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Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

For more than 40 years, Mark Berkowitz D.D.S., NMD, C.HOM, AIAOMT has been a leader in his field serving the holistic community. Gary Braun D.M.D., NMD, IBDM, AIAOMT has recently completed a 2-year advanced training program at the American College of Integrative Medicine and Dentistry achieving a degree in Integrative Biologic Dental Medicine and earning recognition as a Board-Certified Naturopathic Physician. Dr. Berkowitz and Dr. Braun forged a partnership in 2021 with the overall goal of combining their extensive knowledge and experience in the field of integrative dentistry. The office is continuously evolving with the addition of state-of-the-art equipment and new technologies.

Dr. Berkowitz and Dr. Braun are proud to announce a truly unique partnership with board-certified orthodontist Keith Dobrin D.M.D., MBA, as well the addition of a Fotona® laser to the practice, allowing for a vast expansion in available dental services with the goal of enriching an ever-expanding holistic-minded clientele.

Dr. Keith is a local product by way of Tinton Falls New Jersey. He is a Diplomat of the American Board of Orthodontics, the most prestigious achievement in the field of orthodontics. Additionally, he is a published author with internationally acclaimed research on bonding braces to teeth, the culmination of four years of dedication to the orthodontic specialty. As part of our team, Dr. Keith will bring a new perspective to the practice as he is well-versed in all specialties of dentistry in conjunction with orthodontics. He brings tremendous experience from his own private practices that will undoubtedly serve the needs



"My passion has always been to create beautiful and healthy smiles for patients of all ages, and there are so many ways to accomplish those goals that are both comfortable and efficient. We are constantly upgrading our technology to remain at the forefront of our profession, and we strive to not only effectively resolve issues of teeth alignment but also to create positive changes that make our patients proud and confident. I am fortunate that my career path has led me back to Monmouth County where I grew up and I cannot think of a better place to be while doing what I love." – Dr. Keith Dobrin

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Hello Friends,



Wow, what a wonderful summer. It went by fast! While it may be a little sad to see summer end, autumn offers so many magical moments. From the parks, beaches and cute shopping towns, Monmouth and Ocean have so much to offer for fall fun.

It was really great seeing people getting out and doing stuff again. This summer felt like pre-covid summers of the past. I know it was hard for me to break the habit of just staying in, but when I forced myself to get out and do things, I was really happy that I did. We are social creatures, and we may not realize it on the surface, but instinctively we crave community.

We are a group of shiny happy people, and we shine brighter together. So, let's get out there this fall, find our peeps and have some fun! Spreading love, light, kindness and joy everywhere we go. A smile costs nothing to give and is a powerful way to help make another's day.

As always, we are super grateful for your continued support! We couldn't do this without you. Much love to our readers, advertisers and team members. Thank you for all that you do!

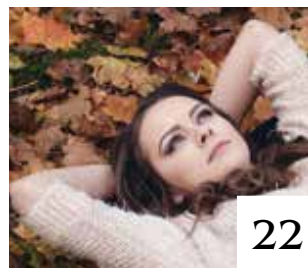
Warm wishes,
Sharon

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Email Calendar Events to: Sharon@NAJerseyShore.com. Calendar Deadline: 7th of the month. Cost: \$20/listing.

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Interested in Franchising?

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.



HHH Expo Returns to Energize New Jersey This October

The Holistic Health and Healing Expo will showcase more than 25 workshops and 125 vendors on October 6 from 10 a.m. to 5 p.m. at the DoubleTree Hotel, in Cherry Hill. This year's event promises a vibrant array of wellness products, services and engaging sessions designed to promote a healthier lifestyle.

"We are thrilled to bring the HHH Expo back to New Jersey," says Shae Marcus, founder of the event. "Our goal is to create an immersive experience where attendees can explore the latest in holistic health and wellness, connect with top practitioners, and discover new products that support their well-being."

The expo will feature a variety of exhibitors offering everything from organic skin care and nutritional supplements to energy healing and yoga sessions. Attendees will also have the opportunity to participate in free workshops and enjoy live demonstrations throughout the day.

The Holistic Health and Healing Expo aims to provide a platform for self-improvement and community engagement, fostering an environment where wellness enthusiasts can learn and connect.

Cost: Attendance is free, but registration is required. Location: 2349 Marlton Pike W. For more information and to register, visit NJ.hhhExpo.com.



Welcome to Ocean County Fitness!

My name is Peter Spaziano, and I'm your local Certified Personal Trainer here in Southern Ocean County. At Ocean County Fitness, we're dedicated to helping adults and seniors craft personalized fitness plans that enhance their daily lives.

We believe that fitness should be a cornerstone of your daily routine. Our passion is to assist adults and seniors in our community achieve wellness through tailored exercise programs and healthy lifestyle choices.

I specialize in one-on-one training, coming directly to your home or your community gym. Whether you're looking to boost strength, endurance, lose weight, or tone up, we're here to guide you every step of the way. Our rates are designed to be affordable, and we treat every client like family, ensuring your fitness journey is both enjoyable and effective.

If you're concerned about declining strength, balance, or endurance, give us a call. We offer custom workouts that are safe and effective, helping you maintain independence and vitality.



Don't wait to improve your health. Contact us today for a free phone consultation. I'm eager to meet you and start this journey together! Peter Spaziano, CPT OceanCountyFitness.com 1.609.549.9048

Discover Your Unique Yoga Practice at Body Lab

Join Karin Weinstein at the Yoga Loft September 14th 1-4pm. This workshop is about you. No one has your body, your history or your reason for practicing yoga. The way you practice asanas should be as unique as you are.

Together, we'll observe and discuss variations in lower body and spinal anatomy and why common alignment cues don't work for everyone. Learn how to find your own personal alignment - from the inside out - based on foundation, sensation and intention rather than outward aesthetics.

Yoga teachers will learn how to use sensation-based cuing that empowers students to determine the alignment that works best for their body. This workshop is appropriate for students of all levels as well as teachers. Yoga Alliance Continuing Education Credits (3 CECs)



Please call/text 732.239.2333 or email info@theyogaloftnj.com to register \$55. The Yoga Loft 58 Main St Farmingdale

Reiki Level 1 Training

Join Reiki Master Elena Slade at The Yoga Loft, September 15th 12-4:30ish. This Level 1 Training will include:

- A sacred ritual called an "Attunement"
- An overview of the meaning, purpose, benefits & history of Reiki
- Procedures for giving a complete & modified Reiki treatment
- Supervised practice sessions
- Procedures for self-Reiki treatments
- Our inner space during Treatments
- Level 1 Manual
- First Degree Reiki Certificate

Recommended: Receiving a full Reiki Treatment prior to completing this training. Wear comfortable clothes and bring a notebook. Please call/text 732.239.2333 or email info@theyogaloftnj.com to register \$175. The Yoga Loft, 58 Main St Farmingdale.

Grief Circle: A Safe Space for Healing and Connection

Are you seeking a supportive community where you can share your grief story and find solace among others who understand the profound impact of loss? Look no further than the Grief Circle, a special gathering designed to provide a safe space for healing and connection.



