starting Friday Jan 3rd 7:30-9pm. This 4-month workshop series will be an open forum and will consist of discussion, some light breath and imagery work. 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 your 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.

Adele Paula Royce is a Registered Yoga Teacher (RYT) with Yoga Alliance, and is a published author, genre: Suicide Prevention, with her most recently published article 'Yoga: A Pathway Back to Life after Loss' featured in Natural Awakening Magazine 2019. Being a well versed professional in Western Spirituality along with her knowledge of the Eastern philosophy of Yogic culture, she teaches her students to delve into the practice with an open heart and a quiet mind. For more information, call Sun Moon Yoga and Healing 917.701.3298 or visit [sunmoonyogahealing.com](http://sunmoonyogahealing.com). The studio is located at 104 Brighton Ave Long Branch.



## Dimensions of Beginnings

**H**appy New Year 2020 from Dimensions Reiki! Many of us talk about Resolutions that we wish to pursue in the new year; what are yours? Do they include any related to your spiritual development? In any plan for personal growth, remember that the most important part of the path is your first step...

Sometimes what to do first is the hardest decision: How do we know if it's the right choice? What if we aren't any good at it? Think about how many ways we can get from Point A to Point B on a trip; which one is the “best” way for us? It can be overwhelming, and we can often become “paralyzed” by our indecision. However, it's not called the Law of Wishes, waiting for our goals to find us; it's called the Law of Attraction, where each of us needs to take that first step on a path that resonates with us so that we can attract what we are looking for. We may not even know what all the outcomes will be, yet we won't know what value the path brings us unless we are on it, especially when it comes to our own spiritual journey. Why not pick something, like healing, grounding, or intuition, and see where you end up? Now that is a Resolution worth pursuing!



At Dimensions Reiki, we look forward to assisting and guiding you to new heights in your own spiritual development. Our energy healing sessions will balance and prepare you, and our classes and workshops will give you exposure and techniques to help you follow through on the promises you've made to yourself. Spirit awaits...this is the year; you ARE ready.

For more information, visit [dimensionsreiki.com](http://dimensionsreiki.com). Jeff Carpenter is a Reiki Master Teacher, psychic, spiritual cleanser, and psychic medium who owns Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Please email [dimensionsreiki@gmail.com](mailto:dimensionsreiki@gmail.com) or call 732.832.1036 to schedule an appointment with Jeff or with Tracy, another of our skilled Reiki Masters.

## Yoga Teacher Mentorship, Setting You Up for Success

You've graduated from Yoga Teacher Training, now what? Studios want confident teachers who can sequence classes and help their clients feel welcome and safe. They need instructors that understand the logistics of a yoga business, how to grow their classes, and how to help create community. That's why Sun Moon Yoga & Healing in Long Branch has introduced our Yoga Teacher Mentorship Program. From how to teach a class to how to run a business – we will cover it all in this 8-week program.

Each week, the instructor will take classes with Sun Moon Yoga & Healing to participate and observe. Plus, ask questions related to: The business of yoga, Sequencing classes, Asana, Essential oils, Relaxation techniques, and Community building. Additionally, you will meet with a senior yoga instructor online or in person for 30 minutes to develop solid classes that are well rounded, make sense, and that you can feel confident teaching as well as gain practical business advice for working within the yoga industry. Upon successful completion of the program mentees will receive 25 hours of Yoga Alliance CE credit.

Limited spots are available. Cost: \$349 Dates: January – March, April – June, July September. Call 917.701.3298 for more information or apply online at [sunmoonyogahealing.com](http://sunmoonyogahealing.com).



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New for 2020: Spiritual Warriors

Learn how to put yourself first without putting everyone else last. Join a 3-Month Community Journey at The Yoga Loft, 462 Adelphia Rd. Freehold –meeting January 12th, February 9th and March 8th with Katie Grace & Dee. The escalation of confusion, fear and negativity all around us gets louder every day (if we let it). Going it alone in a positive direction is tough! For good vibes, positive companions and an experienced guide, join the Circle of Spiritual Warrior at The Yoga Loft. You will be

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welcomed into a thriving community that celebrates your personal milestones and supports you in your struggles. Katie Grace shares practical tools that equip you to respond to all of life’s changes with more wisdom, love and joy.

Spiritual Warriors Essential Practice Toolkit: Learn the essential practices that help you focus your attention on positive intentions. You’ll reinforce the type of thinking that helps you handle change more gracefully and work through the inevitable resistance. \* Meditation \* Affirmation \*Self-Healing

*Spiritual Warriors Relationship Skills Toolkit: Learn effective interpersonal and communication skills that drastically reduce stress and improve all of your relationships. You’ll discover how to transform unproductive patterns that have sabotaged your best efforts at harmony. \*Active Listening \* Nonviolent Communication \*The Four Agreements Please call 732.239.2333 or email info@theyogaloftnj.com to join the Spiritual Warrior Journey \$195.00*



Meditation: Your Super Power 6 Week Series

Join Katie Grace for a six-week series January 6th 7:15pm at the Yoga Loft in Freehold, that will inspire you to get out of your head, stop thinking about meditation and actually sit there

and do it! With step-by-step instructions and pro tips to keep you on track, you’ll create a sustainable meditation practice that you will eagerly look forward to each day. Enhance your Superpower: Meditate with us. Pre-registration is required, please call/text 732.239.2333 or email info@theyogaloftnj.com \$70.

Brand New to Yoga 6 Week Beginners Series 108 words Inspired to try your first yoga class, but have no idea what to expect? If you’re new to exercise or recovering from injury, yoga can help you move more safely and mindfully. Join Monica at the Yoga Loft in Freehold starting January 9th at 6pm.

You will leave this series with a solid foundation of yoga poses, conscious breathing and meditation which will allow you to safely with confidence enjoy the vast array of our yoga classes, all the while smiling. All fitness levels welcome. Register early -this series fills up quickly -please call 732.239.2333 or e-mail to info@theyogaloftnj.com \$70.

Qigong for Good Health 9 Week Winter Series

Join Maxine Forster Guenther, Certified Instructor of Integral Qigong beginning January 14th. Qigong practice can help reduce stress, build stamina, increase vitality and affect the immune system in positive ways. The benefits are profound. Qigong is an ancient Chinese health-

care system that integrates physical postures, breathing techniques, and focused intention. Qi (Chee) is the vital life force energy that flows through all things in the universe. The practice is easy to learn. Return and deepen your practice or join us as a beginner. ALL are welcome!

TWO 1 Hour classes on Tuesdays at 1pm or 2:30pm. Place: The Earth Room, Unitarian Universalist Meeting House, 1475 West Front Street, Lincroft. Cost: \$90. for 9 sessions. For a partner in the same household, the 2nd person, \$45. College student’s, \$45.

If you cannot afford the cost of the series, please contact Maxine to make an adjustment at qigongomi@yahoo.com For information please check www.qigongforgoodhealth.org Space is limited. Register online. Evening Classes Added in January 2020 Thursday evening Qigong classes January through June with a different teacher each month. See Maxine’s website for a descriptive flyer.

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



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New Year, New You! At Monmouth Beach Yoga & Wellness we know there are a lot of people who are either new to yoga, rehabilitating from an injury or would just like to be reminded of the basics so we have created this series for you! Engage your mind and body while discovering breath and movement in a non-competitive and nurturing environment.

Absolutely no flexibility is required and all ages & body types are welcome. The benefits of yoga are numerous: poses gently elongate muscles, relieve stiffness, take pressure off the joints and increase range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and strengthen bone density. It can also assist in balance which becomes more difficult as we age. Poses can be done safely using various props, we also encourage chairs and the wall for support in standing balances.



*This 4-week series will walk you through the “Basics of Yoga.” Learn alignment & ways to personalize your practice for specific issues or injuries. Sign up in advance, space is limited! Mondays; January 13th, 20th, 27th & February 3rd. 7-8pm Cost: \$80. The Studio is located at 36 Beach Road, Suite 10, Monmouth Beach, by the Monmouth Beach Post Office. 973.452.2828. mbyogaandwellness.com.*

## Should You Fast When You Have A Cold

Cold and Flu season is upon us and with it comes sniffles, cough, congestion and endless use of tissues. Sound familiar? Fasting can help combat bacterial infections, decrease inflammatory response and boost your immune system. Not only does fasting help you get better quicker, it also shortens the duration of a cold.

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of glucose. When this happens, a lot of other chemical reactions occur that are beneficial to our bodies and health, especially if you’ve got a cold. During the fasting period, a particular type of ketone known as beta-hydroxybutyrate or BHB is produced. BHB is a ketone that has substantial effects on boosting the immune system. Your chances of getting better vastly increase. Autophagy is another occurrence that accelerates health. It is simply the breakdown of abnormal cells for the recreation of strong cells. Autophagy is induced during fasting and can destroy unhealthy cells faster.

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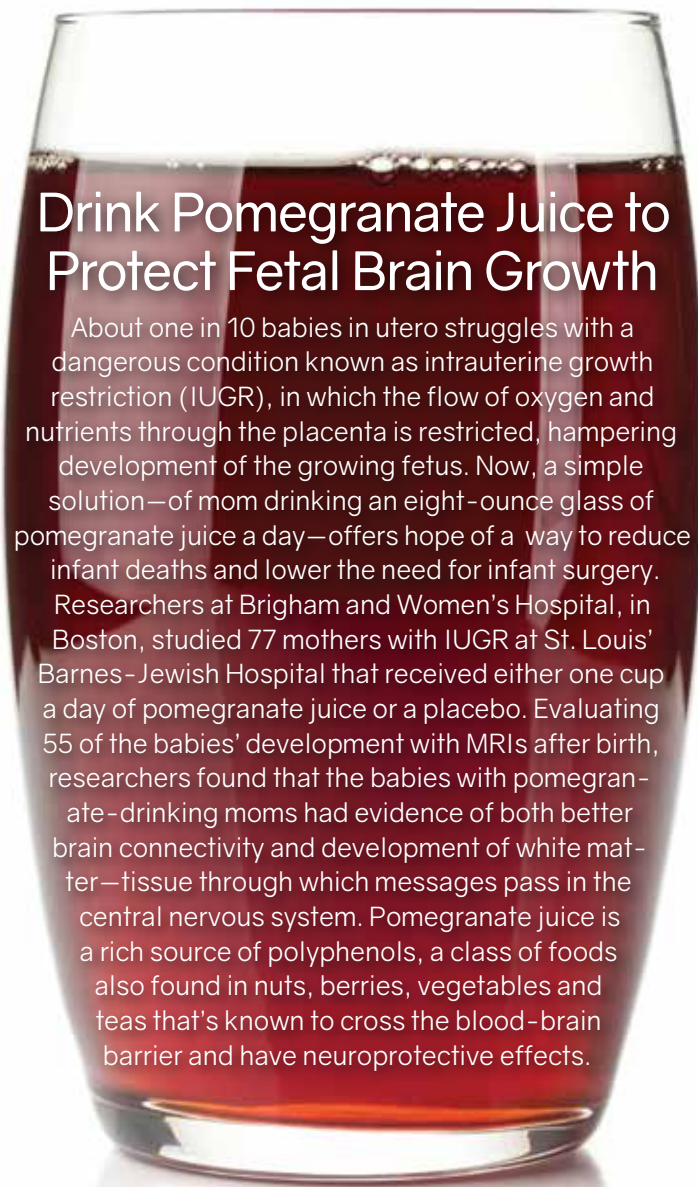
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health briefs

## Eat Fermented Dairy to Lower Heart Risk

Eating and drinking fermented probiotic dairy products such as yogurt, kefir, cheese and sour cream reduces the risk of heart disease for women, report researchers from the Netherlands that analyzed data from nearly 8,000 Australian women over a 15-year period. The effect was particularly strong for those that were obese and had Type 2 diabetes, according to the research. "In the process of dairy fermentation, beneficial compounds are released that have shown promise for improving glycemic control, blood lipids, cholesterol concentrations and blood pressure," write the study authors.



