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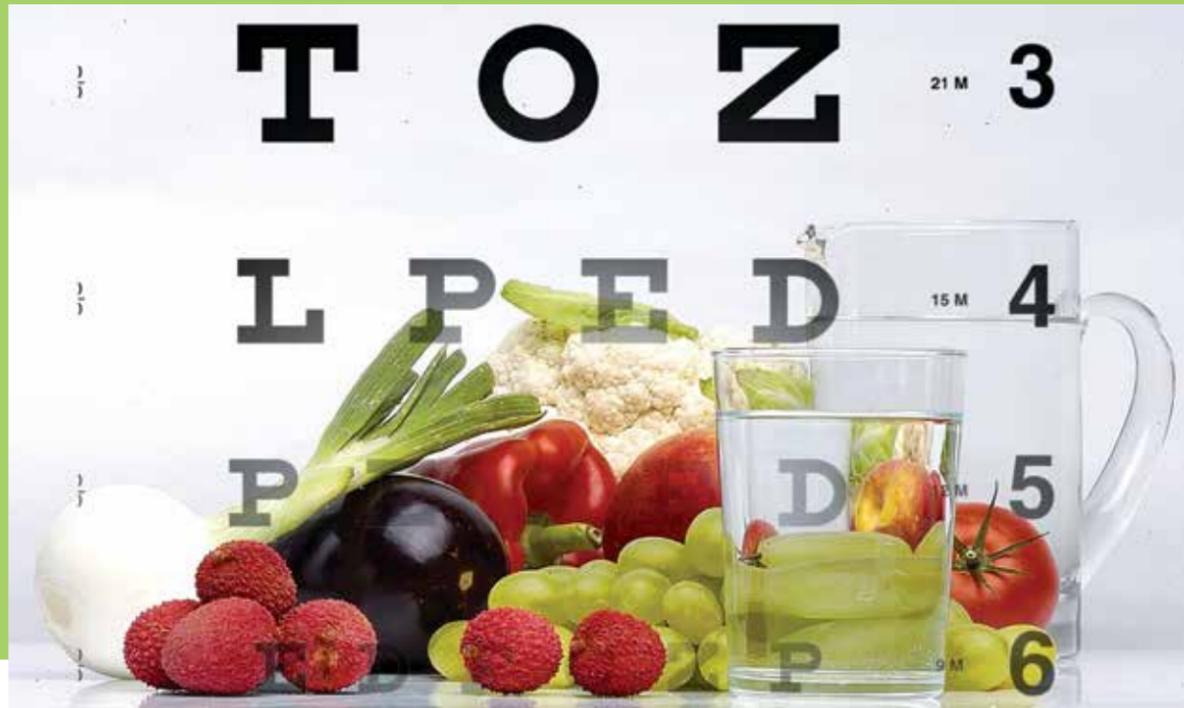
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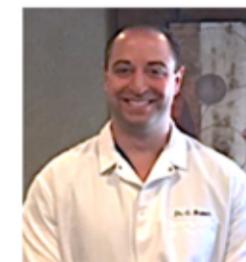
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letter from publisher

Hello Friends



Sharon Shaffery

Happy Thanksgiving!

This time last year virtually no one could image how dramatically life would change in just a few months. As we stepped into our new reality, did any of us imagine it would continue through the summer and into the Holidays? With November being the month we typically celebrate gratitude for all of the gifts this human experience gives us, we may find ourselves in moments questioning, in 2020 what do I have to be grateful for? And for some this has been the cause for deep despair.

As lightworkers we believe we create our reality. We believe that every challenge is a lesson that if learned takes us one step closer to actualization. We are powerful beyond our imaginations, we chose this time in history to incarnate so we could help all of humanity and we need to get to work. We need to help lift those who can't find their strength to stand, preserve and create.

When the Towers were hit in 2001, a wave was measured in the Earth's electromagnetic field. That wave was a result of the deep grief sent out by human hearts around the globe. It proved that we each have a vibration that can be measured and when coordinated can have a significant impact.

When we couple this with the work of Rupert Sheldrake who proved that when rats on one part of the earth are taught something new, rats in a separate and far away location learn that same thing at a much faster rate. How do they do this? Through their vibration in the electromagnetic field. If rats can do it, then certainly we can too.

My point being if we learn to release the stress of the pandemic and dedicate time each day to mediating on gratitude and visualizing a world where we are all strong, happy and supportive – we can initiate a quantum leap and help everyone raise their individual vibration which in turn would raise the vibration across the globe -- and avoid the future predicted by Rudyard Kipling's Brave New World.

Our bodies are renewable, rechargeable batteries and like the batteries in the TV's remote control, when we feel drained, our signal is weak. So my hope for all is that we use this time of Autumn and Winter to recharge, renew and release. The average person would think this statement was "new age" and "out there". But it doesn't matter what they think, it matters what we know and what we decide to do with that information. We are the powerful secret weapon that the Earth has been waiting for. Global communication has made it possible for us to change the world. Let's do this!

Thank you to everyone for your continued support. Covid has presented many challenges but thanks to you we are still here and coming back strong. You are a brilliant light in the darkness and the world is lucky to have you. Stay safe and positive and keep gratitude in your heart daily.

Warm wishes,

Sharon

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Email articles, news items and ideas to: LocalPublisher@Sharon@NAJerseyShore.com. Deadline for ads: the 5th of the month.

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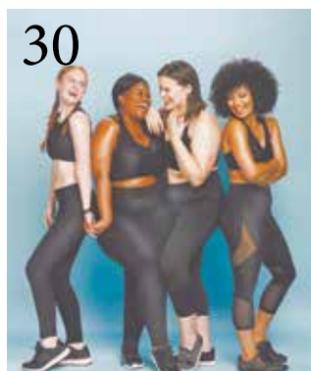
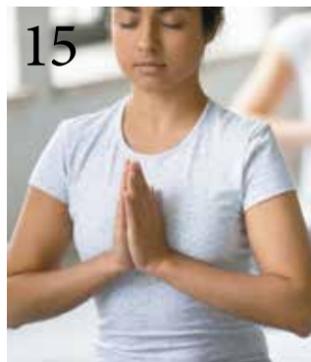
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news briefs

Nutrition Based Care with Dr. Julie Monica



Nutrition-based care is focused on building health by restoring balanced physiology through identifying positive food intake with natural, supporting supplementation. It confirms what food intakes have negative effects and includes cutting edge, diagnostic testing to identify the degree of dysfunction of chronic diseases;

gastrointestinal/digestion issues, inflammation and its source, reflux disease, glucose and insulin management, daily elimination and weight loss challenges.

Practicing better nutrition contributes to over 75% in impacting these natural, daily, life style changes clinically known as managing your ADLs, "Activities of Daily Living" to create these positive, functional changes. This has become the preferred, first line of therapy even from a medical standpoint to manage chronic, metabolic diseases like these when appropriate. – To avoid medication

Dr. Julie Monica specializes in Clinical Nutrition. She is a Certified, Nutrition Specialist (CNS) and holds a Bachelor's degree in Nutrition from Arizona State University, as well. A Diplomat to the Chiropractic Board of Clinical Nutritionists (DCBCN) and is the 2020 Chair to the ANJC, Nutrition Education Counsel. Her approach is functional.

In her Private Practice in Sea Girt, NJ Dr. Monica counsels individuals with guided plans specializing in optimizing metabolic health with clinical, nutritional approaches. Call 732.812.5187 to schedule an appointment, or visit DrJulieMonica.com for more information

Revisoning 2020 with Gratitude

The Yoga Loft is pleased to offer Willows & Warriors November 12th 6:30 pm

If 2020 has proven anything, we need something more promising from the world, the world needs a promise from us - our greatness. Imagine your life if you lived as your best self. Living spaces, workplaces, and relationships would be built with authenticity, meaning, strength, and love. This is what it means to live well. Everyone can do it. You just need to learn how.

Holidays can feel like joy and comfort. They can also feel stressful, especially now, as many people feel doubt and uncertainty. Our next workshop will teach you the art of gratitude and how to experience joy from your mind, body, and spirit, every day.

Join us for our third event, Revisoning 2020: Gratitude. Together we will:

- Learn the real definition of gratitude and how to find richness in everyday living
- Use breathwork & meditation to become super attractors of good fortune
- Discover healthy ways to treat our bodies with the care and gratitude they deserve

Practice these techniques everyday with easy-to-use tools from the experts. \$45. To register and pay for this event go to the Class Schedule/Special Event page at www.theyogaloftnjc.com



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Back to School Eye Exams – Protection Against Harmful Effects of Blue Light

With the new school semester now in full swing it's important that we take note of how our new reality impacts our day to day health and wellbeing. Most students and parents are finding themselves logging many more hours in front of a computer screen.

As we adjust to remote - learning and working situations, eye health may not be the first thing we think about as we navigate our new "norm". Increased screentime may cause harmful blue light effects on our eyes. Blue light has been linked to eye strain, difficulty focusing, sleep disturbances and more.



Fortunately Integrative Vision in Shrewsbury is here to help. Call 732.389.2792 and schedule your appointment today with Dr. Neda Gioia OD, FOWNS. Integrative Vision is located at 180 Ave of the Common, Suite 6. Visit integrativevision.com for more information.