The Grief Circle offers a unique opportunity to share your grief story with others who can hold space for you and understand your loss. Every individual experiences loss differently, but the significance of each person's loss is equally valid and important.

Through the collective sharing and support of the group, you can bring yourself to a powerful healing place. Whether you choose to share your story or simply listen to others, the Grief Circle is a judgment-free zone.

Join me, Dorian Cattani, Wednesday, September 18th at 7pm for my Grief Circle. Held at my office space at 501 Grand Ave in Asbury Park. The Circle is FREE, but space is limited. Please text or call Dorian at 201.892.5242.

Energy Healing & Reiki with Dorian Cattani

Like walking into a room and turning on a light switch, in the healing world, Reiki is the switch. Dorian Cattani has dedicated the past four years to helping others release negative energy to welcome endless possibilities. Reiki rehabilitates and knows



where to go for the most effective healing while you fall into a calm state. And when you are tranquil, you heal. Each session is different as she plays off the energies and messages she receives from your body. Your intentions, desires, willingness to open your heart, and actions are the magic key to unlocking your potential.

Shortly after becoming an Asbury Park resident, Dorian opened up her practice in November 2023. She has created a safe space with soothing music, crystals, and essential oils. Dorian is passionate about being part of the community, supporting people and furry friends, and contributing to the collective well-being.

To book a Reiki session call/text her at 201.892.5242. Dorian also offers Mediation with Reiki classes and Grief Circles in Asbury Park, NJ. Dorian Cattani LLC 501 Grand Avenue Asbury Park, NJ 201.892.5242 doriancattani.com doriancattani@gmail.com

Flower Essences Heal!

Featured this Month: MARIPOSA LILY

The presence of the “maternal” is the gift of the Mariposa Lily. The ability to show nurturing and caring for others depends on whether it has been received. Many people are deprived of a positive relationship to their mother. Sometimes cultural conditions such as through birthing and child-rearing practices the child to infant relationship is not optimal. There can also be economic hardship, divorce, trauma, abuse or neglect that occurs during childhood. This is our first experience of the feminine. The child or person can feel empty at its core and may feel unloved or unwanted. Mariposa Lily heals all levels of mothering and the feminine. This flower can help heal abandonment issues, abuse, and the orphan state of consciousness. It is also helpful for becoming pregnant, mother-child bonding, and connection to



the feminine and female figures... If any of this resonates with you, Mariposa Lily can help.

Call for a FREE consultation to see if Flower Essences are for you. Donna Fluhr Certified Flower Essence Practitioner 508.361.2809

What are you Pretending Not to Know

Dawn Ricci offers a new 1:1 Mentorship program that poses this philosophical question “What are you pretending not to know?”. The answer serves as a stimulus for deep self-reflection. It challenges you to recognize and confront truths about yourself, your life, or your situation that you may be consciously overlooking or denying. Dawn’s expertise and guidance can help you embrace your true self and pursue your desires, whether in your own business, guidance in your career, relationships, family, or in exploring your spiritual gifts. She provides private 1:1 intuitive mentoring customized to your specific needs, with programs offered starting with a 90-day commitment.



Register for a free 30-minute, 1:1 Inspiration Call with Dawn to evaluate your direction and the techniques that will open your future to so many new possibilities. Visit dawnricci.com/mentor today.

Mellow Out with Craniosacral Therapy

Summer is a great time to replenish. Receiving Craniosacral Therapy can be profoundly relaxing. CST is an effective treatment for headaches, TMJ, back pain, and anxiety.

This gentle hands-on technique explores the physiologic movement within the spine and cranium. This includes the soft tissue wrappings surrounding and protecting the brain and spinal cord. These important neural tissues are bathed in cerebrospinal fluid (CSF), which pulses rhythmically throughout the system.



David Frome, a licensed Physical Therapist and Acupuncturist, uses this gentle technique to unwind tensions within the head, neck, and back. While applying light touch, he will evaluate the freedom & mobility throughout your body. People commonly report feeling pain relief and experiencing better health after receiving Craniosacral Therapy sessions.

Rebekah and David Frome practice acupuncture, Rolfing, and Craniosacral Therapy at Frome Physical Therapies, in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com or 973.509.8464.

Fluhr-de-Lis

The Essence of Flowers Can Heal

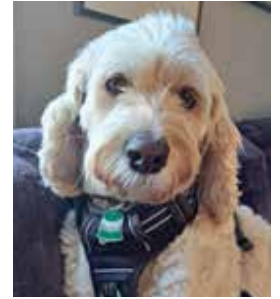
Flower essences are liquid extracts that work gently & subtly in healing the body. The essences assist us in bringing awareness to imbalances and opening up pathways to our body's innate wisdom and deeper truths.

Please call for a FREE consultation to see if Flower Essences are for you. Call: 508.361.2809

Donna E. Fluhr

Certified Flower Essence Practitioner
508.361.2809 Defluhr@outlook.com

Qigong for Good Health 7 Week Fall Series in Lincroft



Qigong may reduce stress, build stamina, increase vitality and affect the immune system in positive ways! This amazing ancient Chinese system of self-care integrates physical postures, breathing techniques, and mind focus. The practices are easy to learn. Students with all levels of ability are welcome. Return and deepen your practice or join us as a beginner.

Join Maxine Forster Guenther, M.A., Instructor of Integral Qigong, certified since 2003, in The Earth Room, at the Unitarian Universalist Meeting House (UUCMC), 1475 West Front Street in Lincroft. Classes include:

7 WEEK FALL SERIES 2 one-hour Qigong classes available beginning October 8th at 1pm OR at 2:30pm. For more details, please check the website www.qigongforgoodhealth.org Sign up for the series online. Classes do fill up!

1:00 Class: Qigong for Good Health Practices ... open to all new & returning students. **2:30 Class: Primordial Qigong** ... for students who have practiced this form or are experienced with Qigong.

Cost for the Fall Series at UUCMC: \$80 for 7 sessions. A 2nd person in same household is \$40. If you can't afford it, please contact Maxine for a fee adjustment. PARKING LOT QIGONG continues through Sept 21st Sat at 10:30 am, weather permitting, by donation, open to beginners and experienced students. Add your name to the PLQ e-mail list for class notification: qigongomi@yahoo.com

Fast Like a Gril (FLAG) Certification

At Step by Step Wellness, Larisa Belote, who is in the "Fast Like a Girl" (FLAG) certification course, is looking for 20 women to join the FLAG Program for 90 days.

She will teach her clients:

1. How to clean up your food, household and other product choices and lower your toxic load
2. Choose foods that support your Hormones
3. Customize your fasting and eating window according to level and health goals
4. Proper metabolic switching between the sugar and the fat burner systems
5. How to put together meal ideas with the correct macro nutrients eliminating highs and lows so that you go longer periods without food and without getting fatigued
6. Navigate eating during holidays and other occasions.