## Drink Pomegranate Juice to Protect Fetal Brain Growth

About one in 10 babies in utero struggles with a dangerous condition known as intrauterine growth restriction (IUGR), in which the flow of oxygen and nutrients through the placenta is restricted, hampering development of the growing fetus. Now, a simple solution—of mom drinking an eight-ounce glass of pomegranate juice a day—offers hope of a way to reduce infant deaths and lower the need for infant surgery. Researchers at Brigham and Women's Hospital, in Boston, studied 77 mothers with IUGR at St. Louis' Barnes-Jewish Hospital that received either one cup a day of pomegranate juice or a placebo. Evaluating 55 of the babies' development with MRIs after birth, researchers found that the babies with pomegranate-drinking moms had evidence of both better brain connectivity and development of white matter—tissue through which messages pass in the central nervous system. Pomegranate juice is a rich source of polyphenols, a class of foods also found in nuts, berries, vegetables and teas that's known to cross the blood-brain barrier and have neuroprotective effects.

## Munch More Nuts to Stave Off Weight Gain

Chomping on more nuts daily keeps the pounds at bay, according to research published in the journal *BMJ Nutrition, Prevention & Health*. Using records from three long-term longitudinal studies spanning 20 years and including nearly 300,000 health professionals, the report from Harvard University's T.H. Chan School of Public Health found that increasing nut intake by a half serving a day—about 12 almonds or seven walnut halves—was linked to lower instances of weight gain and obesity. Swapping out a serving of meats, refined grains or desserts for half a serving of nuts was associated with staving off weight gain of between 0.9 and 1.5 pounds in any four-year period. A consistently higher nut intake of at least half a serving a day was associated with a 23 percent lower risk of putting on 11 or more pounds and becoming obese in the same timeframe. No such links were found for eating more peanut butter. The researchers suggest the high fiber content of nuts can make a person feel full longer, and that that the fiber also binds well to fats in the gut, affecting a greater discharge of calories.




## Live Near Green Spaces to Stave Off Metabolic Syndrome

Middle-aged and older adults that live in greener neighborhoods have a lower risk of metabolic syndrome, reports research from the Barcelona Institute for Global Health in the journal *Environmental Pollution*. The study followed more than 6,000 British adults in a cohort initially between ages 45 and 69 for 14 years, and correlated health records and interviews with satellite images of greenery. They found that exposure to green spaces seemed to help prevent metabolic syndrome and its individual components such as large waist circumference, high levels of blood fats and hypertension. The results "could be related to better opportunities provided by green spaces to perform physical activity, as well as a decrease in exposure to air pollution," notes Carmen de Keijzer, first author of the study. Women fared even better than men, perhaps because women may spend more time in green spaces.

## Eat Garlic and Onion for Breast Health

Women eating more onions and garlic reduced their risk of breast cancer by 59 percent compared to those that ate less of these, according to a study in the journal *Nutrition and Cancer*. Researchers from the State University of New York at Buffalo and the University of Puerto Rico surveyed 660 women in Puerto Rico to measure their intake of onions and garlic, as well as sofrito, a local dish also cooked with bell peppers, tomatoes, cilantro and black pepper. Women that ate the onion- and garlic-rich sofrito sauce more than once a day slashed their risk of breast cancer by 67 percent compared to those that didn't eat it. Both garlic and onions contain compounds with anticarcinogenic properties, and earlier studies have found a link between higher onion and garlic intake and fewer cancers of the lung, prostate and stomach. Puerto Rican women eat more onions and garlic than women in Europe and the U.S., mainly due to the popularity of those two ingredients in sofrito, and also have markedly lower breast cancer rates.





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Time’s Up  
Renewable Energy Should Speed Progress

The International Energy Agency predicts that renewable energy will surpass coal as the world’s leading source of electricity by 2030. Its 810-page annual *World Energy Outlook* also notes that even though offshore wind farms, solar installations and battery-powered cars keep getting cheaper, they aren’t progressing fast enough to slash global greenhouse gas emissions and bring global warming under control because the world’s appetite for energy keeps surging.

Bright spots include large, offshore European turbines that can harvest the stronger and steadier winds over the ocean; electric car factories in China; and new building codes and fuel economy standards. Africa currently poses about 40 percent of the world’s potential for solar energy, but has less than 1 percent of the world’s solar panels.

Beach Junk  
Microplastics Found in Brand-New Sand



A Hawaiian beach that was formed by lava from the erupting Kilauea volcano in 2018 is already littered with invisible pieces of tiny plastic. The black sand beach named Pohoiki, which stretches for 1,000 feet on Hawaii’s Big Island, was created from shards of hot lava coming in contact with seawater, and looks pristine. Nic Vanderzyl, a University of Hawaii at Hilo student, saw the new beach as an opportunity to study sediment that was perhaps untouched by human influence, and discovered 21 bits of microplastics per 50 grams of sand on average.

The microplastics were smaller than five millimeters and rarely larger than a grain of sand. Most of them, he says, were microfibers, the hair-thin threads shed from common synthetic textiles like polyester and nylon. This invisible plastic has washed ashore on some of the world’s most remote beaches, uninhabited by humans. It’s still unclear how it will affect marine ecosystems, but scientists think it may have dangerous consequences for wildlife and human health.

Lung Relief  
Biosolar Leaf Purifies Air in London



A 2016 study at the University of British Columbia revealed that air pollution is the fourth-leading cause of death worldwide, with at least 5.5 million air pollution-related fatalities every year. A new cultivation system developed by researchers from Imperial College London collaborating with the startup Arborea have created the world’s first Biosolar Leaf technology to purify and improve the air in London. They hope it’ll boost environmental outcomes not only in the UK, but all over the world. The process works by purifying the air through photosynthesis of microscopic plants, which removes the greenhouse gases from the environment and generates breathable oxygen at the same time.

The startup’s innovative cultivation system can facilitate the growth of microalgae, phytoplankton and diatoms on large, solar panel-like structures that can be installed on buildings and other infrastructure to improve the quality of the atmosphere. Arborea’s cultivation system also creates a sustainable source of organic biomass from which nutritious

Repurposing Weeds  
Pond Plants Offer Protein Strategy

Fast-growing lemna, or duckweed, a flowering green plant that blooms on the surface of still and slow-moving bodies of water that is often mistaken for algae, is finding new utility as a protein source.



California-based Plantible Foods claims that duckweed, traditionally the enemy of pond owners, is superior to other alternative proteins like pea, wheat and soy. The unusual crop naturally contains higher amounts of the complete protein RuBisCo and is easier to digest than some other popular plant proteins. It can be used as a substitute for egg white, is free of the top eight allergens and has a neutral color and taste. Due to its rapid growth, duckweed is less vulnerable to climate change. Plantible Foods co-founder Tony Martens says that duckweed grows reliably and can typically be harvested daily, no matter what the weather may be.

Cloth Vs Disposable Diapers  
The Bottom Line on Eco-Friendly Baby Care

Taking care of newborn babies in an eco-friendly way can have a significant impact on both our environment and the little ones’ health. *Treehugger.com* reports that disposable diapers, made from a blend of plastic and wood pulp and often encased in additional plastic, remain for an estimated 200 to 500 years. A baby uses between 5,000 and 8,000 diapers before being potty-trained, generating 18 billion diapers annually in the U.S. alone.

Further, a recent study by the French agency in charge of food, environmental and occupational health and safety says disposable diapers have been linked to allergic skin reactions and difficulties with potty-training because kids can’t detect as easily when they’re wet.

It’s also cheaper to go cloth instead of the disposable route. *Consumer Reports* estimates parents spend \$1,500 to \$2,000 for disposable diapers before their child no longer needs them. *GreenBabyGuide.com* attests that the most affordable cloth option—prefolds plus covers—can cost as little as \$243 over 2.5 years, which includes washing and drying expenses.

Tips for washing cloth diapers at *AllAboutClothDiapers.com* include using a prerinse/wash that “agitates, spins and drains” (and to do a longer wash cycle if they aren’t getting clean), using the longest hot wash cycle and an appropriate amount of water for the load size because “too much water, they’re just ‘going for a swim’; too little and they won’t be able to move, and therefore won’t get clean.”

The Beginner’s Guide section of *ClothDiaperTales.com* provides advice on choosing from different types of new cloth diapers and covers, which are better for overnight



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use, what to do about leaks and how many diapers new parents might need to get started. It includes a chart comparing pros and cons, average cost and some of the most popular, current brands, covering pre-fold, fitted cloth, snap-in/all-in-two/pop-in, pocket and all-in-one cloth diapers.

The nonprofit Real Diapers Association (*RealDiapers.org*) organizes local advocates and activists for cloth diapers via a member-supported resource center that plans campaigns, trains organizers, distributes educational information and supports local groups. Local Real Diaper Circles involve users with knowledge and tips to make cloth diapering more accessible and acceptable to parents.



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## VISION FOR 2020

**"I have an opportunity to identify so many chronic health conditions early just by looking into someone's eyes."**

**D**r. Neda Gioia didn't intend for her practice opening to coincide with the 2020 new year, but it's fitting. Because she has a vision... a 20/20 vision. 20/20 is the benchmark for visual acuity and her mission is to raise the bar for how eye care is delivered, starting this year.

Most people don't realize how many medical problems can be diagnosed from a simple eye exam, yet more and more research is coming out to support this. In fact, The American Heart Association recently published an article explaining that heart disease can be predicted by the health of the blood vessels in the retina. This is a huge opportunity to get ahead of cardio-

vascular disease and actually prevent it!

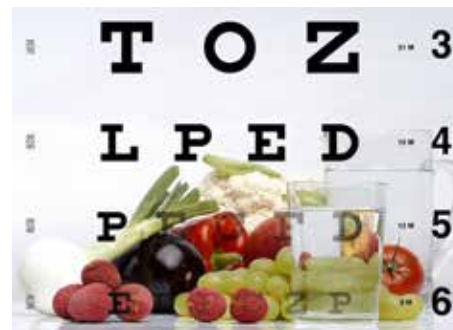
The medical community have a habit of waiting for problems to occur before taking



an active role in health. Dr. Gioia wants to turn that on its head. "I have an opportunity to identify so many chronic health conditions early just by looking into someone's eyes. That

gives us the ability to stop so many disease processes in their tracks. It's preventative medicine in its purest form."