Infinite Healing and Wellness

Colleen Brindley, owner of Infinite Healing and Wellness, has an CMSED in Counseling and MA in Secondary Education. Having worked with children and families for over 25 years, Colleen has created Infinite Healing and Wellness, a holistic boutique with gifts and services to promote self-healing. Healing is an ongoing process as we experience life, feel and process our emotions.

Colleen's goal is to assist others in remembering the truth and create a life filled with joy, love, and peace. The boutique is filled with art, books, essential oils, wind chimes, gongs, orgonite, quartz cathedrals, amethyst towers, tumbled stones, jewelry, crystal bowls and special teas to assist one in healing. Classes and information on self-care, meditation, sound healing, releasing emotions, crystals and stones, and essential oils will be on going. Services include life coaching, SCIO Quantum Biofeedback, ionic footbaths, and reiki. Many of the gifts in the boutique are handcrafted by local artists with love. Also, visiting practitioners will join our healing center to provide additional services like tuning fork therapy, quantum touch therapy and crystal surgery.



Please stop by Infinite Healing and Wellness for tools and information to add peace and calming to your life. 893 West Park Avenue, Ocean, NJ www.infinitehealingandhealth.com



Infrared Sauna Vs Covid 19

Can the infrared sauna protect you against the Corona virus? What about all viruses and infections? Sauna usage is proved to be an extremely useful tool in boosting your body's immune system so that it is in the strongest possible position to fight off any virus or infection.

The hot environment tricks the body into thinking it has a virus or infection this is why you get a fever when you're ill, it's the body's natural response to combat illness. The infrared sauna reproduces this fever and the body sets off in creating antibodies, blood cells and setting itself up for combating the infection it believes it has because of this stimulated fever regular sauna usage has the following proven additional benefit. Kills bacteria and viruses. increases blood flow and antibody production. Improves cardiovascular performance. Induces a deeper sleep. Reduces stress. Increases the production of white blood cells, which in turn helps to fight illnesses and helps to kill viruses. Relieve soreness, aches and pains. The infrared sauna is like an exercise bike for the immune system it trains it to be better, stronger and gives it a workout.

For more information or to schedule an appointment contact Michele Lipari Reflexology/ Holistic Counseling 732.887.3352

Monthly Goal Setting Class: Living the Life of Your Dreams

Join this Monthly Goal Setting Class, "Living the life of your dreams, your heart's desires" with Lana Flotteron starting Monday, November 9, 7-8pm ET via Zoom. The cost is \$10. The class will include a meditation to help you start imagining your dream life and then writing it down, planning a course of action and more. There will be a follow up/check in session too that is included.

Setting goals is one of the most powerful ways to create the life you really want/desire. For our dreams to become reality we need to know them and then focus on them and take action. I believe some people need accountability and support to make those dreams come true. I hope you decide to come along with me on this journey. To sign up please go to my website at <https://www.lanaflotteron.com/classes>.

There will be a new class each month to reflect back on the previous month and plan for the new month.

Dimensions of Appreciation

Appreciation and gratitude are contagious! Sharing our expressions of thankfulness tends to lift the spirits of everyone around us. So why aren't we doing this every day? Giving our family and friends reasons to reflect on gratitude puts all of them in a higher vibration, too.

Our daily lives present everyday challenges and successes. If we choose to view life through a positive lens, then we tend to focus on the energies that improve our health and well-being, achieving progress in our lives. Obstacles do not burden our thoughts. Having a high vibration doesn't mean that you are resisting negativity; it means that there is no place for negativity to stick to you. Think about how many times you have said, "I'm not letting that negative person bring me down..." Let's get addicted to our higher vibrations, and make it an everyday thing!



At Dimensions Reiki, we are committed to helping you release stress and anxiety to help you make progress on your life path, showing you how to set your Intention to drive your positivity. Sometimes all it takes is an "energy reset" to give us a new perspective on our journey. Our classes and workshops are designed to give you new insight and perspectives on reclaiming your own power. All of our services are available remotely for your convenience. Our exciting new program "Mastering Your Energy" is changing perceptions and teaching our students how to monitor and balance their energy on their own.

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



Wellness expo

Please come join the virtual fun at Georgian Court University's Ninth Annual Wellness Expo at Georgian Court University on Saturday, Nov. 21, 2020! We all wish our event could be held on our beautiful campus, however, containing the pandemic is our priority. We may not be together physically, but spiritually we can come together to

learn, inspire, and cultivate our optimum wellbeing.

At Georgian.edu/events, you will find our virtual Wellness Expo exhibit hall. Please take your time to visit each exhibitor

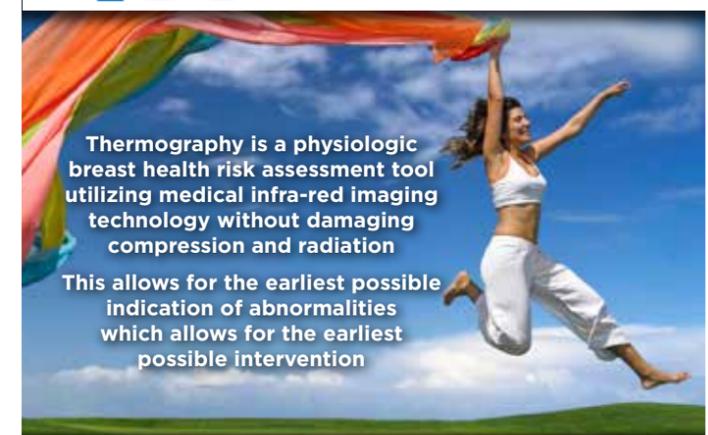
as you used to do every year at GCU. You will find services and professionals dedicated to the well-being of all people. Our expo will include links to Acupuncturists, Massage Therapists, Physical Therapists, Manual Therapists, Health and Wellness Coaches, Nutritionists, Dance Therapists, Sound Healers, Energy Practitioners, Tai Chi practitioners, and others. Featured products include organic olive oil, organic farm items, essential oils, gems, artwork, jewelry and more.

Some vendors will showcase their webpages and others post FB Live events so you can meet them live. There will also be select live and recorded presentations available, so check out the schedule and enjoy immersing yourself in Wellness. Any questions? Please contact Sachiko at skomagata@georgian.edu This virtual event will be open from Nov. 21 until Dec. 31.



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Have Conflicts Mediated for Best Results



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Active mediation by a third party provides better outcomes for couples' arguments by heightening activity in the "reward" part of the brain that generates romantic love. That's the conclusion of researchers from the University of Geneva in a study in the journal *Cortex* that included 36 heterosexual couples that had been married for one year. After receiving brain scans with functional magnetic resonance imaging (fMRI) and filling out a questionnaire, the couples argued for an hour about a key conflict such as intimacy, finances or in-laws. Half the couples received guidance from a professional mediator; the other couples did not.

Afterward, couples with the active mediator reported feeling more satisfied with the content and progress of the discussion and had fewer residual issues. When individuals were shown photos of their spouse and another unknown person during a second fMRI, the couples that had mediation were more likely to experience heightened activation in the nucleus accumbens, a key region in the reward circuit of the brain linked to pleasure, motivation and feelings like love. The more satisfied a person was with the mediation, the greater the neural activation. "Our results suggest for the first time that third-party mediation has a significant and positive impact on the way couples argue, both behaviourally and neurally," concludes Olga Klimecki, a study author and researcher at the Swiss Center for Affective Sciences.

Try Rhodiola and Black Cohosh for Menopausal Symptoms



The herb black cohosh has long been used to relieve menopausal symptoms, and a new study in *Pharmaceuticals* suggests that it's most effective when combined with rhodiola, an adaptogenic herb known for balancing stress responses, as well as supporting brain,

liver and heart health. Researchers from the Democratic Republic of Georgia Zhordania Institute of Reproductology divided 220 women into three groups. After 12 weeks, those given the combination of the two herbs reported 71 percent fewer menopausal symptoms, such as hot flashes, and 67 percent fewer psychological and physical symptoms. These were significantly better results than for those that received either a high or low dose of black cohosh or a placebo.

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Take Vitamin D and Calcium to Reduce Vertigo



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When a change in the position of a person's head results in a sudden spinning sensation, it's a condition known as benign paroxysmal positional vertigo.

For 86 percent of people afflicted with it, daily life can be interrupted, including missing work. Treatment usually involves a doctor or health practitioner performing a series of movements to the patient's head that shift particles in the ears, but scientists in South Korea have found another simple solution: 400 international units of vitamin D and 500 milligrams of calcium daily. In a study of 957 people published in *Neurology*, 445 in an intervention group were given supplements if vitamin D levels were less than 20 nanograms per milliliter. The 512 people in the observation group did not get supplements. After a year, the supplement-takers had 24 percent fewer episodes, and those with very low vitamin D levels at the start experienced a 45 percent reduction.