Join me on a Lifestyle journey that will build health, positive mindset and achieve permanent weight loss. The FLAG program is for women of all ages. If you choose to join the program, you have to be motivated, willing to do intermittent fasting, make lifestyle changes and be compliant.

Start Date: TBD Call/text Larisa Belote at 732.996.6963 or email: larisa@stepbystep-wellness.com



Experience the Power of Reiki with Energy Healer, Dorian Cattani

"As a Reiki Master, my mission is to support you on your journey to find peace and love within. I want my life's purpose to coincide with your life's purpose. I want to guide you on your journey to unlock your true potential. So allow me to clear the energy around you, and increase your confidence to connect you to your higher self."

Dorian's Journey

- Pet & People Reiki
- Connecting to the Universe
- Spirit Communication
- Fostering Senior Dogs
- Living with Grief
- Meditation

doriancattani@gmail.com doriancattani.com
Instagram @spirituallyrescued

DORIAN CATTANI IS NOW OFFERING PRIVATE REIKI SESSIONS IN HER BEAUTIFUL OFFICE AT 501 GRAND AVE ASBURY PARK, NJ. CALL OR TEXT **201-892-5242**



A Pilgrimage to Wholeness

by Marlaina Donato



Philippe Degroote/CanvaPro

new objective that can be the most arduous but the most significant.

We might accomplish monumental feats, transforming our trauma or going into physical remission from disease. We might even feel a calling to guide others along the path we have come to know so well, but it is important to remember that the deep healing process is a spiral. Our linear brains may be startled when our most gut-wrenching, seemingly resolved issues loop back around, and we are plunged even deeper into the crucible. During these times, it is easy to forget that we are multidimensional beings. A physical injury or illness involves much more than flesh or organ systems, and agonies of the spirit can greatly impact the physical body.

We heal layer by layer—sometimes even

layers within layers—and despite our full commitment and steady growth, the task of peeling the onion is never quite finished. One of our greatest challenges is overcoming the illusion that we are failing miserably when we fall out of resonance; evolution is not a course that we can flunk.

With each descent, our pain can provide an opportunity to lessen the chasm between mind and body and to acknowledge parts of our being that might need tending. For as long as we inhabit a human vehicle, we will always be in the process of healing something, and that is okay. We can rest assured that our process, like all spirals, will lead us safely back outward to continue our journey.

Marlaina Donato is an author, artist and musician. Connect at BluefireStudio.art.

One of the most beautiful aspects of youth is envisioning the future with undaunted optimism, but even the most strategic plan for life can go off the rails. Whether we carry the weight of unprocessed trauma and never quite reach our potential or zoom into the fast lane of success only to be brought down by sudden change, pain is part of every person's story. The quest for healing and finding our whole self beneath the rubble becomes a



Contrast Water Therapy for Muscles

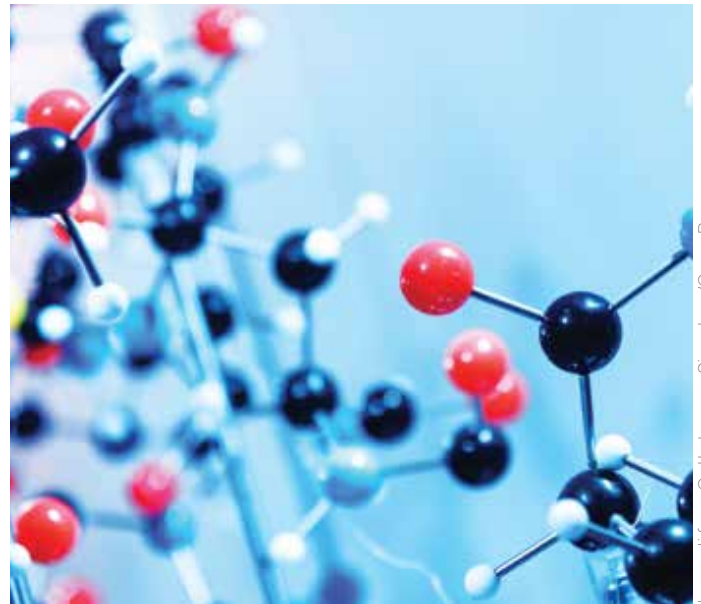
Exercise creates microscopic tears in muscle tissues, which the body repairs, and each repetition of this cycle allows muscles to grow back stronger. Contrast water therapy (CWT) is a post-workout recovery method that involves placing sore muscles in alternating hot and cold baths in succession. Data examined from 13 studies and published in a 2013 *PLOS ONE* review showed that CWT resulted in significantly greater improvements in muscle soreness and reduced strength loss at six, 24, 48, 72 and 96 hours after exercise, compared to rest without any other post-recovery approach. The results of CWT were comparable to other muscle recovery interventions such as cold-water immersion, warm-immersion, compression and stretching.



Latino Life/CanvaPro

Cause of Lupus Discovered

Lupus is an autoimmune disease in which the immune system mistakenly attacks healthy tissue, damaging joints, skin, muscles, connective tissue and major organs such as the kidneys, brain and heart. According to the Lupus Foundation of America, an estimated 1.5 million Americans have lupus, with nine out of 10 being women. Researchers at Northwestern Medicine and Brigham and Women's Hospital, in Boston, say they have identified the root cause of lupus. In research reported in the journal *Nature*, the scientists identified a molecular defect that promotes the immune response in lupus, as well as a way to reprogram the lupus-causing cells to correct the imbalance in the immune response. Work continues to find a safe and effective way to deliver these molecules to the body for reprogramming.



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Microbiome and Addictive Eating

While food addiction is not considered an official diagnosis, some people have a hard time controlling the amount of highly processed foods they consume. In research published in the journal *Gut*, scientists analyzed the microbiome bacteria of mice and humans with food addictions. They found that the bacteria in mice and humans with food addictions were different from their counterparts with a healthy food relationship. The food-addicted groups had lower levels of the beneficial *Blautia* bacteria and high levels of the detrimental *Proteobacteria* in their microbiomes. When the researchers increased the *Blautia* bacteria levels in the mice that had become compulsive eaters, the compulsive behavior stopped. While a correlation between the microbiome makeup and eating patterns has been identified, more research is needed to understand whether that relationship is a cause or a marker for compulsive eating.



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That is what learning is. You suddenly understand something you've understood all your life, but in a new way.

—Doris Lessing

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Alyssa Siegel

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Beyond Holistic Healing

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For years I suffered with anxiety and depression and felt like I had tried everything. It wasn't until I tried Energy Medicine that I began to see real improvements.

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- ♥ Covid Repair
- ♥ Ancestral Healing



Beth Aitken

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RARE FROG-FACED TURTLE FOUND IN INDIA

A group of international scientists have discovered a breeding population of Asian giant softshell turtles on the banks of India's Chandragiri River. According to an article in the conservation journal *Oryx*, people from the local community reported sightings and aided in the live release of turtles caught by fisherman.