Eye exams shouldn't be just about the eye. It's a window into an individual's overall health. You have to look at the whole picture. Diagnosing some of these disorders



**The eye is the window  
into an individual's  
overall health**

early allows the doctor to manage the patient's health with non-traditional methods possibly avoiding the need for pharmacologic intervention altogether. These methods may include dietary and lifestyle changes paired with nutritional supplements under the supervision of a provider trained in functional and integrative healthcare. That is why Integrative Vision was born. It's a place where traditional eye care is supported by alternative practices to deliver whole body wellness.

This is a very unconventional way to practice optometry but Dr. Gioia is not a conventional optometrist. She has developed protocols to treat these disease processes and her goal is to make this the new standard of care. She believes that every time a physician makes contact with a patient, that is an opportunity to improve a life. It's a chance to reduce suf-

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*Dr. Neda Gioia is a licensed optometrist and with certification through Functional Medicine University and a current CNS candi-*

*date. She is a fellow of the Ocular Wellness Society and has been featured in Review of Optometry as well as Women in Optometry and is the owner and founder of Integrative Vision, LLC. In Shrewsbury, NJ. Currently accepting new adult and pediatric patients. Call 732.389.2792 for more information or to schedule an appointment.*

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# When Workouts Don't Work Why Less Is Sometimes More

by Marlaina Donato

Exercise is a proven component in losing weight and preventing cardiovascular disease and diabetes, but not all exercise regimens yield the same results for everyone, especially when daily stress is a factor. While workouts are often intended to reduce the body's physiological response to mental and emotional stress, exercise itself can serve as a physical stressor that exacerbates the problem. This delicate balance revolves around the stress hormone cortisol.

While cortisol is needed to kick-start metabolism and burn fat, too much of it can increase the body's fat stores. Stephanie Mansour, host of *Step It Up With Steph*, a weekly TV fitness program in Chicago, sees this correlation in her private practice for women. "Aggressive

The key is to not overtrain and to do just enough to adequately stimulate the system.

~Beth Shaw

workouts definitely perpetuate stress, and aren't always necessary for weight loss. If one of my clients is stressed-out, sleep-deprived, overworked and doing intense workouts but not seeing weight-loss results, that's a signal that cortisol is potentially too high and needs to be addressed."

Fat-burning, high-intensity interval training (HIIT)—bursts of exercise with minimal periods of rest in between—raises levels of cortisol. These tend to decrease after a workout, but can remain on overdrive if HIIT is not balanced with low-intensity movement. Add jam-packed schedules to the mix, and the side effects of chronically elevated cortisol result not only in longer recovery time, but insomnia, fatigue, low immunity and failure to lose weight, especially around

the midsection—a phenomenon that has earned cortisol the nickname "the belly fat hormone".

Balancing HIIT with yoga, Pilates, elliptical training, swimming or walking can help to reset the nervous system and bring the rest of the body back up to speed.

## Cortisol-Conscious Workouts

Mansour works with a naturopath that analyzes her clients' cortisol and other hormone levels. "One of the first things we focus on is helping the body move into the parasympathetic nervous system and out of the fight-or-flight stress response. One way we do this is by shifting into more relaxed workouts—gentle yoga, beginners' Pilates class, light cardio or light strength training."

Fitness expert Beth Shaw chose a zealous approach in her own exercise regimen until high cortisol levels unraveled her health. The founder of YogaFit, a yoga teacher training program headquartered in Toronto, she emphasizes moderation. "The key is to not overtrain and to do just enough to adequately stimulate the system." She recommends 30-to-45-minute cardio sessions and no longer than 45 minutes for weights. "Endorphin release from these two types of exercises should offset any release in cortisol."

When we exercise may be as important to achieving weight loss and enhanc-

Aggressive workouts definitely perpetuate stress, and aren't always necessary for weight loss.

~Stephanie Mansour

ing overall energy as the type of workout we choose, a factor based on circadian rhythm—the body's biological clock. There are some schools of thought that cortisol is higher in the morning, and therefore this is the best time to exercise, says Mansour, while others believe we should target the mid-afternoon slump. "I advise my clients to pick a time that simply feels good to them."

## Mixing It Up

Hopping on a bike, going for a brisk walk or catching the waves on a surfboard can provide a great low-intensity, steady-state (LISS) cardiovascular workout, which aims for a low level of exertion for a long, continuous period. Repetitive motion for 30 to 45 minutes not only helps to balance cortisol levels, but according to a 2014 Australian study published in the *Journal of Obesity*, it evens out fat distribution in overweight individuals. LISS also nudges the body to use fat as fuel, rather than taking valuable glycogen from the muscles.

Yoga and Pilates classes, though distinctly different, offer valuable benefits. "If cortisol backlash is an issue, you definitely want to work with someone who knows the anatomy and physiology of breathing," says Tori Brown, owner of The Pilates Room & Antigravity Studio, in Ithaca, New York. "By learning proper breathing techniques, practitioners are able to down-regulate the nervous system into a more parasympathetic state, which leads to better focus, lower heart rate, better digestion, more optimal cortisol levels and improved sleep patterns. All of this leads to more focused workouts that build muscle while creating less stress on the nervous system."

Mansour suggests simple walking for stress-busting alternative cardio. "Brisk walking three times a week for 20 to 30 minutes is great to help reduce stress."

Marlaina Donato is an author and composer. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).



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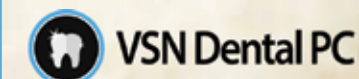
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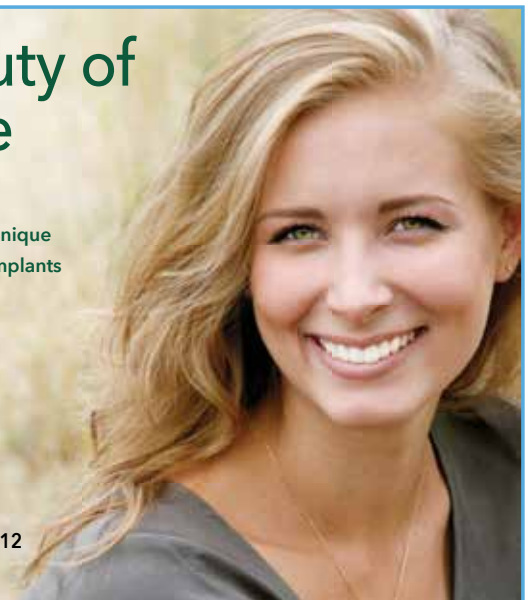
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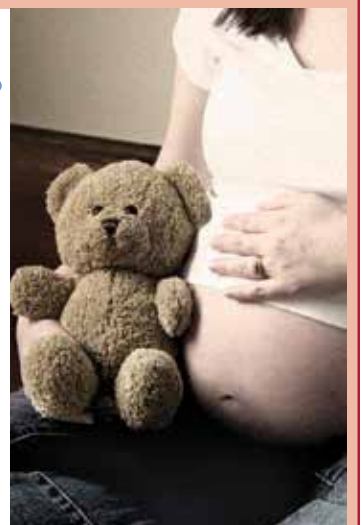
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# 4 Ways a Chiropractor Can Help Relieve Stress

by Tyler M. Richards D.C.

**S**tress is a catalyst that leads to many other issues including anxiety, depression, illness – not to mention a lack of sleep. You may feel like there is little to do to alleviate your stress. You can get some relief when you visit your chiropractor.

As stress attacks your body, it becomes difficult to accomplish most anything. Your mind wanders and experience a lack of focus. Your body screams for relief in the form of headaches, migraines, muscle tension, and back and neck aches. You can easily take control of your stressful situation by reaching out for help. Four ways a chiropractor can help reduce stress include:

1. Reduce muscle tension
2. Restore function to the body with adjustments to the spine
3. Counsel with you about nutrition
4. Offer relaxations tips

## Reducing Muscle Tension Helps Reduce Stress

As you encounter stress, you tense your muscles. You allow most things to impede the way you hold yourself walking and sitting.

Over the course of time, this takes a toll. You begin to get less sleep and lose the ability to focus because your body is now in pain. A chiropractor can help loosen the tension you are feeling. With adjustments to the spine, your chiropractor restores your body to its natural balance.

## Spinal Adjustments Help Restore Function to the Body

Your spine is literally the backbone of your neurological system. Your brain communicates everything, including functions such as breathing and swallowing, with the help of the spine. As you feel stress and begin to tense up, this causes your spine to move. Visiting the chiropractor for an adjustment will help your spine restore function to your body. You may find your sick less, have more energy and feel less stressed overall.

## Good Nutrition is Always Helpful

You may think food helps to calm stress, but really it only puts more stress on your already tired body. Good nutrition is the foundation of maintaining your health. It is most important to embrace good nutrition when you want to do it the least. Chiropractors can do much more than adjustments to your spine. Your chiropractor can help counsel you on your nutrition, including supplements your body may be lacking.



## Need Help Relaxing?

When you are stressed, it is nearly impossible to relax. Because most people do not use great posture, this causes unnecessary stress on your spine.

Your chiropractor will also help you work on your posture. Both posture exercises and relaxation techniques will help your body get to a state of relaxation that may help restore your ability to get quality sleep.

*Tyler M. Richards D.C. is the founder of New Life Chiropractic located at 236 Second Ave. Long Branch, NJ for more information or to schedule an appointment call 866.303.5234.*

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# Overcoming Your Imposter Voice to Become a More Confident You in the New Year!

by Amarilis Correa

You trust your ability to complete certain activities and projects in your life. Right? You trust the quality of your work and you most definitely trust your judgements? Then, why does sometimes the feeling of self-confidence in your body and soul not correlate with your mind?

According to the Oxford Dictionary, self-confidence is “a feeling of trust in one’s abilities, qualities, and judgements.” It sounds so simple, right?

This is where true self-confidence happens. In your mind. The hardest part of being self-confident is connecting the brain with the rest of your body. If you can overcome that imposter voice the rest will follow.

We all have it! That little voice that speaks to us and tells us “you aren’t good enough” or “who do you think you are?” It wreaks havoc on our self-esteem and our worth and makes us doubt things we

would otherwise be more than sure about. I know because I hear it from time to time too. I have been traveling and planning travel for years. I can design the customized vacation of a lifetime for my clients but yet, I let that voice creep into my head sometimes. Especially when I have a very difficult project. I have, at times, allowed that voice to take over and make me doubt every inch of my being and what I was put on this earth to do.

I quickly realized in order to be successful in my business I had to squash that voice. There is no room for a voice that makes me question myself. There is no room for self-sabotage. We have enough

critics and people trying to break us down in our daily lives. We don’t need to do that to ourselves as well. So, what did I do to overcome “the voice” and still do because it tries to creep up from time to time? I give myself love. I give myself the permission to make mistakes and, most importantly, I forgive when those mistakes happen. After all, I am human.