Get B₁₂ in a Vegan Diet from Dough Fermentation



Vitamin B₁₂, an essential dietary nutrient typically derived from animal sources, poses a special challenge for vegans; its deficiency is linked to anemia and nervous system damage. Aside from supplements and foods fortified with cyanocobalamin or hydroxocobalamin, a new natural approach has been documented by University of Helsinki researchers: fermenting dough using

Propionibacterium freudenreichii bacteria, commonly used to make Emmental cheese, along with *Lactobacillus brevis* to improve microbial safety, produced enough B₁₂ to fulfill the nutritional need for vegans. During the three-day fermentation process, rice bran and buckwheat bran had the highest B₁₂ production. "In situ fortification of B₁₂ via fermentation could be a more cost-effective alternative. And as a commonly consumed staple food, grains are excellent vehicles for enrichment with micronutrients," says study author Chong Xie.

anure ruikowski/Unsplash.com

Try Flaxseed Oil to Reduce Weight and Body Mass Index

Flaxseed, with its high nutritional value and low glycemic profile, has been shown to lower blood sugar in patients with Type 2 diabetes. To see if flaxseed as an oil has similar effects,

Iranian researchers gave 40 overweight and prediabetic patients either 2,000 milligrams of flaxseed oil or a placebo daily for 14 weeks. The flaxseed oil did not produce lower inflammatory or glycemic markers than the placebo, but it did lead to significantly greater weight loss and a lower body mass index. A 2019 study of 50 obese and overweight adults found that consuming milled flaxseed for 12 weeks resulted in more than 20 pounds of weight loss, lower body mass index and greater reductions in triglycerides and inflammatory markers compared to a control group.



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Green Hangover

Discarded Solar Panels Result in Toxic Pollution



Photovoltaic panels, used to produce renewable solar power, become complex pieces of electronic waste at the end of their functional lives. The International Renewable Energy Agency projects that up to 78 million metric tons of solar panels will be discarded by 2050, and that the world will be generating about 6 million metric tons of new solar e-waste annually. Recovering the silver and silicon inside them requires costly, specialized solutions. Many solar panels contain lead that can leach out as they decompose in landfills. Some panels are exported to developing countries with weak environmental protections. Most are rated for about 25 years of use, so a major influx is due to arrive shortly.

Nonprofit PV Cycle (PVCycle.org) collects thousands of tons of solar e-waste across the European Union each year, where producers are required to ensure that their solar panels are recycled properly. Recycle PV Solar (RecyclePV.solar), one of the only recyclers in the U.S., where almost no regulations exist, reports reclaiming just 10 percent of the country's solar waste. The National Renewable Energy Laboratory is investigating new processes to recover all metals and minerals at states of high purity, with the goal of making recycling as economically viable and environmentally beneficial as possible.

Equality Matters

Scientists Confront Academic Racism

Nearly 6,000 scientists signed a pledge to #ShutDownSTEM on June 10, the day of the Strike for Black Lives across higher education. (STEM is an acronym for science, technology, engineering and math.) They canceled lab meetings, halted research projects and actively confronted perceived racism in their institutions in solidarity with the Black Lives Matter movement.

Particles for Justice (ParticlesForJustice.org) physics collective members Brian Nord and Chanda Prescod-Weinstein helped develop the idea for the strike. They called on university science departments, national laboratories and all others engaged in scientific endeavors to stop business as usual for that one day.

The aim was educating themselves and their colleagues about the role of their own institutions in perpetuating white supremacy and creating concrete actions they could take to reduce anti-Black bias after the strike. According to the Pew Research Center, only 24 percent of college faculty members were nonwhite as of 2017, and a study published in the March edition of the journal *BioScience* found that Black, Latino, Native American and other underrepresented scholars account for only 9 percent of faculty members in STEM fields.

Burned Out

Climate Change Impedes Wildfire Reforestation Efforts



A study published in *Global Ecology and Biogeography* of 22 burned areas across the southern Rocky Mountains found that forests are becoming less resilient to fire, turning into grasslands and shrublands instead. The research team, led by the University of Colorado at Boulder, projects that by 2050, as little as 3.5 to 6.3 percent of Douglas fir and ponderosa pine forests in the region will be able to recover after fires.

Encompassing 710 square miles, from southern Wyoming through central and western Colorado to northern New Mexico, researchers used satellite images and ground measurements to reconstruct what the forests looked like before fires and assess how well the forests were recovering by counting juvenile trees and observing tree rings. The study shows that forest recovery declines significantly under warmer, drier conditions caused by climate change. The number of acres that have burned annually across the country has already doubled since the 1990s, so it may be better to plant seedlings in regions more likely to bounce back rather than in dry sites no longer suitable for survival.

Clock's Ticking

Canadian Species Extinction Risk Looms

The nonprofit World Wildlife Fund (WWF) conservation group has determined that species of global conservation concern have declined in Canada by 42 percent and that Canadian at-risk species fell by 59 percent, between 1970 and 2016 (www.wwf.ca/living-planet-report-canada-2020). Their report cites human-related activities as the main cause. The Living Planet Index measures the ecological performance of 883 species around the world likely to face habitat loss, land and shoreline developments and pollution. To date, humans have pushed 500 mammals, birds, reptiles and amphibians to the brink of extinction worldwide.



"Conservation actions that target only a single threat are unlikely to successfully stop and reverse wildlife declines, as threats to species are often cumulative or synergistic and can have cascading effects," the report states. It also found that indigenously managed lands had more species than other parts of Canada and better supported at-risk wildlife. The report suggests working with native Canadians to create more indigenous protected and conserved areas.

Putt Putt

Electric Vehicle Charging Infrastructure Surging in California

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success. With each breath, offer them your grateful, heartfelt wishes: *May you be joyful. May your happiness increase. May you not be separated from great happiness. May your good fortune and the causes for your joy and happiness increase.*

Sense the sympathetic joy and caring in each phrase. When you feel some degree of natural gratitude for the happiness of this loved one, extend this practice to another person you care about. Recite the same simple phrases that express your heart's intention.

Then, gradually open the meditation to include neutral people, difficult people and even enemies, until you extend sympathetic joy to all beings everywhere, young and old, near and far.

Practice dwelling in joy until the deliberate effort of practice drops away and the intentions of joy blend into the natural joy of your own wise heart.

Giving Thanks Meditation on Gratitude and Joy

by Jack Kornfield

I offer this meditation that opens our hearts to gratitude and joy this holiday season.

Let yourself sit quietly and at ease. Allow your body to be relaxed and open, your breath natural, your heart easy. Begin the practice of gratitude by feeling how that, year after year, you have cared for your own life. Now let yourself begin to acknowledge all that has supported you in this care:

With gratitude, I remember the people, animals, plants, insects, creatures of the sky and sea, air and water, fire and earth, all whose joyful exertion blesses my life every day.

With gratitude, I remember the care and labor of a thousand generations of elders and ancestors who came before me.

*I offer my gratitude for the safety and well-being I have been given.
I offer my gratitude for the blessing of this Earth I have been given.
I offer my gratitude for the measure of health I have been given.
I offer my gratitude for the family and friends I have been given.
I offer my gratitude for the community I have been given.
I offer my gratitude for the teachings and lessons I have been given.
I offer my gratitude for the life I have been given.*

Just as we are grateful for our blessings, so we can be grateful for the blessings of others.

Continue to breathe gently. Bring to mind someone you care about; someone it is easy to rejoice for. Picture them and feel the natural joy you have for their well-being, for their happiness and

Jack Kornfield is a bestselling author, Buddhist practitioner and a key teacher in introducing and spreading mindfulness practices in the West. For more information about his teachings, podcasts and books, visit [JackKornfield.com](https://www.JackKornfield.com).

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Tune Up for the Winter



Receiving acupuncture at the change of seasons has been recommended for centuries

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

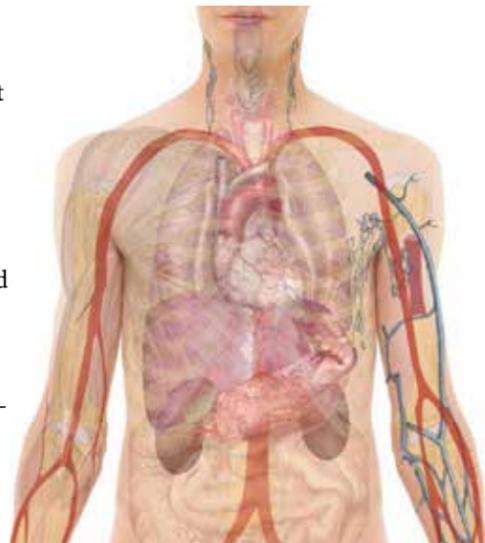
Receiving acupuncture at the change of seasons has been recommended for centuries as a preventative measure to ensure health and well-being. Such treatments are commonly known as “acupuncture tune-ups” – providing a way to keep the body in good working order. This is achieved through balancing the flow of qi (vital energy) and the energetic forces of yin and yang. The need for seasonal tune-ups stems from the Law of the Five Elements which designates a direct association between each season and particular organ systems. Within this paradigm, winter is associated with the kidney and bladder – a time when their energies are more vulnerable to becoming imbalanced.

An acupuncturist helps patients achieve long-lasting health of these organ

systems through strategic insertion of acupuncture needles along their associated meridian pathways. Tuning up kidney qi serves to boost energy within the body, enhancing ability to jump out of bed in the morning, which isn’t always the easiest thing to do in the dead of winter. Balancing kidney energy also leads to a strong back, sturdy knees, pristine hearing and ample hair on the head. And keeping bladder qi balanced enhances its role as “minister of the reservoir” to receive liquid waste from the kidneys, then storing and expelling it from the body. Balanced qi of the bladder also strengthens decision-making and boosts moral character. Moreover, it switches the autonomic nervous system into its parasympathetic mode, thereby promoting relaxation and restoring body-mind harmonization.