The softshell turtle has frog-like facial features and is native to the rivers of South and Southeast Asia. They can grow to be more than three feet in length and weigh more than 200 pounds. These turtles are classified as critically endangered on the International Union for Conservation of Nature's Red List of Threatened Species. The turtle's population has been in decline due to habitat destruction, over-harvesting for meat and harm from fishing gear. This discovery offers hope for future conservation efforts to help the turtles thrive.



Dementia/Pelochelys cantorii

NATURAL SUPERCONDUCTOR DISCOVERED

Inside a regular material that conducts electricity, electrons encounter resistance and lose energy in the form of heat. Superconductivity is a state where there is no electrical resistance inside the material. A typical superconducting material achieves zero resistance at extremely low temperatures and, usually, under high pressure. "Unconventional" superconductors are any superconducting materials that work at higher, although still very low, temperatures.

In research published in the journal *Communications Materials*, scientists have reported the first "unconventional" superconductor found in nature. Miassite, a gray, metallic mineral made of rhodium and sulfur, is usually found embedded in other materials in its natural state and was identified as a regular superconductor in 2010. Special testing was performed on a lab-made piece of miassite to confirm its unconventional status. The only other unconventional superconductors are compounds developed in laboratories.



nobeastofierce/Shutterstock

SIBERIAN EXPLOSIONS EXPLAINED

Since 2017, Northwest Siberia has experienced 17 ground explosions, resulting in holes that are more than 20 feet across by 65 feet deep and filled with dark, peaty water. Speculation about the cause of these so-called black holes ranges from weapons testing and meteorites to sinkholes. A team led by the University of Oslo, in Norway, theorized that the holes are craters caused by warming Arctic temperatures, which weaken the frozen soil so much that fossil pockets of gas explode through its surface.

While thawing ice was long suspected as a cause, this theory explains why the holes are found only in specific areas of Russia, over the remains of some of the oldest continental crust found on Earth. In those areas, hot natural gas seeps up through geological faults that had been trapped by sediment caps of old frozen lakes. As the temperatures in Siberia have warmed, these caps are more likely to rupture, causing sudden gas explosions that could have formed the craters.



Art Furnace/Shutterstock

CLIMATE CHANGE IMPACTS ON EARTH'S ROTATION

A 24-hour day seems like a constant, but a day has slowly been getting longer. A day was less than 19 hours long 1.4 billion years ago and was only 23 hours long when dinosaurs roamed the Earth. Natural events such as earthquakes, volcanoes, tides and wind patterns can affect how fast or slow the world turns.

Recently, scientists observed that the dynamics of the Earth's liquid outer core were causing the planet to speed its rotation, suggesting that we might need to delete a second of time from our clocks for the first time ever. In our highly connected world that relies on precise timekeeping, losing a second could lead to unforeseen complications. However, a new study in the journal *Nature* concludes that the redistribution of water caused by the melting polar ice caps caused by climate change will delay the need to delete a second from the clock to 2028 or 2029.



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TAKE BACK YOUR HEALTH

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Ever think about what Intermittent Fasting (IF) is all about? IF is when you choose the hours of the day/night you can be without food but only drink water. It can be 13-15 hours or longer depending on health/your goal. It is the opportunity for your body to rest from digestion and use that time to heal. The best part of IF is that it is FREE!



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Larisa Belote

Health Practitioner/Detox Specialist

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Getting Pressure Down

by Shoshanna Katzman



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High blood pressure is diagnosed when the force of blood pressing against the artery wall is too high for an extended period of time holding the risk of stroke, heart attack, or kidney failure. Thirty-two percent of American adults have been diagnosed with this condition – stemming from genetics or side effect from another condition – with approximately 54 percent having it under control. Regardless of cause, it is essential to identify and manage high blood pressure which includes having regular visits with a physician. They might recommend that a person record their blood pressure at home and then bring in their results to be analyzed. They may also find it necessary to recommend a medication right away.

Either way, it is advantageous for a person to make dietary and lifestyle modifications to help bring their pressure down and keep it low. There have been many studies done on the most effective ways to do so. These methods can be employed for prevention, to avoid the need for going on a blood pressure medication or to support the work of a medication. The first step in managing blood pressure begins with a low sodium diet (AHA recommends no more than 1,500 milligrams of salt per day) to help the body release excess fluid. Otherwise, ingesting too much salt raises blood pressure by causing the body to retain water – thereby increasing the volume of blood in the veins and arteries.

Sea salt as a healthier alternative to table salt still has the same amount of sodium.

And Himalayan pink salt can contain less sodium but still contributes to high blood pressure. Therefore, it is best to limit consumption of sodium for all types of salt and instead get in the habit of using a mixture of herbs and spices for seasoning food.

The second step for managing blood pressure involves reducing and managing stress levels. This can begin with making an appointment with an acupuncturist and learning

to heal oneself naturally through relaxing, centering, and breathing throughout an acupuncture treatment. It also includes finding time to meditate, listen to soothing music, curl up with a good book, and unplug oneself from everything that triggers the least bit of stress. Taking a hot bath, shower, sauna, or steam bath for 15 minutes to relax the mind-body and open up the blood vessels is another effective way to bring down elevated blood pressure – thus a great way to prevent such an occurrence. The ancient exercises of Yoga, Tai Chi, and Qigong are also recommended for managing flow of blood and energy throughout the body. This may simply involve laying down and taking slow, gentle, and deep breaths into one's lower belly. Seeking to manage blood pressure also includes getting at least 30 minutes of exercise and at least seven hours of restful sleep per day.

Working with food and drink modifications (in addition to salt intake) is the third step. This includes doing what is necessary to establish a healthy weight as it supports an easier expansion and contraction of the blood vessels along with lessening workload on the heart. Moreover, reducing a person's waistline circumference places them at lower risk for high blood pressure. Overall, it is best to eat whole foods and avoid those that are processed. Foods high in magnesium such as pumpkin seeds, chia seeds, chicken, whole grains, beans, and vegetables are known for helping the blood vessels to relax.

Foods that are high in potassium are also known to have a similar effect which include tomatoes, potatoes, sweet potatoes, leafy greens, avocados, apricots, bananas, melons, salmon, tuna, various beans, and dairy products. In addition, potassium promotes release of urine which contains sodium. Consuming foods high in calcium have also been reputed for lowering pressure – which

include sardines, tofu, beans, leafy greens, and dairy products.

It is also essential to avoid high levels of sugar, refined carbohydrates, caffeine, and alcohol. And absolutely avoid smoking as each cigarette temporarily raises blood pressure. Moreover, the chemicals in tobacco can damage the blood vessels.

Some sources recommend consuming dark chocolate and cacao powder due to containing flavonoids which are a natural plant compound that causes blood vessels to dilate. Eating berries are also said to be helpful due to containing a high level of polyphenols. There are a multitude of natural methods that can be done to help center, calm, and balance yourself. Take the initiative to start and have faith in your body's ability to heal itself.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) for 35 years in Shrewsbury, NJ providing acupuncture, Chinese herbal consultation along with Taiji and Qigong private and group classes. She is author of "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy", co-author of "Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness" and recently released "Center of Power: Life Mastery through Taiji" a comprehensive online curriculum (www.yourcenterofpower.com). For more information call or text 732.758.1800.