Are you looking for ways to kick that imposter voice to the curb? Here are some methods that have worked for me.

## Start with your achievements.

Think about your life so far and list the ten best things you’ve achieved. I do this with my business. When self-doubt starts to creep in, I quickly reflect on my major accomplishments. Reminding myself makes me feel like I can puff up my chest and provides the quick pick me up I need to keep moving forward.

## Identify your strengths and weaknesses.

And really celebrate those strengths! Looking at your achievements, reflect on your recent life and think about what your friends or family would consider to be your strengths and weaknesses. This will help you take a look at who and where you are. Just as importantly, make sure that you enjoy a few minutes to reflect on your strengths.

## Set Goals.

Think about what’s important to you and what you are seeking to achieve. Setting and achieving goals is a key part to real self-confidence. Set your targets and measure the success of hitting those targets. Those goals should exploit your strengths and minimize your weaknesses. Once you have identified your goals list out the very first step. It can be a baby step as long as it’s moving in your desired direction.

## Manage Your Mind.

For me, this is one of the most important things to do. Learn to pick up and defeat the negative self-talk which can slowly destroy your self-confidence. Negative



thoughts can become self-fulfilling prophecies. If we deliberately do the opposite and use positive thoughts the result can be just as powerful and much more helpful. The key here is not just repeating those positive statements but really believing them.

Developing your self-confidence is not something that happens overnight. It requires conscious effort and work. With mindful effort and consistency, you will start to see and feel the difference. Now, I am not going to guarantee the imposter voice won’t try to make an appearance from time to time. It will, but if you implement some of these tactics, you can quickly put it to rest and keep moving forward towards all the wonderful goals you are meant to accomplish and share with the world.

Amarilis Correa is the Founder of Ace Travels Agency, and a volunteer at the Lotus House Womens Shelter in Miami. Her program helps women recover from life’s misfortunes to go on and live a happier, healthier, purposeful life. For more information, email [acorrea@acetravelsagency.com](mailto:acorrea@acetravelsagency.com).

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# Bill Moyers on Covering Climate Now

by Julie Marshall

**B**ill Moyers, an American icon of broadcast journalism, continues to inspire generations through his political commentary, documentaries and award-winning books, including the landmark 1988 PBS series *Joseph Campbell and The Power of Myth*. Beginning his career at 16 as a cub reporter in Marshall, Texas, he went on to earn more than 30 television Emmys, as well as prestigious career awards in film and television.



if the Earth was now a vast furnace; warming oceans, melting Antarctica, rising seas.

## What was your response?

A twinge of disbelief, a little shock. But this was no wild alarmist sitting at that table. Well, LBJ took science seriously. As president, he gave the green light for the

first official report on the potential threat to humanity from rising CO<sub>2</sub> levels. Go online to “Restoring the Quality of Our Environment—1965,” and read Appendix Y4—Atmospheric Carbon Dioxide. He told us to distribute the report widely. One year later, his energy and attention and our resources were diverted to the war in Vietnam.

## What prompted your sense of urgency now in taking the media specifically to task for its general lack of coverage of the climate crisis?

Reality. The hottest temperatures on record, fueled by greenhouse gas emissions. Hurricanes of extraordinary force and frequency. Floods, tornados, wildfires. Mass migration as a result of crop failures. A president who calls climate disruption a hoax. A cabinet and Congress protecting the profits of the fossil fuel industry. David Attenborough told the UN Climate Summit, in Poland, that we’re talking about “the collapse of our civilizations and the extinction of much of the natural world.” But our corporate media was more obsessed with the new “royal” baby born in Britain.

## What is the nature of the Covering Climate Now project?

Covering Climate Now is a big cooperative effort to tell the true story of what is happening and what we can do to change it—the story of fighting back against extinction, of coming to our senses. Our aim is to help beleaguered journalists and news organizations to abandon old habits, adopt best practices and overcome the usual obstacles—such as how to convince their own management to invest in better climate coverage and how to pay for it.

## How crucial will the role of media be in influencing meaningful action on the most critical issue of our time?

Who else will sound the trumpet and be heard? We can take our readers, viewers and listeners to the ends of Earth, where oil palm growers and commodities companies are stripping away forests vital to carbon storage—and connect the dots. We can take them to the American Midwest, where this past spring’s crops brought despair and bankruptcy as farmers and their families were overwhelmed by floods—and connect the dots. And we can take them to Washington, D.C., and a government that scorns reality as fake news, denies the truths of nature and embraces a theocratic theology that welcomes catastrophe as a sign of the returning Messiah—and connect the dots.

## What accounts for your own sense of urgency?

Photographs of my five grandchildren above my desk. Facts taped to the wall, like this one: The UN Intergovernmental Panel on Climate Change—an essentially conservative body—gives us 12 years to make the massive changes to drastically reduce global greenhouse gas emissions 45 percent below 2010 levels. And something Roger Revelle said many years ago that is lodged in my head: “Earth’s our home. Let’s not burn it up.”

*Julie Marshall is a Colorado-based journalist and author. Connect at FlyingBurros@gmail.com.*

# Metta Meditation, Live in Loving Kindness

by Roseann Petropoulos



photo by Dale Robbins

**E**ach January offers us a fresh start to begin again. A time to recall the time spent with family and friends. How did you connect with them? How did you connect with yourself? How does it all make you feel? Now may be the time to pause, reflect, recreate and live in gratitude. Metta Meditation is a way to start down that path.

Meditation is a practice of stillness. Many find that being still is the hardest part. Many say that they are unable to meditate because they are unable to clear their minds. A misconception of clearing the mind is thinking the mind needs to be blank with no thoughts. Actually, our minds are always active and always creating thoughts. Even the monks that dedicate their lives to meditation have thoughts. The practice of meditation is to manage the thoughts by allowing thoughts to flow. It is only when we attach a story to each thought that we fall out of meditation. Rather, it is a practice of allowing the thought to surface and then allowing them to go. There is no control or resisting of thoughts, merely creating a flow. Imagine watching an old 8mm film strip movie. One frame at a time, each frame separate and apart from the other. It is only when the scenes are linked together that it tells a story. The same is true with the thoughts of our mind. When we allow a thought to come and imagine it flowing away on a cloud, that is meditation.

In organized religion, prayer is a form of meditation. Many rituals are repetitive, such as praying the rosary. The repeating of prayers brings our minds into an altered state of calmness. Prayer is talking to God, a Higher Power or whatever we choose

to believe to be. Meditation is listening for an answer to a prayer. Sitting in stillness allows our thoughts to provide an answer. The practice of meditation is a guidance of seeing, hearing, feeling the essence of all potential. It serves as an opportunity for growth, deepening and expansion of our thoughts and awareness.

Metta Meditation origins are in Hinduism and Buddhism traditions. It is an excellent form for those new to meditation, as well as those who have a meditation practice. Performed as a guided meditation sitting as a group provides collective energy which is a powerful benefit to each other and beyond the circle. Metta means the slightest of energy magnified to be set free. Metta meditation gracefully flows one thought to the next creating a sense of a higher self for a higher purpose. It is a practice of Loving-kindness, a means to connect with ourselves and to each other. It begins with connecting to our breathe, a means of centering and grounding our body and mind. This leads to the fundamental path in opening our heart. In this space, we begin to trust the safety of self-love. Our thoughts become observations

of merely what is, a non-judgmental existence. In this security, the cultivation of good allows a revision of the limited views we hold of our own potential. A spiritual practice creates a view to align with an expansive vision and sustain our real moment to moment experience of that vision. In this we find peace. So let us end with a Metta Meditation Mantra: May we be safe. May we be happy. May we be free of suffering. May we live in Lovingkindness.

*Roseann Petropoulos has been practicing meditation for most of her life. She is a certified Hypnotherapist and Reiki Master. Private and group sessions are available to break the cycle unwanted behavior and release one’s full potential. She believes that our vibrational energy creates our thoughts and well-being. Create a new lifestyle. Call for a free phone consultation 732.894.3197 [www.Belmarwellness.com](http://www.Belmarwellness.com)*

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# Copper in new device stops cold and flu

by Doug Cornell

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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# NATURAL HEALING FOR HANDS

## Getting a Grip on Pain

by Marlaina Donato



Most of us take our hands for granted until buttoning a shirt or opening a jar becomes a daunting task. Getting a grip on that pain and loss of function with holistic solutions can be a game-changer. Inflammatory conditions like rheumatoid arthritis and osteoarthritis, as well as repetitive motion syndromes like carpal tunnel, are commonly linked to hand and wrist pain, and effective treatment relies on identifying the underlying cause.

“Systemic inflammation will be an issue in any case, but the root condition needs to be addressed,” says Kiva Rose Hardin, a New Mexico-based herbalist and co-editor of *Plant Healer Magazine*. Carpal tunnel, for instance, is not always a repetitive injury syndrome; it can sometimes be triggered by endocrine imbalances such as hypothyroidism, she says.

Susan Blum, M.D., author of *Healing Arthritis: Your 3-Step Guide to Conquering Arthritis Naturally*, agrees on both the role of inflammation and the importance of looking beyond the diagnosis itself. “Inflammation is a process in the body, an end

We have to go upstream, so to speak, to find triggers including stress, gut health, toxins and infections.

~Susan Blum

result, and we have to go upstream, so to speak, to find triggers including stress, gut health, toxins and infections.” By finding the trigger, relief is within reach with non-surgical solutions and natural approaches such as physical therapy, specialized yoga, acupuncture, essential oils and inflammation-taming foods and herbs.

### Gut Check

Factors like leaky gut syndrome, stress and inadequate nutrition can all kick inflammation into overdrive. The right dietary adjustments can go a long way toward putting on the brakes.

“Inflammation from compromised gut health can contribute to both rheumatoid and osteoarthritis,” Blum notes. “Abdomi-

Systemic inflammation will be an issue in any case, but the root condition needs to be addressed.

~Kiva Rose Hardin

nal fat releases inflammatory molecules into the joints, so metabolic syndrome should [also] be looked at as a factor in osteoarthritis.”

The simplest place to begin is to pay attention to food quality, she says. “Choose whole foods high in nutrients and fiber; eliminate all processed food; read labels to spot hidden sugars and food dyes.”

Blum, the founder of the Blum Center for Health, in Rye Brook, New York, initially guides her patients on an elimination diet to find dietary triggers like soy, corn, gluten, dairy, sugar and eggs. She also recommends a diet that is 70 percent plant-based and includes cold-pressed, solvent-free oils such as high-quality olive oil. Blum cautions against nightshade vegetables like eggplant, tomatoes, peppers and white potatoes that can trigger osteoarthritis pain.

### Exercise and Prevention

Improper posture can set off a domino effect from neck to fingertips, resulting in carpal tunnel syndrome and other troublesome conditions. Prevention can go a long way. “Stretching and strengthening are the best ways to prevent injury or pain,” says physiotherapist Kelly Picciurro, of Spring Forward Physical Therapy, in New York City.