The kidneys and bladder energy systems further represent winter’s primary element of water – one associated with the virtue of wisdom and emotion of fear. Fear is deeply rooted, with a healthy modest amount being protective and keeping a person from foolhardiness. However, when fear is excessive, it fosters insecurity and injures kidney and bladder energy. A winter tune-up eliminates chance of this happening by lifting the weight of fear. Acupuncture winter tune-ups also focus on nourishing yin energy. Going into a deep state of healing during an acupuncture session is an excellent way to nourish yin through self-reflection. It also builds healing energy within the kidneys for the winter season. Storage of essential nutrients is another preventative measure, similar to how squirrels store nuts for the winter. Foods that fortify the kidneys include barley, tofu, string beans, asparagus, all dark colored beans, seaweeds, warm hearty soups, roasted nuts, dark fruits such as blackberry and blueberry – along with fish, eggs, dairy, duck and pork.

Chinese medicine holds additional lifestyle recommendations for unifying with the natural yin spirit of winter. The work of cultivating yin is quiet in nature and leads to self-acceptance, inner calm and “simply being.” This means learning how to shift into a more internal and receptive state of being. Ways to foster these abilities include taking deep breaths and reminding oneself to be totally in the moment – along with carving out time to relax throughout the day. Taking pause is a powerful method for reflecting and taking stock of oneself. Valuable insight is further



Although slowing oneself down is needed during winter, it is important to stay active

gained through daily meditation by sitting or standing quietly and concentrating on a single word or concept. And there is nothing better than receiving a therapeutic massage as a much needed thank you to your physical body. Not to mention how much a massage invokes deep relaxation and inner calm. This can also be brought forth through cozying up with a good book or listening to music.

Although slowing oneself down is needed during winter, it is important to stay active to keep the body supple. Practicing yoga, tai chi and/or qigong are excellent ways to achieve this goal. These ancient exercises promote meditation through movement. In addition, taking a walk around the neighborhood, in the woods or along the ocean provides good exercise along with the much-needed act of quieting the mind. Keep these ideas and suggestions in the forefront of your mind as you head into winter. Enjoy the process and become attuned to the unique rhythm of this special time of year. And remember to commune with nature both around and within you – bringing you into a deeper sense of inner peace and well-being.

Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist and director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for over thirty years. She is author of *Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy* (visit www.qigong4.us) and co-author of *Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness*. Shoshanna has taught tai chi and qigong for over 45 years and is a 6th generation lineage holder of the Guang Ping Yang Style Tai Chi Form. She is preparing to release a *Tai Chi Tutorial* soon and is presently offering qigong and tai chi classes via Zoom and outdoors weather permitting. For more information call 732.758.1800 or send an email to info@healing4u.com.

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Preventing Type 2 Diabetes

Natural Lifestyle Choices to Curb the Disease

by Marlaina Donato

Six decades ago, only one American in 100 had diabetes. Today, it's almost one in 10, including rising numbers of youth and one in four people older than 65. More than 90 percent of the cases are Type 2, once known as adult-onset diabetes, which is linked to diet, obesity, inactivity, environmental toxins, heredity and other factors. It can wreak havoc throughout the body—attacking blood vessels, eyes, nerves and organs—and make COVID-19 harder to combat.

The good news is that scientists have identified lifestyle strategies that lower the risk and harm of diabetes. “Type 2 diabetes is a condition, not a disease. It exists in a particular environment; when you change the environment, you can change the condition,” says San Francisco-based Nicki Steinberger, Ph.D., author of *Wave Goodbye to Type 2 Diabetes*. That’s important news for the one in three Americans—about 88 million people—that have pre-diabetes, 84 percent of whom are not aware of the fact, according to the U.S. Centers for Disease Control and Prevention.

A key player is the pancreas, a multitasking organ of both the endocrine and digestive systems, which produces insulin to help make and store energy from sugars, as well as enzymes to break

down proteins, fats and carbohydrates. While Type 1 diabetes, a genetic autoimmune disease, negates the body’s ability to produce insulin, Type 2 results from an insufficient or improper use of insulin.

Type 2 diabetes can be triggered by metabolic syndrome, a condition marked by high blood pressure, a large waist circumference and high triglycerides. Insulin resistance—the body’s improper use of insulin—can also be a sneaky forerunner to the disease, often manifesting as excessive abdominal fat, fatigue and frequent infections years before hyperglycemia—too much sugar in the blood—becomes evident.

“Diet and lifestyle play a tremendous role,” says Lauren Bongiorno, a virtual diabetes health coach and creator of *The Diabetic Health Journal*. “Increasing insulin sensitivity is a multi-prong approach, most notably influenced by improving circadian rhythm, reducing stress, eating lower glycemic carbs, reducing animal fats and increasing activity.”

Hidden Environmental Factors

The American Diabetic Association cites excess weight and lack of exercise as significant risk factors in the development of Type 2

diabetes, while recent studies also point to impacts from toxic air, chemicals and mercury exposure. Research published in 2018 in *Environmental Science and Pollution Research International* reveals a correlation between exposure to phthalates found in plastics and the incidence of new-onset Type 1 diabetes in children, suggesting that the loss of beta cells from phthalate exposure leads to a compromised insulin response.

“Plastics containing BPA can mimic estrogen (xenoestrogens) and can contribute to insulin resistance, insulin over-secretion, beta cell exhaustion and the development and progression of Type 2 diabetes,” says registered dietician and nutritionist Brenda Davis, the Alberta, Canada, author of *The Kick Diabetes Cookbook* and *Kick Diabetes Essentials*.

An earlier Indiana University study published in *Diabetes Care* showed young-adult exposure to mercury can raise the risk of developing Type 2 diabetes later in life by 65 percent. Davis adds, “Heavy metals, such as mercury and arsenic, have been linked to impaired insulin secretion and decreased insulin sensitivity.” Choosing organic produce and fish that contain lower levels of mercury, such as salmon, shrimp and catfish, is advised.

Medication Backlash

Improving gut flora is vital in improving most health conditions, including Type 2 diabetes. “Microbes in the gut that have become toxic for a multitude of reasons create an inflammatory response.

This type of assault repeated over time increases the risk of fatty liver and compromised cells—conditions linked to a decrease in insulin sensitivity,” says Steinberger.

Research published in *The Journal of Clinical Endocrinology & Metabolism* suggests that antibiotic use, especially narrow-spectrum ones, can contribute to diabetes. The side effects of certain medications like statins and other cholesterol-lowering drugs has been debated for decades, and 2019 research published in *Diabetes Metabolism Research and Reviews* concludes that statins can more than double the risk of Type 2 diabetes, especially for people taking them for two years or longer.

Sleep and Sugar

The National Sleep Foundation considers sleep deprivation a significant diabetic risk factor and recommends that people take melatonin as a sleep aid and avoid working night shifts. It cites a study in which healthy adults that were restricted to four hours of sleep for just six nights exhibited a 40 percent reduction in their ability to break down glucose.

Although the role of dietary sugar in diabetes is debated by scientists, evidence shows a strong correlation between Type 2 diabetes and sugar, fructose and high-fructose corn syrup in the diet. A 2015 review of 21 studies published in *The British Medical Journal* found that regular intake of sugary beverages can lead to diabetic conditions even when obesity is not a factor. Many holistic health advocates identify all sweeteners, including “healthy”

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gymnema sylvestre, among others, have been found to aid in the utilization and production of insulin. Tulsi, also known as holy basil, is a heavy hitter for reducing blood glucose and buffering the kidneys and liver from the metabolic side effects of high blood sugar. Herbs that support the liver, such as milk thistle, dandelion and artichoke, are other noteworthy plant medicines, especially when blood sugar fluctuates from high to low.

Renata Atkinson, a clinical herbalist in Greenbelt, Maryland, says of blood tests, “Clinical trials have shown that many of these herbs can have a significant effect on the clinical markers for diabetes and prediabetes in fasting blood glucose, postprandial glucose and HbA1C, or glycosylated hemoglobin.” Animal and *in vitro* studies show that they impact blood sugar by slowing digestion and the absorption of carbohydrates, thereby improving insulin sensitivity, increasing the release of insulin and modulating the metabolism of glucose in the liver. Some of Atkinson’s favorite plant allies are hawthorn, hibiscus and tilia for their anti-inflammatory and antioxidant properties, as well as lipid, glucose and vascular support.

Atkinson also emphasizes the wisdom of keeping it simple. “I encourage clients to incorporate culinary herbs and spices into their daily diet, like cinnamon, fennel, garlic and onions. For someone

taking insulin, it’s important to introduce herbs slowly and be sure to take them with meals, monitor blood glucose levels closely and keep their physician informed of herbal protocols and follow their physician’s recommendations.”

Improving diet choices can be highly rewarding and fun, too. “Not only does eating well not have to be tortuous, it can be enjoyable, inspiring and creative,” says Steinberger. “It helps to keep it simple by using fresh, whole foods with basic herbs and spices.”

Vitamin D, magnesium, vitamin C, B complex and chromium are also valuable in managing Type 2 diabetes. Polyphenols—antioxidants found in tea and unsweetened cacao nibs—also pack a healthy punch. Alpha lipoic acid, found in broccoli, spinach and fish oil, can help to reduce inflammation. Berries, kale and other nutrient-packed greens, nuts, sweet potatoes and beans promote sugar balance and are versatile for delicious, healthy meals.