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Blushing Is Universal

By Lauren Salani, LCSW, BCB



Image by Jan Vašek from Pixabay



In response to an insult, Apple’s virtual assistant, Siri replied, “I’d blush if I could!” Siri’s comment is the latest evolution in the meaning of blushing evolving since the 18th century. According to Baptiste Brosard of the Department of Sociology at the University of York, UK, the meaning of blushing has shifted over time in the newspapers from the “blushing bride” to “masculine blushing.” The twentieth century brought blush to the make-up market to simulate pink cheeks. More recently, blushing has not been a focus of media attention. Although, recent animal studies show that even chickens blush, their ears and combs redden. We have all blushed at some time in response to self-conscious emotions such as embarrassment, shyness, shame, and pride. Darwin considered blushing universal and “the most human of all expressions. There are two current theories as to how blushing occurs. One is that blushing originates from higher-level thought processing areas of the brain, such as when a person considers the negative impression they are making on other people. The other proposes that blushing is triggered by a sudden surge of alertness, as an emotional response, to sudden intense social exposure, without involvement of higher-level thought.

Developmental Psychologist, Milica Nikolic and Colleagues set out to investigate the conditions in the brain that trigger blushing, published in the Proceedings of the Royal Society for Biological Sciences in July of 2024. Testing the theory that blushing is associated with the emotional arousal areas of the brain, they recruited 63 female adolescents

on Facebook from the Amsterdam area. The teenagers were asked to come to the lab two times. In the first session they were asked to sing and record difficult karaoke songs. In the second session, they were tasked to watch their recordings while their cheek temperature was monitored and were scanned by MRI. To increase task difficulty, they were told that an audience would be watching their recording with them, and they were shown recordings of others’ comparable singing and watched a professional singer disguised as a participant in the study.

The results showed that participants blushed more while watching their own recordings compared to other study participants’ recordings. It was surprising that blushing was associated with increased activity in the cerebellum, a movement and coordination part of the brain, not the higher-level thinking area. The MRI also showed activation in the visual areas of the brain, explaining the reason videos of their own singing caught their attention the most. Nikolic summarized that, “thinking about others’ thoughts may not be necessary for blushing to occur. Blushing may be a part of the automatic arousal you feel when you are exposed and there is something that is relevant to the self.”

The Nikolic study shows that blushing occurs, prior to thoughts, as threat detection to the self. The threat changes over time as emotional expression and meaning is deeply ingrained over time. Siri changed the evolution of blushing as she does not have embodied experience. Blushing is universal human experience; however, people can develop a fear of blushing in association with social anxiety. These feelings can impair the ability to enjoy life. There aren’t any established medications for the fear of



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blushing, but according to Current Psychiatry Reports, selective serotonin reuptake inhibitors and serotonin-norepinephrine reuptake inhibitors have been helpful, as well as cognitive behavioral therapy, biofeedback-applied relaxation, social skills training, and psychoeducation. More novel approaches include mindfulness and mindful self-compassion. If the fear of blushing is disrupting your life, don't hesitate to reach out for help.

Lauren A. Salani, LCSW, BCB Stress Relief Services Atlantic Executive Center 107 Monmouth Road, Suite 104 West Long Branch. 732.542.2638 visit StressReliefServices.com or email LaurenA-Salani@gmail.com



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This Month's Monmouth County Co-op Corner

APPLE A DAY APPLE CRISP



From homesteaders to tv personalities, even a mermaid, we have an amazing group of folks here at Monmouth County Organic Co Op. And now, with Private Chef Allie Hall joining our ranks, our community just got a little bit sweeter. She wanted to share one of her favorite September recipes... just in time for back to school. Gift one to your favorite teacher!

Serves 6

Ingredients:

- 5 tart apples (such as granny smith or honeycrisp)
- Thinly sliced • 1.5 tablespoons fresh lemon juice
- 1 cup unbleached white flour • 1 cup brown sugar
- 1.5 teaspoon ground cinnamon
- 0.5 (half) teaspoon salt
- 1 stick unsalted butter, cold & cut into small pieces

Directions:

- Preheat oven to 350 degrees • Grease an 8 inch cake pan
- Layer apples in the prepared pan & lightly sprinkle lemon juice
- Press down lightly on the apples to even them
- In a food processor, combine flour, sugar, salt, cinnamin & butter
- Pulse repeatedly until mixture resembles a course meal
- Pour mix evenly over the apples (completely covered)
- Bake until golden brown & apples are tender (50-60 minutes)
- Serve warm

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Feeling Revitalized

Feeling Revitalized with Craniosacral Therapy (CST)

by David Frome



The function of the brain and spinal cord are central to our overall health. Emotional and physical stress can create imbalance and restriction within the craniosacral system. When the inherent cranial rhythm is disturbed our health is diminished. Craniosacral Therapy releases chronic imbalances and restores the cranial rhythm.

SUBTLE, YET POWERFUL. CST is a gentle, hands-on technique. The therapist uses a light touch to access the body for patterns of

tension or imbalances. Then light pressure is applied to the soft-tissue wrappings that surround and protect your brain and spinal cord. Gentle techniques are used to unwind chronic tensions found in the head, neck, and back providing relief from stiffness and pain. Subtle manipulation of the bones in the skull, spine, and pelvis releases compression throughout the spine and normalizes the flow of cerebrospinal fluid in the central nervous system. By removing “blockages” which impede the normal flow, the body’s ability to heal is strengthened.

AN EFFECTIVE APPROACH TO PHYSICAL AND MENTAL HEALTH CHALLENGES. People who experience headaches and migraines often find relief in craniosacral therapy. It is a gentle way to treat neck and back pain, as well as TMJ syndrome. As an effective treatment for depression and anxiety CST regulates the nervous system and induces a sense of wellbeing and calm.

Many who suffer from fibromyalgia, chronic fatigue and neuralgia report relief. CST is a treatment perfect for anyone including young children as well as senior citizens, because it is both gentle and noninvasive. As a wonderful alternative to medication, CST simply stimulates the body’s natural capacities to self heal.

WHAT TO EXPECT. A typical CST session lasts about an hour and takes place in a peaceful, private setting. CST is performed with the client fully clothed and lying on a comfortable massage table. During a Craniosacral Therapy session, the client experiences a deepening of respiration, a softening of the musculoskeletal system, and a greater sense of ease. After a CST session you can expect to feel grounded and comfortable in your own skin. This form of treatment boosts your body’s functioning, from your organs to your immune system. After your first treatment you’re likely to breathe with more ease and depth, and you should feel more relaxed – in both your body and mind.