Picciurro emphasizes exercise for rheumatoid arthritis sufferers. “It’s vital that these patients maintain a certain level of mobility, and [physical therapy] can improve that.”

Those with repetitive strain injuries also respond well to gentle yoga postures like tree pose, upward hands and upward fingers. In general, yoga helps upper body muscles support and align the hands, wrists and elbows.

### Snuffing Out Pain

Acupuncture, especially with a focus on postural muscles of the neck and back, can be effective in reducing pain and inflammation. Hot and cold treatments can bring relief for arthritis flare-ups. Circulation and resulting improved cell nutrition can be achieved by employing heat via showers, baths and heating pads. For acute pain, cold from an ice bag or frozen vegetables wrapped in a towel for 20-minute intervals reduces swelling by reducing circulation and dulling pain signals.

Pain-reducing herbs such as cat’s claw, aloe vera, green tea, ginger, borage oil and chili pepper can all help fight systemic inflammation. Curcumin, the active ingredient in turmeric, is also a heavy hitter. Blum recommends at least 1,000 milligrams daily of curcumin that is formulated with pepper or a phospholipid for optimal absorption. A 2018 study published in *The Journal of Nutritional Biochemistry* found that the combination of curcumin and black pepper can repress inflammation signals in the intestines.

Essential oils such as peppermint, eucalyptus, ginger, Roman and German chamomile, lavender and balsam fir are also effective in reducing pain, and have anti-inflammatory properties. A few drops can be added to Epsom salts for a bath or diluted and rubbed onto the area three times daily.

Marlaina Donato is an author and composer. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).



## STRATEGIES FROM THE EXPERTS

### Food tips from Susan Blum, M.D.

Replace refined sugar with maple sugar, coconut sugar or honey, all of which offer nutrients and minerals. Avoid overly processed agave nectar. If meats are consumed, choose organic and grass-fed. Choose whole grains.

### Herbal suggestions from Kiva Rose Hardin

For topical pain-relieving applications, look for a fat/oil-based preparation with mint or cayenne for faster action.

Powdered herbs in mass-produced capsules can lose medicinal efficacy quickly. Alcohol or glycerine-based tinctures are good

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**Ginger** is an effective anti-inflammatory that can be added to food.

**Solomon’s Seal** (*Polygonatum*), sustainably sourced, is especially useful in the treatment of rheumatoid arthritis; the rhizome of this plant seems to work on the synovial fluid of the joints.

**Reishi** (*Ganoderma lucidum*) is an important part of any autoimmune formula. A decoction or extract is beneficial for arthritis, fibromyalgia and lupus.

**Ashwagandha** (*Withania somniferum*) reduces stress and anxiety while moderating inflammation; it is especially effective in the treatment of autoimmune disorders and endocrine disruption.

**Hawthorn** (*Crataegus*) reduces systemic inflammation and has a moderating effect on most forms of arthritis and joint pain; it also strengthens the collagen matrix of the body and supports overall joint health.

### Computer posture reminders from Kelly Picciurro

Elbows should rest at about a 90-degree angle and comfortably at the side. Wrists should lie in a neutral position; not be too extended or flexed.

The keyboard and mouse should be close to the body to avoid excessive reaching of the hands.





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# TIDYING UP THAT BUCKET LIST

## Deciding What We Really Want

by Carl Greer

Many people have a bucket list of things they want to make sure they experience in this life. Tidying up that bucket list when it no longer reflects a person's values and deepest desires makes sense.

When reviewing our bucket list, we might feel inadequate or embarrassed because we haven't accomplished what we thought we would. It's okay if a goal is no longer as exciting as it once was. Guilt, frustration or embarrassment about what's been lingering on a bucket list for years might be signs that it's time to dream different dreams.

What's on a bucket list might have been based on a need to prove ourselves to others. If we no longer feel the need to impress people or win their approval, we can move on to new goals. Maybe our family has always talked about traveling to the land of our ancestors as an important thing to do someday, but we don't feel the same way. We might prefer to travel someplace where we can swim with dolphins or meet people from a completely different culture than our own. Releasing the weight of having a bucket list heavy with other people's expectations can help us feel much lighter.

Maybe those bucket list items still spark some excitement, but it's time to

change the form of the experience. A goal to write a novel might turn into a goal to write our life story and turn it into a book. A goal to marry again might become a promise to ourselves to enjoy life with a new romantic partner, regardless of whether that leads to marriage someday.

As we go down our bucket list reviewing each item, we can acknowledge which goals still inspire us and which make us feel dispirited. Tidying up a bucket list written in the past can be a good exercise in becoming more conscious of what we want to experience and why—and what dreams we are ready to release—because we have new aspirations now. If we're spending our time doing what gives us a sense of vitality, happiness and well-being and there is something we haven't done that generates a feeling of joy and anticipation, it should go at the top of our bucket list—and we should find a way today to start making it happen.

Carl Greer, Ph.D., Psy.D., is a practicing clinical psychologist, Jungian analyst and shamanic practitioner. He teaches at the C.G. Jung Institute of Chicago and is on staff at the Replogle Center for Counseling and Well-Being, in Chicago. Learn more at [CarlGreer.com](http://CarlGreer.com).

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

Dear friend,

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

I've been a doctor in this town for nearly 16 years now. And, to this day I've never cured anyone. You may think that the word would get around and no one would come to see me anymore. The opposite is true. The more people who understand, the more people come to see me.

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

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

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

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

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

I owe my whole life to Upper Cervical Chiropractic. This experience made such a difference in my life that I vowed to help

others through Upper Cervical care.

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

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



### Here's what my patients had to say:

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## conscious eating



# GUT CHECK

## Feeding the Immune System

by Julie Peterson

Reducing stress, sleeping enough, exercising and getting sunlight are all known strategies for improving the body's ability to protect itself from harm. However, the most important factor in building a rock-star immune system is nutrition. Here is a guide to the care and feeding of the inner fortifications that fight off disease, supporting long-term wellness.

### Ground Zero: The Gut

About 70 percent of the immune system resides in the gastrointestinal tract—home to a microbiome that contains trillions of bacteria. It works as a complex ecosystem in which the good bacteria prevent the bad bacteria from taking hold and causing illness or disease.

Eating plants promotes the robust growth of that good bacteria. "The GI microbiome evolved closely with our immune systems and under the influence of the plants our ancestors ingested," says Holly Poole-Kavana, who practices herbal medicine in Washington, D.C. Yet about 90 percent of Americans don't eat enough fruits and vegetables, according to the U.S. Centers for Disease Control and Prevention. The consequent weakening of the microbiome is a double-edged sword, because the processed foods Americans commonly consume promote the growth of harmful microbes. The 2015-2020 Dietary Guidelines for Americans indicates that added sugars, saturated fats and sodium eaten by most Americans are far above recommended amounts. This tipping of the scales causes weight gain, toxin buildup and immune system dysfunction.

### What Not to Eat

Plants and grains on grocery shelves today are typically processed into bread, cereal, pasta, desserts and snacks, abundant in added sugars, salt, detrimental fats and chemical additives. These altered foods slam the gut's immune protection and increase the risk of chronic disease. A Czech Republic study on food additives found that gut microbes

The level of germ-fighting activity your immune system is able to maintain after a sugary meal decreases for a number of hours.

~Heather Tynan

that fought inflammation were harmed by additives. According to the research, "Permanent exposure of human gut microbiota to even low levels of additives may modify the composition and function of gut microbiota, and thus influence the host's immune system."

And of course, be wary of sugars. Anything that turns into sugar in the system—think carbs like refined bread products and pasta, not just sweets—is an immune-depressing culprit, says Heather Tynan, a naturopathic doctor at Evergreen Naturopathic, in San Diego. "The level of germ-fighting activity your immune system is able to maintain after a sugary meal decreases for a number of hours." Saturated fats also alter immune cells, disrupting their functions and triggering inflammation.

Getting away from processed food cravings can be a challenge, because the foods provide a temporary energy boost. Dorothy Calimeris, of Oakland, California, a certified health coach and author of three anti-inflammatory cookbooks, suggests that cravings mean the body needs something, but it may be rest or water. "By focusing on eating higher-quality nutrients, we can limit and eventually eliminate the cravings."

### Eat the Rainbow

Fruits and vegetables get their colors from phytochemicals, which provide the human microbiome with antioxidants, minerals and vitamins that keep the gut healthy and help the immune system combat cellular damage. National guidelines suggest Americans eat 10 servings of plants a day, ideally two each from the green, red, white, purple/blue and orange/yellow categories. But data from the National Health and Nutrition Examination Surveys show that eight out of 10 people in the U.S. don't get enough of any color category.

"A good strategy is to add one new vegetable a week to your grocery cart," suggests Canadian nutritionist Lisa Richards, founder of *TheCandidaDiet.com*. "Blending fruits and vegetables into shakes or smoothies is also an effective way to eat the rainbow for those who are busy."

Whatever goes into the grocery cart should be certified organic, the only sure way to avoid ubiquitous genetically modified organisms (GMOs) in the food chain, which animal studies have linked to immune system damage.

Herbs are also helpful to boost the body's inherent ability to protect itself. Poole-Kavana points to medicinal herbs like astragalus and reishi mushroom, which support immunity and balance gut bacteria; antimicrobial herbs like garlic, thyme and oregano; and elderberry, an anti-inflammatory fruit that boosts the body's ability to identify and eliminate viruses and bacteria.

"The single greatest thing anyone can do for their health is to eat whole foods, including organic vegetables, fruits, high-quality proteins, whole grains and healthy fats," says Calimeris.

Julie Peterson writes from rural Wisconsin and can be reached at [JuliePeterson2222@gmail.com](mailto:JuliePeterson2222@gmail.com).

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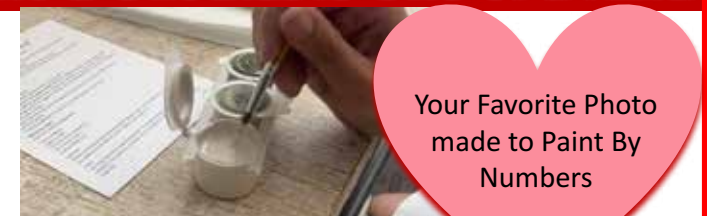
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# Mind Body Healing

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

Chinese medicine is a multi-dimensional approach to healing that includes the mind and emotions. This ancient form of holistic healing has established theories addressing many facets of the interaction between one's physical health status and their prevailing mental and emotional state of being.

A main goal of Chinese medicine is to address symptoms along with their root cause. In many instances, the root cause falls under the realm of how a person is thinking and feeling. Theories of Chinese medicine employed for assessment and diagnostic purpose include the Yin/Yang Theory and Five Element Theory – both based on the energetic Laws of Nature.