Whole-Body Healing

Holistic bodywork modalities such as acupuncture also support diabetic health. In 2019, Iranian researchers reported in the journal *Hospital Practices and Research* that biofeedback training lowered glucose levels and improved the quality of life for diabetic patients. “The biggest mistake I see people with diabetes make is to view the mental piece as not as important as the physical,” says Bongiorno.

Linking all the vital threads in the complex web of Type 2 diabetes, she adds, “I would say to start with the basics—plant-based foods, exercise, stress management and better sleep. When you have a solid base, your body will be less susceptible to the other factors.”

Thriving is possible through commitment and wise choices. As Davis says, “There is strong and consistent evidence that many people who are motivated to reverse Type 2 diabetes can succeed in this task.”

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmbersMusic.com.



Holiday Eating, A More Thoughtful Approach

by Dr. Julie Monica

Not only is the Holiday or “Eating” season about to unfold, but it arrives encumbered with many added changes and stresses this year. More time spent in our homes is a lifestyle change many of us share. This combination of more home time during the holidays equals more time to cook, bake and honor all those past traditions. And guess what? It feels good. But let’s give this some thought! Of course, food has always been a part of celebrating, but maybe we need to make smarter choices with our food intake to support a healthier foundation as everything else is changing.

There has been a lot of buzz about “The Covid-15” which is weight gain many have experienced resulting from less exercise and more food intake during the pandemic. With our next primetime for added pounds just around the corner, it is especially important to adopt some better eating habits now.

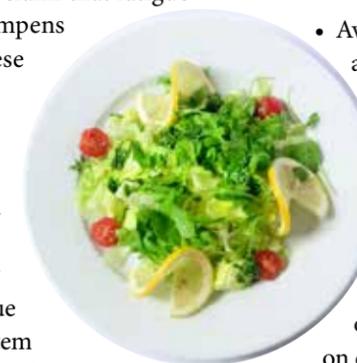
We need to understand some guidelines and create some hard and fast habits to get us through this. With that said, we may choose to morph and improve certain traditions in these times. Instead of more holiday cooking keep it more functional. Focus on alternate family interactions

including fun inside and outside.

At the end of the holidays it could be so detrimental to our mental health to have added even more pounds or gained back the weight just lost during the summer months. Many also claim that fatigue and even depression dampens their season as well. These things are so common and widespread but are somewhat avoidable.

Our physical health should also be a focus for the season, especially now! We need to continue to keep our immune system and metabolic health (blood sugar, triglycerides, high-density lipoprotein (HDL) cholesterol, blood pressure, and waist circumference) in check. Starting with a mindful, pragmatic approach in the way of defining where and when we eat those holiday meals is a powerful start.

Most of us really just have a few celebratory gatherings. Targeting those meals and not allowing ourselves to eat “through” the entire holiday goes a long way. Being consistent with our current, health positive, food and vitamin intake will also



create balance, but takes some daily effort.

More things to keep in mind;

- The day of any party we want to eat our other, regular, healthful meals and supplements - only.
- Start out eating or anchor your meal with protein and veggies and then add your holiday food. And that can even be sweets which have less impact on blood sugar eaten (and digested) with a meal.
- Don’t stuff! - It is over as any other meal ends. Don’t keep eating.
- “Bring a Dish” if you always baked and brought the cupcakes, consider change, opt to bring your new, healthy creation. Lower carbohydrates are paramount.
- Choose calorie-free drinks like water, teas and mineral water instead of festive drinks and sodas.
- Continue your work outs and on schedule! – So important for your continuous, metabolic balance.
- Keep alcohol to a minimum. At this time when we have so many added obligations and demands – even that to keep ourselves healthy, we need our energy – why zap it?

• Avoid the candy and cookies and even holiday liquor offered almost everywhere you go and shop.

• Follow these tips and achieve better sleep.

As much as these food and nutrition tips address our physical health, the impact on energy and mood is very significant and is primarily what drives our ability, our mental attitude, to keep motivated and energized to make these better, consistent choices. This holiday season celebrate your and your family’s health.

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alternatives like honey and maple syrup, as sugars that harbor similar potential.

This mindset is harmonious with glycemic index recommendations, so avoiding any added sweeteners and opting for fresh, low-glycemic fruits like berries, citrus and apples, as well as eschewing pasta, white rice and bread, can go a long way toward maintaining healthier blood sugar levels. Stevia, an herb, is a better sweet substitute. Preferable in drops or bulk form rather than blended with sugars, it’s been shown to help control blood sugar.

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Beyond Hand Sanitizer and Vitamin C; What Can I Do to Defend Against Covid-19

by Lauren Salani, LCSW, BCB

As the Corona Virus lurks around us, along with the drastic life changes it has caused, it is easy to feel highly emotional. These are real threats to our existence, our way of life, and our family-systems. Our collective fear and helplessness are a normal part of living during this strange time. For some people, who have a history of anxiety, depression, insomnia, lack of interest in physical activity and problems with memory and decision-making, these harrowing experiences can only serve to exacerbate an already fraught nervous system.

The Corona Virus is an invisible invasion; one that our military cannot

extinguish and we cannot spray enough Lysol to feel it is eradicated. We can defend ourselves by listening to the experts we trust, employing best hygiene practices, exercising, eating a good diet, supplementation, getting sound sleep, and recognizing that our immune system can be a primary force against this virus.

Our immune system is comprised of killer cells that seek and destroy foreign invaders, such as viruses. It is a defense system that is ever ready to attack and demolish any protein that it does not recognize as friendly. A well-coordinated balance between our endocrine system, nervous system, and emotions maintains

this stealth defense system. Keeping your nervous system in balance, keeps the immune response healthy to fight disease.

Stress is a normal part of life and can even be good for us. Dealing with life's demands can make us more resilient. But when stress is severe or chronic it needs special attention. Due to the pandemic, the public is being exposed to frequent threats to their survival. It could be someone standing too close without a mask and sneezing or feeling you are touching something with the virus on it. Every time this happens, the nervous system can be signaled to flood the system with cortisol and adrenaline. These hormones quickly stimulate the fight flight or freeze response to keep us safe from danger. A healthy reaction would be to flee the scene, think how to minimize risk and then to recover from the shock of the experience. The problem is that we are dealing with the effect of this virus for the better part of a year now. Our nervous system and emotions can begin to fray from the continual release of stress hormones. This chronic and sometimes severe stress can have a huge impact on our minds, our bodies, and spirits. Hyper arousal and negative feeling states arise because Covid's threat is real and dangerous, we don't know when this plague will end, and although we have learned a lot, there are still unknowns about this virus.

Luckily, if we find ourselves suffering from nervous fatigue, we can allow our nervous system to rebalance and recover which gives our immune system the best chance to mount its most powerful army to fight the effects of long-term Covid 19. The key to balancing our nervous system is to let the sympathetic branch, which activates for threat, to lie in retreat. The parasympathetic branch, which stimulates body recovery, rest and renewal to become more dominant.

So what should you do if you are suffering from the continual arousal of the nervous system? Find some time each day to allow nervous system to rebalancing to take place. Find a quiet space to sit or lie down for 10-20 minutes where you won't be disturbed. Allow yourself to feel safe, knowing that you have done everything in your power to eradicate the virus in this

Find a quiet space to sit or lie down for 10-20 minutes where you won't be disturbed. Allow yourself to feel safe,

space. You can lock your door and turn off the TV or radio to keep you from alerting to danger from outside news. You can use this time to do some slow abdominal breathing, as you let tension melt away. If your mind starts thinking (because that's what minds do), gently bring your attention back to your breath and let your thoughts float away like leaves down a stream. As you relax, visualize your nervous system calming and restoring and your immune system army strengthening.

If you find you are struggling with unresolved issues that get in the way of a relaxing practice, please call my office for professional assistance. My office is inviting and comfortable while highly sanitary conditions are maintained. I offer sessions over a secure server, as well. Best wishes for staying safe and healthy. Lauren A. Salani, LCSW, BCB Stress Relief Services Atlantic Executive Center 107 Monmouth Road, Suite 104, West Long Branch, NJ 07764, Call 732.542.2638, visit StressReliefServices.com or email LaurenA-Salani@gmail.com

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For a Healthy Meal Start with Soup



*Freshly ground black pepper
Pepitas or pumpkin seeds for garnish*

Preheat oven to 425° F.

Line a heavy baking pan with parchment paper. Spread squash cubes in a single layer, using two lined pans if needed. Roast for about 40 minutes or until tender when pierced with a fork.

Alternate method: Wash the squash. Make several slits to allow for escaping steam. Roast whole in the oven for about 45 minutes or until soft and easy to peel and cut.

Transfer the roasted squash to a food processor or heavy-duty blender. Add remaining ingredients and process until smooth. Add additional broth to reach desired consistency.

Divide into four bowls. For texture and crunch, garnish with roasted pepita or pumpkin seeds.

Bon Appetit

Butternut Squash Soup

Yields: Four servings

Rich in dietary fiber and low in fat, butternut squash with low-salt vegetable broth and spices is an easy-to-make soup loaded with nutrients and flavor. After preheating

the oven, allow 40 to 45 minutes to roast the squash.