Rebekah and David Frome practice acupuncture, Rolfing, and Craniosacral Therapy at Frome Physical Therapies, in Loch Arbour. To learn more and schedule an appointment, contact www.fromept.com or 973.509.8464



Health Benefits of Yoga

Resolving Trauma and Other Mind-Body Challenges

by Carrie Gauthier

The first known reference to yoga is in the *Upanishads* Sanskrit texts, written 2,500 years ago. The practice originally comprised breath work, and the physical postures developed over time. According to the global data platform Statista, nearly 34 million Americans practice numerous types of yoga, while science continues to provide evidence of its healing potential.

Calming Effects

With the frenetic pace of life today, many people live in a permanent state of anxiety. Yoga can ease the panic and malaise by activating the parasympathetic nervous system

to decrease stress hormones, blood pressure and heart rate.

“Yoga therapy differs from traditional psychotherapy in scope and aim. Rather than delving into traumas, yoga empowers individuals to be present, moving away from personal narratives,” says Adam Flores, a certified yoga therapist from Port St. Lucie, Florida, specializing in addiction and mental health. “Trained yoga therapists offer grounding techniques and skillful check-ins, especially for trauma cases, improving heart rate variability, vagal tone and overall nervous system health.”



Immagine di Michelangelo Oprandi/CanvaPro

Mental Health Benefits

A 2011 meta-analysis study published in *Primary Care Companion for CNS Disorders* indicates that yoga may be an effective treatment option for severe mental illness, with the added advantage of being less toxic than pharmaceutical treatments.

Post-traumatic stress disorder (PTSD) is a significant issue facing the U.S. military and a growing problem for teens that have experienced violent or traumatizing events. Conventional treatments such as cognitive behavioral therapy and eye movement desensitization and reprocessing have shown limited effectiveness due to high dropout and nonresponse rates. On the other hand, studies have found that engaging in yoga and other mind-body practices can reduce intrusive memories, avoidance and emotional arousal symptoms, as well as anxiety, depression and anger associated with PTSD.

Yoga therapy improves critical factors in addiction recovery, including emotional balance, mental clarity and stress reduction. In a 2021 study published in the *Journal of the American Board of Family Medicine*, yoga for the treatment of substance abuse disorder was determined to be an effective option.

Popular Yoga Disciplines

Yoga has developed into a variety of styles that can meet the goals and objectives of their practitioners. Some of the more popular formats include:

- **Vinyasa:** An up-tempo class of postures or poses (asanas), often accompanied by high-energy music that typically results in a consistently elevated heart rate. A 2017 study published in *The FASEB Journal* found that eight weeks of vinyasa yoga improved physical fitness, relieved stress and improved mental well-being.
- **Yin:** This form of yoga focuses on gentle, passive stretches held for one to three



Maintaining Self-Esteem

One of the core tenets of a yogic practice is self-compassion, and it is important to resist the inclination for negative self-talk. To adopt the yogic way is to choose happiness over suffering.

“In my experience, the best healing experiences happened by tapping into the body and unlocking the energies we hold onto,” says Paty Renda, a certified Ananda hatha yoga instructor and co-owner of Premah

Wellness, in Fort Lauderdale, Florida. “I believe in serious work done through fun exercises such as breath, dance, laughter and movement. A simple, slow and deep hatha yoga practice can create profound changes. Gratitude is another very easy, and yet immensely powerful, practice I infuse into everything I do.”

Carrie Gauthier is a writer in the healing arts with interests in clinical and transpersonal hypnotherapy.

minutes, offering ample opportunity to release stress and tension. Poses are often supported by props such as bolsters, straps, blocks, pillows and blankets. Long, slow, deep breathing promotes relaxation to help the practitioner hold each pose for extended periods of time. Yin yoga stimulates and stretches fascia, the thin connective tissue throughout the body, as well as ligaments and joints, resulting in increased flexibility.

- **Hatha:** This is a classic yoga style involving breathing exercises and poses that are held for longer periods of time than other formats. Although the slower, more meditative pace may seem easier, holding a proper pose for extended periods of time can be challenging for the body and mind. According to a 2018 study in the *International Journal of Preventive Medicine*, 12 sessions of hatha yoga significantly reduced stress, anxiety and depression in women.
- **Kundalini:** This yoga style prioritizes spiritual growth and awareness, with a focus on energy and chakras. Kundalini awakenings are common via movement sequences, breath work, mantras and chanting. Different studies in 2021 found that kundalini yoga is an effective short-term therapy for generalized anxiety disorder and can be helpful in reducing the severity of insomnia.

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The Spirit of Autumn

The Spirit of Autumn Offers 5 Powerful Ways to Emotional Healing

by Dawn Ricci



In the ancient wisdom of Chinese medicine, the medicine wheel is a powerful symbol of the nature of life. Each direction and season holds a unique significance, guiding us through the ever-changing landscape of our emotions and experiences.

As we find ourselves at the threshold of Autumn, the Western direction on the wheel, we are invited to slow down, reflect, and nurture our emotional well-being. This season, often associated with harvest and gathering, is a time of self-care, a moment

to reconnect with our sense of belonging, an opportunity to take stock of our lives.

Autumn, a season marked by cooler temperatures and falling leaves, is a time when nature begins to retreat inward. In the Chinese medicine wheel, Autumn is linked with the element of Metal, symbolizing clarity, precision, and the ability to cut through the unnecessary to reveal what truly matters and the importance of letting go of all that doesn't serve you.

Just as the trees shed their leaves in preparation for winter, Autumn invites us to reflect and release emotional bag-

gage. This period of reflection allows us to cultivate a sense of belonging within ourselves, fostering self-acceptance and emotional resilience.

Autumn allows us emotional healing and redirects our lives with renewed energy and confidence. Here are five ways to harness the power of this season:

1. Embrace Self-Reflection: Autumn is a time of introspection. Take the time to reflect on your life's journey, acknowledging both your successes and challenges. Journaling can be a powerful tool, allowing you to explore your thoughts and emotions privately. By understanding where you've been, you can gain clarity on where you want to go, setting the stage for personal growth and renewal.

2. Cultivate Gratitude: As the season of harvest, Autumn is the perfect time to practice gratitude. Focus on the abundance in your life, no matter how small. Gratitude shifts your perspective from lack to abundance, helping you to see the positives in your life. This simple yet profound practice can elevate your mood, reduce stress, and inspire a sense of fulfillment and contentment.

3. Let Go of What No Longer Serves You: Just as trees shed their leaves, let go of emotional baggage, negative thought patterns, and toxic relationships that weigh you down. This process of release creates space with your soul thus new opportunities to enter your life. Letting go can be challenging, but it's essential for your emotional well-being. Remember that this is a natural part of life's cycle, and by releasing what no longer serves you, you make room for growth and positivity.

4. Reconnect with Nature: Autumn's beauty provides a perfect backdrop for reconnecting with nature. Spend time outdoors, try a walk or a hike. Nature has a calming effect on the mind and spirit, helping you to feel grounded and centered. This connection with the natural world deepens your sense of belonging and encourages flow of positive energy.