A Chinese medicine provider, such as an acupuncturist, will ask questions about a patient's emotional and mental state. Each emotion is associated with a particular organ system. An acupuncturist gathers and assesses symptoms and signs which points them to a Chinese medicine diagnosis which is then used as the basis for their treatment plan with the ultimate goal of re-storing and maintaining energetic balance. It is employed to identify appropriate acupuncture points to treat in addition

to duration and frequency of treatment – which is based on a person's individual needs. It is an approach that often includes recommendation of herbs, foods, massage and right living habits according to Chinese medicine theory, in addition to Chinese exercises such as tai chi or qigong.

The energetics of the heart plays a key role in dealing effectively with thoughts, emotions and feelings. Repression of feelings negatively impacts heart energy, leading to blockage that manifests as depression, anxiety and lack of joy. It is thus essential to feel and acknowledge feelings, rather than ignoring or denying their existence. They come to the surface for a multitude of reasons and need to be accepted for what they are – rather than attempting to change or eliminate them. The following seven ways help you to better deal with feelings and emotions:

- Identify and experience them without judgment
- Experience feelings fully without shame
- As feelings come to the surface, refrain from self-medicating with food or other substances
- Be careful not to project feelings onto others
- Work feelings out through journaling, meditating, exercising and/or talk therapy
- Commit to processing emotions & feelings in a constructive manner
- Share feelings in an honest & careful manner, without harming others

This allows feeling and emotions to flow through the heart energetic system, which is built to process them in a way that results in greater emotional balance. Healing through Chinese medicine involves “working on one-self” to bring emotions and thoughts into greater alignment. This happens through insightful discussion with one's acupuncturist resulting in greater understanding of how ways of feeling and thinking impacts the energetic systems of the body. Significant healing results from such awareness, along with additional processing that occur during an acupuncture session.

Acupuncturist Lonny S. Jarrett states in his book *Nourishing Destiny*: “Insight provided by the practitioner may initiate feelings of emotional pain in patients as they experience sorrow trapped in their hearts. However, in the long term such insight may realign the heart-kidney axis of patients in a way that empowers insight and intuition. The restoration of



these virtues is paramount if original nature is restored. A hallmark of those of the fire constitution is that reaction to joy or sadness is the unconscious motivating force underlying habitual behavior. The person has long ago rejected the inner knowing of the heart in order to pursue the mind's desires and avoid pain in life”.

Adopting this approach to deal with thoughts, emotions and feelings, results in greater acceptance of oneself and others. It draws forth renewed energy – as it takes a lot of energy to repress feelings. And when old ones have been released, the goal is to continually circulate new ones as they arise constructively through the heart energy system. This produces a sense of relief and hope for inner peace. Making simple adjustments in how one approaches thoughts, feelings and emotions creates significant steps toward optimal health and wellness.

*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 Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy and co-author of Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness (www.qigong4u.us). For more information call 732-758-1800 or visit www.healing4u.com.*

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# LIVING LONG & WELL

## Age-Defying Habits and the Fountain of Youth

by Melinda Hemmelgarn

At age 29, Betty Holston Smith, of Rockville, Maryland, weighed more than 200 pounds, smoked cigarettes and ate processed junk food. Now, almost 79 years young, she is a vegan ultra-marathon runner and an inspiration to anyone wanting to age well.

Smith's story underscores the findings of researchers that have long pursued the keys to a long and healthy life. Some of these factors—heredity, for instance—are beyond our control. However, the most critical ingredient seems to be our daily habits.

Although we've all likely heard or read about someone that lived into their 90s, ate bacon, drank whiskey and smoked a pack a day, these individuals are outliers: In truth, longevity is determined by a combination of genes, environment, lifestyle choices and luck.

For example, some individuals may be born with genes that confer longevity, but be unlucky due to where they live. The

National Center for Health Statistics reports that life expectancy varies by zip code. That's because where we live influences how we live, predicting access to healthful food, clean air and water, safe neighborhoods and stress-relieving green spaces such as parks and gardens. Genes are important, but our social and physical environments play a greater role in predicting our "healthspan"—the essence of a long and healthy life.

According to researchers at the Columbia Center for Children's Environmental Health, in New York City, even our first environment—the womb—can spawn diseases later in life if pregnant women are exposed to air pollutants, pesticides and the toxic stress of poverty.

### Learning From the "Blue Zones"

In their search for secrets to longevity, investigators often look for lifestyle clues provided by long-lived populations. Those

residing in what National Geographic Fellow and bestselling author Dan Buettner calls "Blue Zones," for example, are more likely to celebrate their 100th birthday and escape chronic maladies such as heart disease and cancer—the two biggest killers in the U.S.

Buettner has identified the "Power 9" lifestyle habits commonly practiced by centenarians living in the five designated Blue Zones—Sardinia, Italy; Okinawa, Japan; Ikaria, Greece; Nicoya Peninsula, Costa Rica; and the Seventh Day Adventist community in Loma Linda, California.

Regardless of genetics, the following behaviors can help anyone slow the aging process and improve quality of life:

- Eat a plant-based diet.
- Stop eating when 80 percent full.
- Practice stress reduction techniques.
- Find a sense of purpose.
- Engage in physical activity throughout the day.
- Consume moderate amounts of alcohol with food and friends.
- Join a faith community, regardless of denomination.
- Belong to a social network that engages in healthy behaviors.
- Share love and time with children, parents and partners.

### Survival of the Fittest

Tom LaFontaine, Ph.D., a clinical exercise physiologist based in Columbia, Missouri, says, "Mounting evidence shows that engaging in regular aerobic and strength exercise offers robust defenses against life-threatening diseases such as heart disease and several cancers." One important marker of long-term health, particularly among women, notes LaFontaine, is bone mineral density (BMD). After menopause, BMD decreases in women and can lead to osteopenia—low BMD—and osteoporosis—pathological loss of BMD. "Women with osteoporosis are particularly at risk for fractures, especially of the hip, which can lead to a reduced lifespan."

LaFontaine recommends weight-bearing exercises such as walking, jogging and high-intensity weight train-

ing to significantly improve BMD; and he's proven that it works. "In 2012, we started a program called Older Women on Weights (OWOW), in which 40 post-menopausal women with an average age in the low 60s train with heavy weights. Some even participate in weightlifting competitions."

"We have observed women in this group move from osteopenia to normal BMD and from osteoporosis to osteopenia based on pre- and post-bone density DXA scans," he says. What's more, the women in LaFontaine's program have formed new friendships, benefitting from a strong network of social support.

### Finding Inspiration

Smith, the septuagenarian marathoner, was inspired to make a change nearly 50 years ago when her 3-year-old daughter teased, "You can't catch me!" during a game of tag. She knew she had to make a change.

She tried diet pills, fad diets and other quick fixes, but realized they were worthless. However, each evening Smith tuned in to Gabe Mirkin, a physician who hosted a national radio program about health and fitness.

Following his advice, Smith began eating a diet rich in organic fruits, vegetables, whole grains, beans, nuts and seeds, and says today she doesn't want to put anything in her body that interferes with her lifestyle. She outlines the steps to her transformation in the book, *Lifestyle by Nature: One Woman's Break from the Unhealthy Herd to Roam Forever Healthy in Nature's Lifestyle Change Herd*. The first step—finding internal strength—is the most important, she says. "Most people have something in their lives they can point to for strength."

In addition to running 60 to 100 miles each week, Smith practices tai chi, meditates and enjoys camaraderie with her running mates. She also has an upbeat attitude, believing in the importance of passion, perseverance and "taking negative experiences and making them positive." According to a report in the *Journal of the American Medical Association Network*, this spirit of optimism is protective against heart disease and other causes of death.



### Eating Well, but Not Too Much

Food is a major contributor to both quality of life and life extension. Global and national recommendations to eat more fiber-rich whole grains, fruits, vegetables, nuts and seeds, and omega-3 fatty acids, while decreasing added sugars and sodium, all help reduce our risk for life-shortening diseases. The plant-based Mediterranean diet consistently rises to the top for its health-fortifying benefits.

However, in contrast to our Western culture's practice of eating until belt-busting full, Blue Zone Okinawans practice *hara hachi bu*—eating until one is no longer hungry, but stopping before feeling full.

"We know caloric restriction extends life," says Lori Taylor, clinical dietitian and Core Faculty of Integrative and Functional Nutrition at Saybrook University, in Pasadena. "But no one wants to do it, because it's no fun." Instead, Taylor recommends intermittent fasting, eating only during a set window of 10 or 12 hours each day to reduce caloric intake.

Similarly, Dorothy Sears, Ph.D., a professor of nutrition at the Arizona State University College of Health Solutions, has researched the impacts of both intermittent fasting and circadian rhythm on how our bodies handle calories.

She recommends a "prolonged nightly fast" of 12 to 13 hours, as well as reducing caloric intake after 6 to 8 p.m. to help maintain a healthy weight and stave off such diseases as Type 2 diabetes and obesity-related cancers. Most significantly, she found that a 13-hour nightly fast reduced breast cancer

recurrence by 36 percent among 2,300 breast cancer survivors in the Women's Healthy Eating and Living study.

Both improving diet quality and restricting calories appear to help slow the rate of aging at the genetic level, in part by preserving the length of our telomeres—the structures at the end of chromosomes that protect our DNA. The Mediterranean diet, with its abundance of protective antioxidant and anti-inflammatory nutrients such as vitamins C and E, polyphenols and omega-3 fatty acids, help prevent age-associated telomere shortening.

### The Sleep Connection

Michael Grandner, Ph.D., director of the Sleep and Health Research Program at the University of Arizona College of Medicine, says Americans tend to see sleep as unproductive time, but it's a "biological requirement for life."

In fact, it is one of the three pillars of health, along with good nutrition and exercise, says Eve Van Cauter, Ph.D., former director of the Sleep, Metabolism and Health Center at the University of Chicago. "Studies in centenarians have suggested that people who live long and in good health have a regular lifestyle. They spend time in community, eat meals and go to bed at regular times, in sync with circadian rhythms."

No matter how long we live, we want to make the most of our time on Earth. Beyond diet and exercise, finding our personal passion, reducing stress and spending time in nature and with those we love can add years to our lives.

Despite our virtual social networks, real human connection is vital for physical and mental health. According to a report in the journal *Heart*, loneliness is as dangerous as smoking for heart disease and stroke risk. So volunteer, join a club, sign up for a community garden plot, yoga or dance class, or host regular potlucks or game nights—these just might be among the best prescriptions for staying young.

*Melinda Hemmelgarn, the "Food Sleuth," is an award-winning registered dietitian, writer and nationally syndicated radio show host based in Columbia, MO. Reach her at FoodSleuth@gmail.com.*





# WHEN OLDER PETS GET QUIRKY

## Dealing With Cognitive Dysfunction Syndrome

by Julie Peterson

As dogs and cats get older, they may slow down or have other physical issues. Some experience cognitive decline which resembles Alzheimer's disease in humans. It presents differently in every pet and can include numerous symptoms that begin gradually, sometimes just seeming like quirky behavior instead of a disease.