*1 butternut squash, 2-3 lbs, peeled and cut in cubes to equal 4 cups
3 cups low-sodium vegetable broth
Dash red pepper flakes*

Add a Savory Side

Roasted Chickpeas with Grilled Vegetables

Yields: Serves 2, or 4 if dished over quinoa

Chickpeas are a great source of fiber. Bell peppers, also known as sweet peppers, are available in white, orange, green and purple. Lycopene gives red tomatoes their color, may reduce LDL (bad) cholesterol and lower blood pressure. Yellow tomatoes have twice as much iron and zinc and higher levels of vitamin B and folate to help red blood cells. Darker tomatoes ranging from purple to black produce higher levels of antioxidants for a reduced risk of cardiovascular disease. Don't overlook green tomatoes, which are higher in vitamin K and calcium than reds or yellows. For the salmon cakes:

*12 small mushrooms, sliced
2 ripe tomatoes, quartered
1 red bell pepper, cut in strips
1 yellow pepper, cut in strips*



*1 red onion, cut into wedges, or 1½ cups leeks, halved lengthwise, cleaned, and cut chiffonade-style
About 6 cloves of garlic, peeled
2, 14oz cans of chickpeas, rinsed & drained
2 sprigs of fresh rosemary
Balsamic or white wine vinegar*

Preheat oven to 400° F.

Put mushrooms, tomatoes, red and yellow peppers, onion and garlic in a large roasting pan. Roast for just about 30 minutes or until the vegetables caramelize.

Remove the pan and turn the vegetables over. Add the chickpeas and rosemary and return to the oven. Roast for another 30 to 45 minutes until the edges of the vegetables start to turn dark and the chickpeas are browning.

Sprinkle with balsamic vinegar, toss and serve warm as is or over quinoa.

Thanks to Carol D'Anca, a board-certified nutrition practitioner and author of Real Food for Healthy People: A Recipe & Resource Guide, in Highland Park, Illinois.

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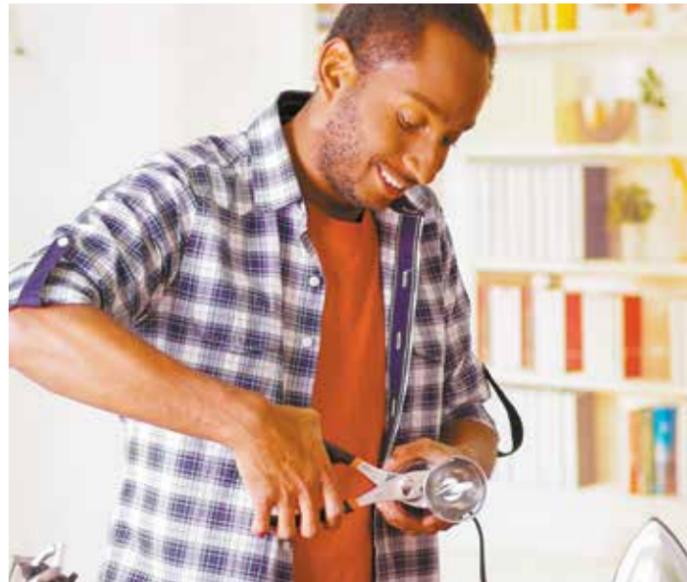
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FIX IT, DON'T NIX IT

Repairing Can Prolong Life of Products

With every Amazon delivery and late-night QVC purchase, the verdict is in: America is the Godzilla of consumerism, and far too many of the products we buy are disposable or designed to become obsolete.

Tons of waste ends up in landfills or is incinerated, causing pollution. Plus, non-renewable natural resources like petroleum and heavy metals are depleted to manufacture new products and the non-biodegradable packaging they're wrapped in.

Awakening to the consequences of consumption addiction, a more sustainable choice emerges: repairing. When something breaks, don't replace it—fix it. By prolonging the lifespan of items, demand for new

products is reduced, resources are conserved and money is saved. It all helps the planet.

A Repair Cafe Near Home In concert with the do-it-yourself craze, there's a growing interest in repair cafes and pop-up events where people can learn to fix things or have someone do it for them. It's fun, and the camaraderie and guidance of knowledgeable neighbors makes all the difference. Visit RepairCafe.org to find a nearby location or for detailed instructions on how to start one.

How to Fix Anything

Whether it's a faulty toaster, broken wheelbarrow or torn jeans, some common principles apply:

Don't panic. When the bicycle chain breaks, remain calm. Split the task into manageable steps. Anticipate the feeling of empowerment when the wheels are turning again.

Get informed. From hemming a skirt to rewiring a lamp, a detailed YouTube video awaits. Check online for product manuals that offer diagnostics and repair instructions. For an extensive collection of repair guides, visit iFixIt.com.

Use the right tool. To get the job done quicker, easier and without possible injury or damage to property, the right tool is key. Local hardware store attendants can help. For one-time-use or expensive tools, consider renting or borrowing.

Visit a repair shop. A great way to support local business is to patronize local repair shops for shoes, clothing, jewelry, computers, appliances and more.

Buying for Longevity Choose quality products that are designed to last and easy to repair. To help evaluate options, iFixIt.com offers a list of repairability scores. In a perfect, sustainable world, the marketplace would be filled with beautiful, artful and clever products that every-one loves and can't bear to replace.

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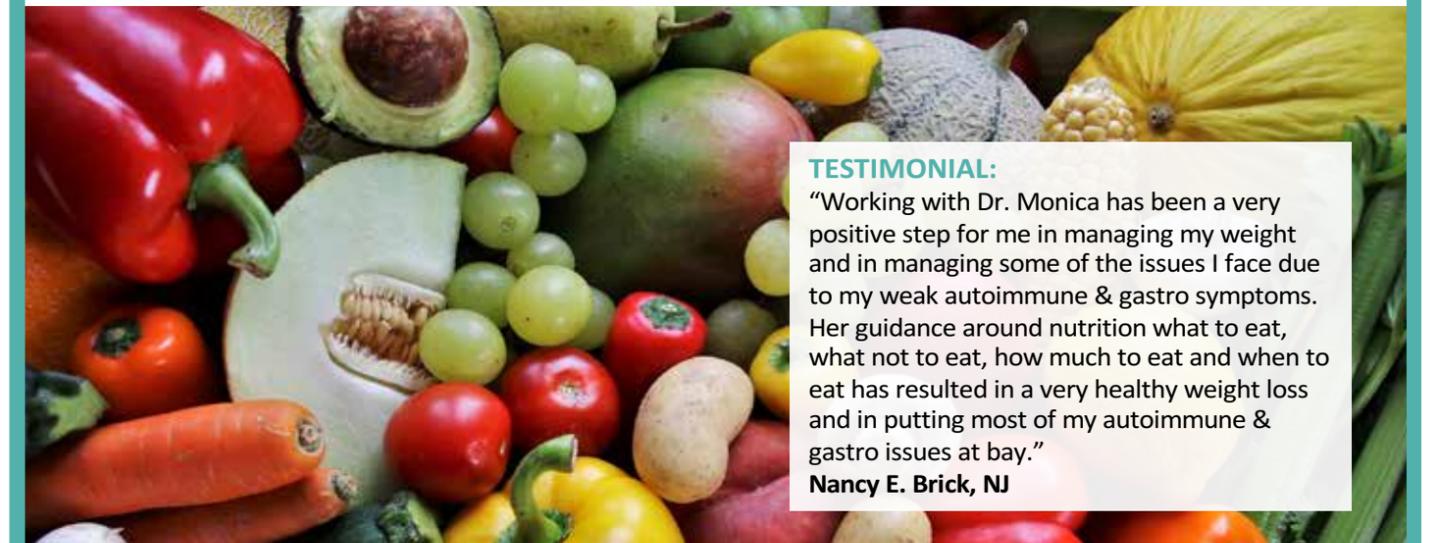
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Body Gratitude

Being Thankful Empowers Our Workouts

by Marlaina Donato

Exercise is crucial to preventing and managing cardiovascular disease, diabetes, depression and many other health conditions, but staying motivated to maintain a routine can sometimes be challenging, even for fitness devotees. Cultivating an appreciation for the way our bodies carry us through life can turn what may have seemed like a humdrum workout into something special. Research shows that a gratitude practice fosters patience, encourages self-care and nourishes self-discipline, especially when there is temptation to reach for another slice of pie.

Appreciation in Motion

“When we’re appreciating ourselves, we open the floodgates to joyful movement and freedom,” says personal trainer Katie Hunt, in Milwaukee. “What if today were the last day I got to run? This question forces me to appreciate every little thing my body can do and minimizes the focus on what I dislike doing. Suddenly, running feels like a gift instead of a task.”

During pandemic restrictions, a socially distant power walk with a friend can get the blood moving and shift perspective. “Something about feeling my heart pounding, a cool breeze after I first break a sweat and the ability to share authentically with a close friend at the same time reminds me of both my powerful mind and miraculous body. How can I not be grateful?” asks Andrea Stern, owner of the Satori Yoga Studio, in San Francisco. Her thankful intention is carried into each yoga session. “I encourage students to bring a

sense of gratitude to the mat with them. Before the class begins, I ask folks to connect with the present moment and to check in with themselves.”