5. Set Intentions for the Future: As you take stock of your life during Autumn,



Image by DanaTentis from Pixabay

it's also a time to look ahead. Set clear, intentional goals for the upcoming months. These intentions act as a compass, guiding you toward the life you wish to create. Whether it's personal development, career aspirations, or improving relationships, having a clear direction instills a sense of purpose and confidence.

The beauty of Autumn offers an opportunity for emotional healing; self-care, reflection, and renewal, we can navigate this season with grace and confidence. Allow Autumn to guide you toward a time of clarity, purpose, and emotional well-being.

Dawn Ricci is a Certified Spiritual Advisor and Mentor whose expertise and guidance can help you embrace your true self, and pursue your desires, in business, career, relationships, family, or exploring your spiritual gifts. She provides private 1:1 intuitive mentoring customized to your specific needs. Register for a complimentary 30-minute, 1:1 Inspiration Call at dawnricci.com/mentor.



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Sound Healing

The Miraculous Healing Power of Sound (Part I)

by Kristen Valentine, MSW, LCSW



Image by Heike Frohnhoff from Pixabay



Sound and vibration are a part of our everyday lives but they may also hold within them miraculous healing powers.

Sound has been used for healing and to interact with nature spirits since the beginning of time. Many cultures have spiritual beliefs that describe sound as the primary force that emanated out from nothingness to create the universe. This concept is linked to the idea of an unseen Universal Energy Field that we experience through things such as synchronicities, spiritual practices, and Reiki.

According to John Beaulieu, PhD, ND and sound healing pioneer, sound healing is based on this fundamental principle of a pervasive, vibrating Universal Energy Field. This energy is called Chi in Chinese medicine and the Holy Spirit in Christianity. It creates the mantra, “Om.” Albert Einstein took this concept in a scientific direction. He wanted to prove the existence of universal energy with his theory

($E=Mc^2$) that all matter is really energy in different, ever-changing forms. “Everything in life is vibration,” he said.

The work with energy conducted by Einstein and others opened up the study of the power of sound. Science created a way to measure sound based on frequency. All sound occurs in vibrating waves. Sound-waves are measured as Hertz (Hz) so that one Hz is equal to the number of sound-waves that can be completed in one second of time. For instance, 100Hz equals 100 soundwaves pulsing out in one second. The quality of the frequency of a sound is called the pitch with higher frequency sound having a higher pitch. The human ear can generally hear sounds between 20 to 20,000 Hz.

Jonathan Goldman, musician and sound healing pioneer, talks about sound vibration in terms of resonance. Resonance is the frequency at which an object vibrates in its natural state. Resonance allows for the phenomenon where one object is

vibrated and another nearby object with the same frequency will also start to vibrate untouched. This explains why a skilled person can use their voice to match the resonance of a fragile wine glass and cause it to vibrate until it shatters.

Every organ, bone and tissue in your body has its own frequency and these frequencies have actually been identified in Hz. Using ancient musical scales, they have been able to identify general healing frequencies in Hz that seem best for “tuning” the brain, body, Chakras and more. Stress, illness and unhealthy lifestyle practices can cause your body to fall “out of tune”. Sound healers use healing frequencies in combination with the Universal Energy Field to bring the body back into healthy resonance. Jonathan Goldman does this mainly with vocal intonations and John Beaulieu uses tuning forks.

The healing effect of specific frequencies plus high vibrational energy is especially easy to experience when you listen to singing bowls, kirtan or songs of worship at church. Such pure music vibrates with infinite harmonics. The harmonics resonate with the subtle orchestra already present inside your cells potentially coaxing them to return to their natural, healthy frequency. Google “528 Hz healing music” to experience the effects of some of these healing harmonic frequencies for yourself.

Imagine the possibilities presented by sound healing. During a session, the practitioner gives you your own personal sound bath designed for your specific healing needs. In Part II of this series, we will more closely explore the effects of harmonic vibrations on the brain and how it can be used to help and heal anxiety, trauma and addiction.

Kristen Valentine, MSW, LCSW is a counselor and Sound Healer located in Toms River, NJ. She has studied sound with David Hulse, CVSMT and Dr. John Beaulieu. She uses tuning forks to create healing harmonics for her clients. Learn more about Kristen or schedule a session at www.balancedlifeweb.com.

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Healing Power of Therapy Dogs

Benefits for Post-Traumatic Stress Sufferers

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN



Image by FOTOKALDE from Pixabay

Pet therapy, also known as animal-assisted therapy (AAT), has long been recognized for its therapeutic benefits across a range of mental health conditions, including post-traumatic stress disorder (PTSD). Psychiatric service dogs are empathetic in nature and intuitively respond to human emotions. These capacities allow them to provide comfort and support precisely when it's needed, often without the need for verbal communication. These dogs are not just

pets but vital partners in the journey toward mental and emotional healing.

PTSD Recovery

Interacting with psychiatric service dogs can reduce anxiety and stress levels by increasing the release of oxytocin, a hormone associated with bonding and stress reduction, while decreasing cortisol levels, which are linked to stress.

Psychiatric service dogs provide a calming

presence, which is crucial for reducing anxiety and hypervigilance, common symptoms of PTSD. A study published in *Frontiers in Psychology* involving 134 veterans with service dogs found that trained skills such as calming and interrupting anxiety are highly valued by veterans with PTSD, suggesting their critical role in daily PTSD management. The study also noted that untrained behaviors of the dogs are often perceived as more beneficial than their trained tasks, highlighting the intrinsic value of simply having a dog as a companion.

A 2022 study of 82 post-9/11 military veterans published in *PLOS ONE* reported that their psychiatric service dogs helped them with PTSD by performing calming actions and interrupting the veterans' disturbing behaviors and thoughts during anxiety episodes. Researchers noted that all of the tasks the dogs had been trained to perform were used daily by the veterans, providing benefits for nearly all PTSD symptoms, except amnesia and reckless behavior. The human-animal bond and untrained qualities, such as companionship, also significantly improved the participants' symptoms and quality of life.

Psychiatric service dogs enhance emotional regulation and improve social interactions for PTSD sufferers. Their non-judgmental and accepting nature creates a safe space for individuals to explore and manage difficult emotions. Additional research reported in the *European Journal of Psychotraumatology* demonstrated significant improvements in emotional and attentional regulation among adolescents with PTSD that were asked to participate in a one-year dog-training program.

Challenges for Service Dogs

While the therapeutic benefits for the handlers are significant, the *European Journal of Psychotraumatology* study also noted that the dogs in the training programs exhibited increased anxiety and decreased attention. This highlights a critical aspect of AAT: The welfare of the animals



must be considered alongside the therapeutic benefits. Training programs need to ensure that the dogs are not overly stressed or burdened by their roles.

Practical Advice for Prospective Handlers

Prospective handlers of psychiatric service dogs should choose programs that prioritize the well-being of both dogs and humans through training, support and follow-up care. Engaging with a psychiatric service dog is a significant commitment that requires handlers to invest time in training and bonding with their dogs, as well

as managing their emotional and physical needs to ensure a mutually beneficial relationship.