Cognitive dysfunction syndrome (CDS) can affect dogs or cats, and there is currently no known cause or prevention. Progress has been made on Alzheimer's research in humans, with neurologists discovering that plaque buildup in the brain does not cause the disease. That is the immune system's response to the disease. Necropsies on dogs with CDS have shown similar plaque buildup in the brain.

"Unfortunately, little research has been done regarding this condition, so we can only hope to use human studies to gather information that will help our affected pets," says Dennis W. Thomas, DVM, a holistic veterinarian in Spokane, Washington, and author of *Whole-Pet Healing: A Heart-to-Heart Guide to Connecting with and Caring for Your Animal Companion*.

With no test available for CDS, pets are diagnosed by excluding medical and behavioral problems that can resemble having the ailment.

### Signs to Watch For

Issues that could point to CDS include:

- Confusion or disorientation: standing in a corner, difficulty walking through doorways, walking in circles or trouble following familiar routes
- Decreased activity: sleeping excessively, seeming withdrawn, lack of grooming, loss of interest in toys, people or food
- Restlessness, anxiety or compulsiveness: waking often at night, whining or yowling, new fears, pacing or constantly licking
- Attention seeking: wanting to be near humans and showing high distress when left alone
- Incontinence: soiling the house after previously being house-trained
- Irritability or aggression: growling/hissing or biting without cause

These troubles could also be indicative of a treatable condition, such as a

urinary tract infection or an injury, so it's essential to have the pet examined.

### Caring for the Patient

While CDS will continue to alter brain and nerve function, there is some hope for pet lovers faced with the diagnosis in the early stages. Thomas recommends a natural approach that includes diet modification, filtered water, vitamin and herbal supplements, and eliminating stress. Diffusing calming essential oils can be helpful for dogs (and humans), but is not recommended for cats.

Kathryn Sarpong, DVM, a veterinarian at Metro Paws Animal Hospital, in Dallas, also recommends dietary changes to her patients. "Recent studies have shown that medium-chain triglycerides may be helpful, and they are in some senior pet foods. Supplementation of melatonin may help with sleep-wake cycles."

Anxiety often becomes part of the animal's new normal, but pet parents can help cats and dogs with this by keeping them as active as possible, introducing new toys and interacting. "Keep your dog's mind active by

Unfortunately, little research has been done regarding this condition, so we can only hope to use human studies to gather information that will help our affected pets.

~Dennis W. Thomas

providing games and opportunities for play. Daily walks provide not only exercise, but also mental stimulation," says Lisa Lunghofer, Ph.D., executive director of The Grey Muzzle Organization, in Washington, D.C.

Pets with anxiety or pain may benefit from cannabidiol (CBD) products. Clarissa Valdes, a homemaker in Homestead, Florida, has a 15-year-old cat with CDS. Minini would wander around in the house, looking lost. Then, the all-night howling sessions began. "We started to worry that she was in pain," says Valdes. However, a veterinarian diagnosed CDS. "The vet suggested medication, but I wanted to go in a natural direction," says Valdes, who started Minini on CBD oil. The cat finally slept

Keep your dog's mind active by providing games and opportunities for play. Daily walks provide not only exercise, but also mental stimulation.

~Lisa Lunghofer

through the night. A month in, Minini is doing better overall.

With time, CDS patients may lose hearing or sight in addition to experiencing a progression of symptoms. "Make sure your home is predictable and safe," says Lunghofer. Use gates to close off stairs or move furniture or other items that could be hazardous.

### Prevention on the Horizon

Because inflammation caused by an inappropriate diet is the underlying problem of most chronic diseases in pets, Thomas believes that prevention for CDS is possible. "Feeding a non-inflammatory, species-specific, balanced diet that is fresh and not heat-processed is critical," he says.

In addition, he advises his patients get probiotics, digestive enzymes, omega-3s and antioxidant nutrients. Vaccinations, when necessary, should not contain heavy metal preservatives. "The goal is to keep the gut and immune systems healthy, avoid toxins that affect the nervous system and minimize environmental stress."

Julie Peterson writes from her home in rural Wisconsin. Contact her at [JuliePeterson2222@gmail.com](mailto:JuliePeterson2222@gmail.com).

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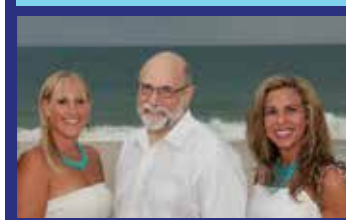
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**Lessons from Spirit** 7-9pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

THURSDAY, JANUARY 9

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

**Reiki Healing Circle** – Root 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](http://dimensionsreiki.com/calendar).

**Clair What???? Clairvoyance & More!** 7-9pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

FRIDAY, JANUARY 10

**Community Reiki Share** 7-9pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

SATURDAY, JANUARY 11

**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. Contact 732.832.1036 or [dimensionsreiki.com/calendar](http://dimensionsreiki.com/calendar).

**Not Your Typical Vision Board Workshop** 11am-2pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

**Full Moon Circle:** 7:30-8:30pm. January's moon is known as the Wolf Moon as this is the time of year when wolves mate and they sing to each other. 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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

SUNDAY, JANUARY 12

**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. Contact 732.832.1036 or visit [dimensionsreiki.com/calendar](http://dimensionsreiki.com/calendar).

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

**Class for Teachers and Healers** 4-6pm Healing Cranbury NJ & Online meet every 2nd Sunday of the month. Time to take care of our body, mind, soul and spirit. Join our comprehensive 6-month program where you learn everything about your body, breath, energy flows and diet. \$20/\$22 (cash/online) per class Register by contact@RAYKIschool.com or text 609.495.4229

TUESDAY, JANUARY 14

**Crystals 101** 7-9pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

WEDNESDAY, JANUARY 15

**Native American Drumming/Journeying** with Shaman, Lauren Porter 7:30-9:30 pm. Looking to connect with the spirit of the drum and connect with your inner medicine? 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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

THURSDAY, JANUARY 16

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

**Drumming Series** - Universal Law 7-9pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

FRIDAY, JANUARY 17

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

**Chakra Tune Up 6** - 7:30 at The Yoga Loft, 462 Adelphia Rd. Freehold with Rachael Salzhauer Take time out and explore how Chakra sound and vibrational tuning forks can help unwind and calm your mind and deeply relax your body. As you listen and feel the frequencies of each Chakra, you will be guided through meditation, in restorative yoga poses to transform and renew healing energy from within. Pre-registration is requested –please text/ call 732.239.2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) \$30

SATURDAY, JANUARY 18

**Mindful Metabolism** 1pm-3pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

SUNDAY, JANUARY 19

**Reiki for Pets Certification** 11am-3pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

**New Year's Maha Sadhana!** 4:30 – 6:30pm JIVAMUKTI trained, Maria Preuster has been teaching Yoga for almost 20 years. She is one of the few teachers that stays true to the roots of Yoga. This class is for serious practitioners as well as newer students. 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. The GREAT PRACTICE will be offered once a month. Sun Moon Yoga and Healing 104 Brighton Ave Long Branch, 917.701.3298

**New Moon Beginner Series** 1-2pm Join Lisa Horan-Sockol in her 5-week New Moon/Beginner Yoga Series. Lisa has been teaching beginner series for 6 years in a compassionate and nurturing environment. Learn beginner poses, safe alignment, breathing techniques and yoga philosophy. At the end of the series, each student will feel comfortable and confident to continue his or her yoga practice



in a public class. Sun moon yoga and Healing 104 Brighton Ave. Long Branch 917.701.3298

TUESDAY, JANUARY 21

**Smudging 101** 7pm-9pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

WEDNESDAY, JANUARY 22

**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. Contact 732.832.1036 or [dimensionsreiki.com/calendar](http://dimensionsreiki.com/calendar).

FRIDAY, JANUARY 24

**Wisdom of the Wise Series:** The Real Truth & History of Witchcraft 7-9pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

**Reiki & Sound Healing** 7:30 – 8:30pm Join Mychal Mills & Amanda Fresnics. Experience total relaxation and pure bliss. 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. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Sun Moon Yoga and Healing 104 Brighton Ave Long Branch, 917.701.3298

**Mindfulness Movement Workshop**, 6-7:30 at The Yoga Loft, 462 Adelphia Rd. Freehold with Tara. Discuss the benefits and purpose of mindfulness, physical and spiritual, along with the use of sensory aids such as stones and essential oils which will be briefly covered and offered to the students for their use during the class. Then we'll settle in for an hour long yoga class that combines sequences of movement with frequent periods of quiet reflection in which the students will receive reiki or a gentle massage. This class is open to all levels of experience with yoga. Pre-registration is required, call/text 732.239.2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) \$30

SATURDAY, JANUARY 25

**Shamanic Aura Healing with Gong Bath** 12:30-2pm at The Yoga Loft, 462 Adelphia Rd, Freehold with Adrienne Gammal. Experience: The Power of Sound, Vibration, Meditation and Crystals. Adrienne will perform an Aura Cleansing using Sacred Herbs & Incense leaving you feeling refreshed, relaxed and tuned up! Experience a true gift to yourself! Space is limited to 12 students, register in advance to save your healing space. Pre-registration is required call/text 732.239.2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to reserve you spot. \$45

SAT & SUN, JANUARY 25 & 26

**Reiki Certification Class** 9am-5pm 2-day Cranbury, NJ. Become a certified Reiki Healer! Join the 2-day workshop led by Dr. Fliss, Reiki Master, Students receive three sacred symbols, and 4 attunements. Visit [RAYKIschool.com](http://RAYKIschool.com) website and click classes, or email contact@RAYKIschool.com for more info.

SUNDAY, JANUARY 26

**Free Energy Clearing Event!** 12-5pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.



**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](http://dimensionsreiki.com/calendar).

TUESDAY, JANUARY 28

**An Evening w/Angels & Ancestors:** Messages from The Spirit World! 7-9pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

THURSDAY, JANUARY 30

**Are you an Empath or Highly Sensitive Person?** 7-9pm at The Spiritual Gift Shoppe in West Creek Call or text Rebecca 609.290.7218 for more info.