Motivation Through Affirmation

Using daily affirmations—simple sentences written or spoken aloud—is a wonderful way to infuse exercise time with positivity. Leaning into a challenging asana or doing one more lap in the pool with self-affirming intention can snuff out self-criticism. “Moving your body is not a competition. You don’t have to prove yourself or your ability to anyone. Practice feeling grateful for how your body can move, starting with your heartbeat and breath,” says Sofia Angelina Marcus-Myers, an intuitive energy worker and portrait photographer in Portland, Oregon. Healing self-portraiture and dedication to daily affirmations propel Marcus-Myers through chronic pain and help her to see the body as a sacred vehicle. “Affirming your body is a practice, and sometimes it will feel awkward, absurd or tedious. Do it until you feel more comfortable affirming yourself, and then keep doing it.”

Calling a truce with body imperfections can help us feel more comfortable in our skins, something that can go a long way. For Hunt, shifting perspective inward is key. “What if we all stop and imagine being on a desert island? What would your perfect workout, body and life be like if there were no outside influences?”

Pain and Compassion

Living with discomfort makes exercising challenging, but learning to respect the body’s rhythms and limitations can be beautifully empowering. “I love the quote, ‘Unless your compassion begins with yourself, it is incomplete,’” says Stern. “Taking a class together (even virtually) gives us a sense of being in this together. When we breathe, stretch and grow together through our practice, it helps us to appreciate where we are on any given day.”

For Loolwa Khazzoom, a Seattle-based author and musician, it’s all about surren-

der. “Don’t fight your pain; dance with it—literally and figuratively. Dance from your bed. Dance in your head. Dance wherever and however it’s comfortable.” As the founder of Dancing with Pain, a wellness company that teaches a natural approach to pain relief through movement, Khazzoom says, “Our consciousness naturally goes to the places in pain and overlooks the places that feel good. Those places are quite literally our pathways to wellness.”

She recommends focusing on pain-free areas of the body with the joy, power, harmony and other sensations that come from moving to enjoyable music, noting, “As we inhabit those places with our entire beings, there is less and less room for the pain, to the point that it may vanish altogether.”

Marcus-Myers brings the message home with, “It isn’t your body’s purpose to be anyone’s ideal. Your body is an incredible living thing, worthy of love and gratitude.”

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.

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Skin-Soothing Herbs for Dogs and Cats

Simple Ways to Reduce Itching

by Greg Tilford



From allergies to liver deficiency, many factors can itch, inflame and irritate the skin of our pets. A dog's or cat's skin can become damaged or compromised because the skin is the first line of defense against attacks from external substances. Skin problems in pets have many causes, yet a variety of herbs can help a dog or cat feel more comfortable.

While the catalysts of acute-onset skin issues such as insect bites or sunburn are obvious and can be dealt with directly, most forms of skin and coat disease are caused by deeper issues that can be extremely difficult to identify and address. Chronic or recurring skin conditions that cannot be attributed to influences outside the body usually point to deeper health issues, some of which can be serious or even life-threatening.

The greatest mistake one can make when assessing a skin problem is assuming the problem is only skin deep. And while topical salves, liniments, shampoos or lotions can be quite effective in temporarily suppressing itching and pain, they will not likely address the root causes of a dog's or cat's skin ailment. For that, the situation must be approached from the inside-out with diet and several key herbs.

Many cases of chronic skin issues in dogs and cats are either directly attributable to or strongly influenced by inappropriate and allergy-inducing ingredients in pet foods. Be

critical about the quality of pet foods and avoid those that contain meat byproducts, artificial flavors and preservatives, as well as all grains, especially wheat and corn.

It's also important to give a good fish or krill oil supplement to dogs and cats. The omega-3 fatty acids in these marine lipids play critical roles in regulating immune system inflammatory response to allergens. More specifically, they inhibit inflammation, while omega-6 fatty acids typically found in grains and vegetable oils stimulate inflammation. Both processes are necessary for healthy body functioning, but an imbalance of too much omega-6 sets the stage for skin allergies, a dull coat and excessive shedding.

Liver deficiency is another common factor to consider. The liver is responsible for producing digestive enzymes and acids needed to break down and assimilate food while also filtering waste from the bloodstream. If the liver is deficient in any of these functions, excess waste that cannot be eliminated via normal pathways will wreak havoc on the body, often manifesting as a skin condition. If this happens, symptoms commonly recognized as pyoderma, eczema or psoriasis will increase as the body tries to eliminate the waste, pushing the toxins outward and away from vital internal organs toward the skin.

In addition to dietary adjustments, liver support is helpful when it comes to skin problems, and this is where herbs come in.



Burdock root (*Arctium lappa*). This herb has an ancient history as a skin remedy. It contains inulin,

an indigestible polysaccharide constituent that serves as a prebiotic, feeding beneficial microflora in the gut and improving digestion. It also contains a broad variety of compounds that gently stimulate the liver at various levels to help detoxify the body and aid in transporting waste out of the bloodstream. Burdock can be found as a tincture or a fresh root at many health

food stores. Grate the fresh root liberally onto the pet's food at each mealtime. Burdock is fairly neutral in flavor and very safe, so there's no need to worry about overfeeding.



Dandelion (*Taraxacum officinale*). The roots and leaves are highly nutritious. They contain a complex assortment of liver-supporting compounds as well as diuretic properties that aid the body in eliminating toxins via urination.



Red clover (*Trifolium pretense*), alfalfa (*Medicago sativa*) and milk thistle (*Silybum marianum*). These are well-known blood cleansers worth considering. Look for formulas that contain a balanced array of all three.

Greg Tilford is the CEO of Animal Essentials Inc., a natural pets supplement company. He is the author of five books, including Herbs for Pets: The Natural Way to Enhance Your Pet's Life. For more information, visit AnimalEssentials.com.

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TURNER

SUNDAY, NOVEMBER 1

HAPPY BIRTHDAY ELEANOR ☺

THURSDAY, NOVEMBER 5

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

SATURDAY, NOVEMBER 7

Reiki Levels I and II Certification 10am-3pm. Begin your spiritual journey and tap into your innate intuition in this innovative class to certify you as a Reiki Practitioner! Admission Price: \$260.00 per person. Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ or online via Zoom. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

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

Shaman Class – 7:30-9:30pm, Are you interested in Shamanism? Wanting to meet your primary guide? Join A Year and a Day Mystical Shoppe's Shaman, Lauren Porter on a series of monthly classes: Introduction to Shamanism. Learn how to properly journey to meet your medicines and allies, clear and create sacred space, put together your mesa and medicine bag, work with the plant, animal and stone kingdoms, embrace your shadow self, dream work and much more. Classes will be held the last Friday of each month. FREE (donations appreciated); 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

MONDAY, NOVEMBER 9

Monthly Goal Setting Class, "Living the life of your dreams, your heart's desires" with Lana Flotteron 7pm-8pm ET via Zoom. The cost is \$10. The class will include a meditation for you to start imagining your dream life and then writing it down, planning a course of action and more. There will be a follow up/check in session also included. Setting goals is one of the most powerful ways to create the life you really want/desire. There will be a new class each month to reflect back on the previous month and plan for the new month. To sign up please go my website at <https://www.lanaflotteron.com/classes>

THURSDAY, NOVEMBER 12

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

Re-Visioning 2020 with Willows & Warriors 6:30pm. Be inspired to turn the remainder of 2020 into the most significant year of your life. This is your moment to rewrite your vision, act from a place of purpose, and support your overall health to make your intentions a reality. Register for the zoom event at info@theyogalofnj.com or call/text 732.239.2333 to reserve your spot.



PIPPIN



NEO

SATURDAY, NOVEMBER 14

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

SUNDAY, NOVEMBER 15

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

WEDNESDAY, NOVEMBER 18

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 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private journeying sessions

THURSDAY, NOVEMBER 19

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

FRIDAY, NOVEMBER 20

Healing Circle: 7-9pm, It is wonderful for Reiki Practitioners and energy healers to practice their skills and do work on one another. It is also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. Newcomers and practitioners are welcome. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, NOVEMBER 21

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

SUNDAY, NOVEMBER 22

Introduction to Psychic Development 1-5pm. Learn to tap into your own innate intuition, and practice techniques to begin your own psychic readings! Admission Price: \$100.00 per person Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ Phone: 732.832.1036 dimensionsreiki.com/calendar.

THURSDAY, NOVEMBER 26

HAPPY THANKSGIVING!

SUNDAY, NOVEMBER 29

Full Moon Circle: 7:30-8:30pm, Enjoy and experience the Beaver Moon with us. November's moon is the time to plan for the upcoming cold, or quiet season when the earth rests. We will have a meditation and focus our intention and ask for guidance in aligning ourselves with the universe toward the next phase of each of our journeys. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com



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MONDAY, NOVEMBER 30

Mastering Your Energy-Chakras & their Purpose 7:30-9:30pm. The Chakras control, sustain, and empower your spiritual journey; come learn how to manage them! Price \$35.00 per person Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ Phone: 732.832.1036 dimensionsreiki.com/calendar.

MONDAYS

NEW: Group Qigong Classes via Zoom 11am-12pm with Shoshanna Katzman, Founder of Red Bank Acupuncture and Wellness. Visit Healing4U.com or call 732.758.1800 for more information.