FRIDAY JANUARY 31

**Chakra Necklace Workshop** 6 7:30pm at The Yoga Loft, 462 Adelphia Rd. Freehold with Lydia and Dee. Begin with a guided heart chakra meditation led by Dee and then you'll design and create a beautiful chakra necklace with Lydia Santoro from Magpie Jewelry. Choose gemstones that correspond with each of the chakras as well as a stunning chain of either silver or gold. Learn to create a one of a kind necklace that will balance your chakras every time you wear it. This class is limited to 10 students. Pre-registration is required call/text 732.239.2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com). \$48

save the date

STARTS FEB.11TH

T'ai Chi Chih classes for Balance & More: Tuesdays- 9:30am Browns Mills starts Feb. 11th Tuesdays- 11:30am New Egypt starts Feb. 11th

STARTS MAR. 19TH

T'ai Chi Chih classes for Balance & More: Thursdays- 6:30pm Hamilton

STARTS FEB. 21ST

T'ai Chi Chih classes for Balance & More: Fridays- 3:30pm Toms River

Reiki/Energy Balance sessions by appt.

at New Egypt, Hainesport, Toms River. Register NOW: call 609-752-1048 or email [Siobhan@NextStepStrategiesLLC.com](mailto:Siobhan@NextStepStrategiesLLC.com)



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.

sunday

**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 theyogaloftnj.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

**Annual Soap Making Event at Gifts of Nature** Tuesday Meditations: 7-8pm. 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. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com \*\*Ask us about private meditation sessions and Veteran Discounts NOTE: No Meditation January 7th

**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



calshoppe.com \*\*Ask us about private meditation sessions and Veteran Discounts NOTE: No Sound Healing January 1st

**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.

**Loving-kindness Meditation** 7-8pm thru Jan 30 \$15. Meditation benefits everyone, whether you are new to meditation or have been practicing for a while, gathering with others will enhance your practice. Facilitator: Roseann Petropoulos has been practicing meditation and yoga most of her life. Her initial intention was to quiet her monkey mind which changed her life and sustains it till today. She believes that true peace comes from within. Location: Yoga with Love 417 Euclid Ave Loch Arbor for more information www.yogawaithlovenj.net or 848.777.2942.

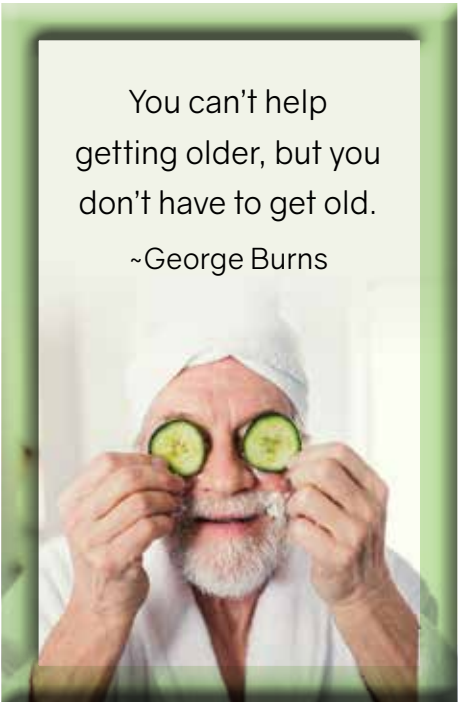
friday

**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 NOTE: No Special on Friday, January 3rd

**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.



You can't help getting older, but you don't have to get old.  
~George Burns

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  
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.

CBD

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NJ 07750  
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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

### CLEANSING CONCEPTS

Location in Red Bank  
732-741-2444  
CleansingConceptsWorld.com



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  
180 Ave at the Common Suite 6  
Shrewsbury, NJ 07702  
732.389.2792 Integrativevision.com



Dr. Neda Gioia's practice encompasses eye care with extensive ocular and functional nutrition training.

## 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.

### STRAIGHT TALK, CPA'S

Salim Omar, CPA  
500 Campus Drive, Ste 103, Morganville, NJ 07751 732-566-3660  
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).

## HYPNOSIS

### DR JAIME FELDMAN, DCH

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



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Chris DeSilvestri, LMFT, LCADC  
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Colts Neck, NJ 07722 732-638-9674  
www.platinumcounselingNJ.com



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600 Main St, Avon by the Sea, NJ 07717  
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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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Blue Dolphin specializes in Non-Chlorine pool & spa conversions and whole-house water filtration, softening, and structuring systems. We also offer pool service, pool safety covers/fences, heaters, etc. Chlorine is one of the most toxic chemicals on Earth yet everyone is swimming in it. Please feel free to call, ask any questions, and share your concerns. We welcome the opportunity to teach people how to swim without chlorine and practice all-natural pool and spa care. Here's to a great Fall/Winter season wwand here's to your health and wellness!



## POSITIVE PSYCHOLOGY PRACTITIONER

### GEMMA HEALTH COACH, LLC

Gemma Nastasi, CAPP, CHNC  
298 Broad Street, Red Bank, NJ 07701  
732-245-2556, GemmaHealthCoach.Com  
Facebook.com/GemmaHolisticHealthCoachcom



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

### MICHELE LIPARI REFLEXOLOGY AND HOLISTIC COUNSELING

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



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

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

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## SPEECH THERAPY

### ALBERT ORATIO PH.D., CCC-SLP

Monmouth Center  
For Communication Disorders  
Brigadoon Professional Building  
565 Highway 35 North  
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  
36 Beach Road, Suite 10 (Village Square where post office is located) Monmouth Beach, NJ 07750 973-452-2828  
www.mbyogaandwellness.cowwm!  
FACEBOOK, INSTAGRAM, TWITTER



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.

**THE YOGA LOFT**  
462 Adelphia Road, Freehold  
TheYogaLoftNJ.com  
info@theyogaloftnj.com 732-239-2333



We are nestled in the farmhouse at Calgo Gardens, surrounded in the beauty of plants, trees & water features. We provide a space to practice yoga and meditation. There are no goals or judgments, instead you'll find compassionate, caring teachers, a place where you can connect your body, mind & spirit.

**TRINITY WELLNESS EMPORIUM**  
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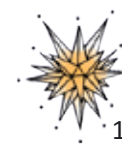
Trinity Wellness Emporium is a yoga studio & metaphysical boutique that offers yoga, meditation, and fusion classes for all ages and levels of experience. All our teachers are certified to ensure your safely aligned so you get the most out of your practice. We offer a variety of classes to fit your need, 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!

**TULA YOGA**  
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Tula Yoga has recently been voted Best Yoga Studio by Monmouth Health & Life Magazine 2017! Tula Yoga is a total health and wellness studio offering Yoga, Barre, Hot Yoga, Aerial Yoga, Pilates, Meditation, and Reiki classes all in one location. We also offer a comprehensive 200 & 300 Hour Yoga Teacher Training course twice a year, monthly workshops, and continuing education for teachers. At Tula Yoga, our mission is to create an environment where you can experience balance and relaxation in the midst of your busy life. We welcome people of all ages, sizes, shapes, and ability. Our goal at Tula Yoga is to provide an exceptional Yoga experience in a supportive and fun atmosphere that promotes growth and community for our students. We offer New Student Specials: \$25 for one week or \$70 for your first month! Please call or check our website with any questions! We look forward to guiding you on this journey of transformation. www.TulaYogaNJ.com.

## Find a Yoga Studio Near You!



**ALIGN AMARYOGA**  
1201 Sycamore Ave, Ste 202 Tinton Falls  
732.578.1000 alignamaryoga.com



**Blue Moon Yoga**  
827 Broad Street (Rt. 35), Suite #5  
Shrewsbury  
732.345.YOGA (9642)



**Flow Paddle Yoga**  
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732.823.9642



Little Silver, cobayoga.com



**Hot or Not Yoga**  
8 North Union Street, Manahawkin  
1-855-Santosha



**Monmouth Beach Yoga & Wellness**  
36 Beach Road, Monmouth Beach  
973.452.2828  
Mbyogaandwellness.com



171 1st Ave,  
Atlantic Highlands  
732.204.2013  
selflessloveyoga.com



**Sun Moon Yoga**  
104 Brighton Ave Long Branch  
917.701.3298



**Tula Yoga**  
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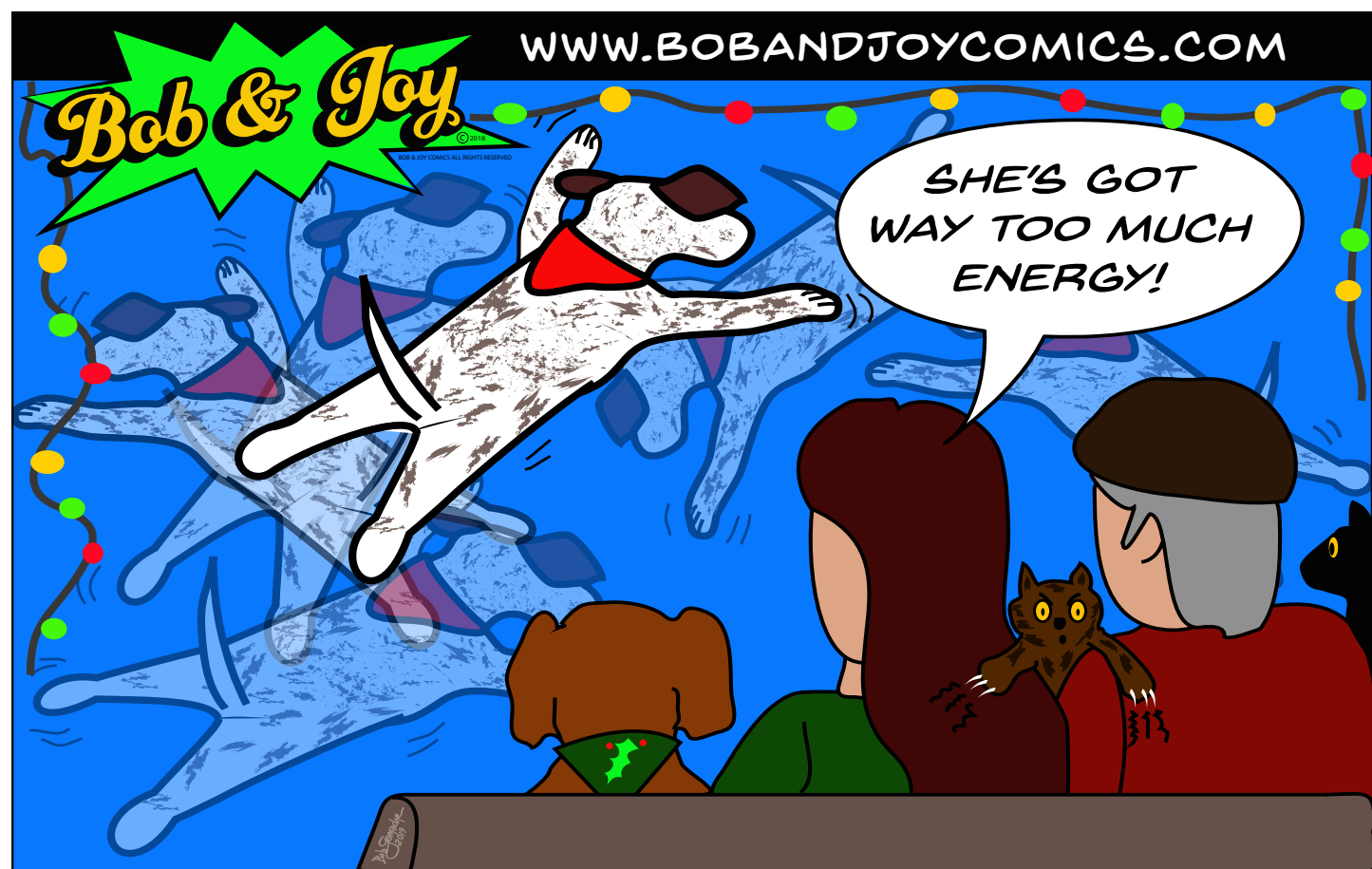


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