FREE Natural ways to support the immune system & calm the fight/flight/freeze response 10am Online Skype Class Ask about personalized one-on-one sessions. Contact: Siobhan@NextStepStrategiesLLC.com. Call 609.752.1048

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

TUESDAYS

Tuesday Meditations: 7-8pm, Come join our weekly group guided meditations. De-stress from your hectic weekend and Manic Monday. Re-center and Regroup yourself for the coming week and be ready for whatever life brings your way. For all levels: Beginners to Advanced. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private meditation sessions

WEDNESDAYS

OUTDOORS tai chi is finally here! Join Shoshanna Katzman, Founder of Red Bank Acupuncture and Wellness 10:30-11:30am and 6-7pm. Classes will be held outside in the back of the Red Bank Acupuncture and will continue throughout the summer and autumn, weather permitting. Visit Healing4U.com or call 732.758.1800 for more information.

FREE Natural ways to support the immune system & calm the fight/flight/freeze response 10am Online Skype Class Ask about personalized one-on-one sessions. Contact: Siobhan@NextStepStrategiesLLC.com. Call 609.752.1048

Hips & Thighs, Om My!- Kathleen Reilly 10am pre-registered to reserve your slot at: info@theyogalofnj.com or call Dee at 732.239.2333.

NEW: Group Qigong Classes via Zoom 5:30-6:30pm with Shoshanna Katzman, Founder of Red Bank Acupuncture and Wellness. Visit Healing4U.com or call 732.758.1800 for more information.

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

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

THURSDAYS

Beginner Mat Pilates for flexibility and balance 9:30am Virtual classes hosted by Coastline Pilates: \$15 per class payment through Venmo @ rmllemann Sign up here to register for virtual classes <https://coastlinepilates.simplybook.me> or call 732.330.9168.

Pilates mat for a Strong Back and Hips 5:30pm Virtual classes hosted by Coastline Pilates: \$15 per class payment through Venmo @ rmllemann Sign up here to register for virtual classes <https://coastlinepilates.simplybook.me> or call 732.330.9168.

FRIDAYS

FREE Natural ways to support the immune system & calm the fight/flight/freeze response 10am Online Skype Class Ask about personalized one-on-one sessions. Contact: Siobhan@NextStepStrategiesLLC.com. Call 609.752.1048

Yoga in The Park with SUKHA Yoga 9am with Maribeth 616 Drum Point Road Brick. Sign up for the unlimited Summer Park Series for \$35 a month through Sept. Message Maribeth at Sukha South on Facebook



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Christine Taliercio, M.S.,C.A., L.Ac., D.ac. is a certified acupuncturist, licensed in NJ by the Board of Medical Examiners, a certified Diplomate in Acupuncture by the N.C.C.A.O.M., and the owner of Acupuncture Works LLC. Taliercio is trained in treating infertility, smoking, anxiety, and depression. She uses a dry-needling technique to treat pain. She incorporates other modalities like electrical stimulation, ceramic mineral heat lamps, infrared light therapy, and essential oils. Breathing in the scent of certain oils enhances your treatment and well-being. It's all natural, and very effective. Suffer no more - call me today! .

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40 State Route 34, Suite F
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. Trained in EMDR. Stress Relief Services - 107 Monmouth Rd, Suite 104, West Long Branch, NJ 07764. 732-542-2638
LaurenASalani@gmail.com



Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as; guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy all can take the whole person into account. Please call my office for help with the distress that is affecting your ability to be calm and happy. My office is warm, caring and comfortable where high standards for infection control are always maintained. Virtual sessions are available as well.

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DR. JULIE PAGE

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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; in-

cluding 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.

CREATIVE SERVICES

BOOK COACH /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

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732.389.2792 Integrativevision.com



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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
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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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Tina Polhemus



Tina Polhemus, CPC is a certified Life Purpose Coach through the Institute for Professional Excellence in Coaching (IPEC) in 2014. She specializes in creating opportunities of awareness and empowerment for men, women, teens, couples, families, veterans, and those struggling with addiction. Sessions in person, facetime, or via zoom.

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PSYCHIC READINGS MEDIUMSHIP

MOONSTRUCK

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



Pamela is a spiritual intuitive/medium who has been guiding many individuals and groups for the past 20 years. She practices astrology, numerology, and Tarot and is a member of the American Federation of astrologers. She conducts classes, workshops, and seminars in person and online. Follow (cont'd next page)

Pam on LinkedIn Facebook and Twitter. Call for your appointment today to get clarity, direction, and inspiration on how to move ahead and live your life.

REFLEXOLOGY

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Michele Lipari- Certified Reflexologist
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I have been practicing reflexology for over 20 years and am very passionate about my work! Reflexology is a science based on the premise that there are reflex areas in the feet and the hands that correspond to all of the glands, organs, and other parts of the body. The practice also offers access to an Infrared Sauna, which allows a higher percentage of toxin removal due to the fact that the infrared waves are absorbed more deeply in the cells of the body. Benefits include increased circulation, improved skin tone, eliminates joint and muscle pain, relieves tension and increases energy.



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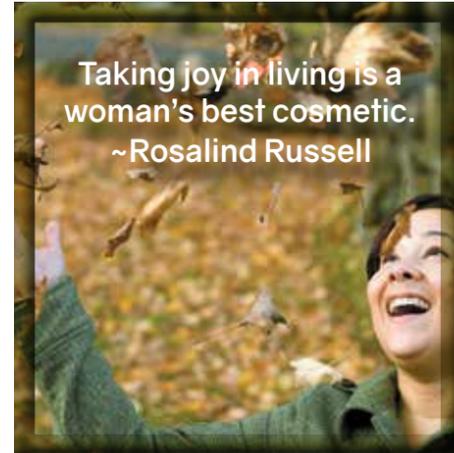
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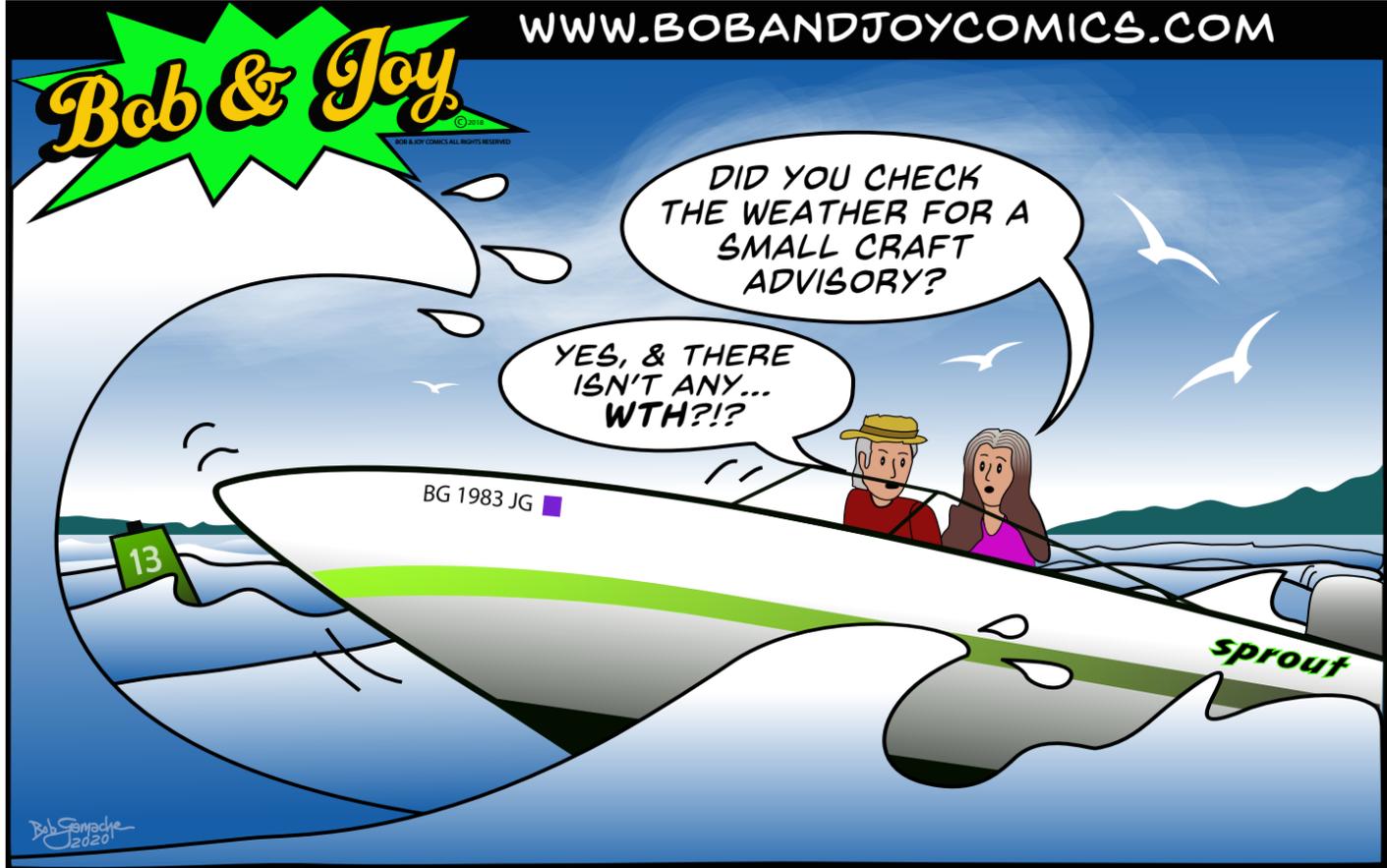
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