Understanding the legal rights pertaining to psychiatric service dogs, including accessibility in public spaces and accommodations, is crucial. Handlers should educate themselves about local and national laws that protect their rights and those of their service dogs.

Psychiatric Service Dog

Obtaining a psychiatric service dog involves careful consideration of the therapeutic benefits versus the potential stress on the animal. Look for reputable programs that train dogs to assist individuals with PTSD, while also prioritizing the welfare of the dogs and properly matching dogs and handlers.

The integration of psychiatric service dogs into mental health care offers more than just companionship; it opens a dynamic pathway for healing and managing PTSD symptoms. As we continue to explore and understand the unique bond between humans and animals, it becomes increasingly clear that dogs are not only cherished pets but also invaluable partners.

Ruth Roberts is an integrative veterinarian and holistic health coach for pets, as well as the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.

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Macronutrients

Understanding The importance of Macronutrients

by Larisa Belote



Macronutrients, or “macros,” are nutrients your body needs to provide your body with energy and and other the components it needs to maintain its structure and functions.

There are three macronutrients: Carbohydrates, Protein and Fat. They’re needed in relatively larger amounts than other nutrients, hence the term “macro.” Although there are recommended ranges for macronutrient intake, your needs vary based on your personal goals. During digestion, they’re broken down into smaller parts. These parts are then used for bodily functions like energy production, muscle building, and giving structure to cells.

Carbs are the main energy source, but your body can use other macronutrients for energy if needed. Proteins provide essential amino acids, while Fats contain essential fatty acids. Your body utilizes these components for specific functions. You can obtain macronutrients from the foods you eat, and it’s important to eat a variety of

foods to get enough of each macronutrient. Most foods contain a combination of carbs, protein, and fat.

Sources of carbs include whole grains, vegetables, fruits, beans and legumes and dairy products. Carbohydrates spike sugar the most. If we add fiber to that carbohydrate, the sugar spike will not be as high because the fiber slows down the sugar absorption. It is important to look at net carbs and not only at Carbohydrates, Total Carbohydrates, Etc.. Net carbs = Total Carbs-Fiber.

When most of your diet comprises of carbohydrates day in and day out, it may take longer to get into a fasting window, i.e. because the blood sugar has a further drop to go.

Sources of protein include animal products such as eggs, poultry, meat, fish and dairy products. Beans, nuts, seeds and soy are also an excellent plant protein source. Protein spikes sugar less than carbohydrates. When eating protein, you are not getting massive glucose spike which

makes it easier to switch over to a fasting window. Protein is rich in Amino Acids (AA) which is great for brain and muscle health. AA are also used to build and repair tissues and muscles, provide structure to your body’s cell membranes, organs, hair, skin, and nails and create enzymes and hormones.

Sources of fat include EVOO-extra virgin olive oil, fresh and dried coconut and coconut oil, fresh avocados and oil, nuts, seeds, fatty fish and dairy products. Fat is an essential component of cell membrane health. Fat is stable and does not spike glucose a lot at all. Think of fat as putting the brakes on blood sugar. During intermittent fasting, fat is used to help with hunger during the fasting window, keeping blood sugar stable without breaking the fast.

Typical breakdown of macros for intermittent fasting should be followed is as follows:

- 50 grams of carbs
- 1 gram of protein per pound of your body weight (example: if a person weighs 120 lbs, then it’s 120 grams of protein per day)
- 60% of calories should come from good fats

Adjustments are made to above if someone is struggling with thyroid or any autoimmune diseases.

Carbs, protein and fats are all important macronutrients for optimal health. Using macro’s as a guide to track your nutrient intake is important. It is more important to make sure the macronutrients consumed are of good quality and to observe how they interact with the blood sugar. Both blood sugar and macro’s need to be monitored for a short while, and then make changes based on goals and results.

Larisa Belote, Health Practitioner & Certified Detox Specialist is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Call/Txt 732.996.6963 or email: larisa@stepbystep-wellness.com for a FREE 20 minute consultation. Website: www.stepbystep-wellness.com



Image by higorhsa from Pixabay



Email info@NAjerseyShore.com for guidelines and to submit entries.



TUESDAY, SEPTEMBER 3

Gentle New Moon Flow Yoga Tuesday 9/3, 10/1, 11/5 6:30 pm – 8 pm \$5/class/participant Waterspirit 4 E. River Rd. Rumson, NJ 07760. Join Waterspirit and Yoga Instructor, Angel Tener, for Gentle New Moon Flow Yoga. Both beginner and experienced participants will enjoy this class as we develop energy and balance. Flow through poses to promote strength, flexibility, and body awareness. Become empowered as Angel guides us through breathing and mindful movements. Join the fun, go with the flow, register today! www.waterspirit.org/events-calendar

WEDNESDAY, SEPTEMBER 4

Eco-Anxiety Support Group Info Session Wednesday, September 4, 2024, 7 PM- 8 PM online via Zoom Waterspirit hosts eco-anxiety peer support groups using the Good Grief Network's "10 Steps to Personal Resilience and Empowerment in a Chaotic Climate" method. Register for this informational meeting that will outline what this 10-week support group entails, explain the course's suggested donation, and answer any questions you might have prior to committing. The group will meet on Zoom from 9/11-11/13 at 7-9 p.m. ET. For more information about this free event visit our website: www.waterspirit.org/events-calendar

Dancing with Dragons – 8-10pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Dragons are ancient celestial beings that are here to help guide us, protect us and work with us as we go through life. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. This event will include a guided meditation as well as an opportunity to power dance to celebrate our new connection to these magical companions. Cost: \$25. Preregistration is required. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

FRIDAY, SEPTEMBER 6

Morning Tai Chi in Loch Arbour – 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health

throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

SATURDAY, SEPTEMBER 7

Art Supply Thrift Shop Fundraiser-9:00 AM - 12:00 PM, Waterspirit 4 E. River Road Rumson, NJ 07760. Stock up on art supplies to support a great cause. Find new treasures to spark your creativity at this "take what you'll use, pay what you can" event. At the Art Supply Thrift Shop, you can help us find good homes for unused or gently used art supplies while keeping them out of the landfill. A portion of the proceeds from this event will benefit Waterspirit's programs and advocacy. This event is hosted in joyful collaboration with Propagate Studio. For more information about this thrifty shopping event visit www.waterspirit.org/events-calendar

Reiki Level I Workshop and Certification – 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, she'll teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. Cost: \$195. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com.

SUNDAY, SEPTEMBER 8

Family Yoga, (babies 6 mos to 2 yrs) at The Yoga Loft, 58 Main St, Farmingdale, September 8th 11:00am to 11:45 with Daniele Belfer. This class is designed to create a family bonding experience through movement, play and relaxation, catering to both the parents/caregivers need for exercise and mindfulness and the child's need for interaction. Please register call/text 732-239-2333 or email info@theyogaloftnj.com \$25.

WEDNESDAY, SEPTEMBER 11

Dreamcatcher Making Workshop 8-10pm with Shaman, Lauren Porter. Learn the history of the dreamcatcher and its native traditions, then, with the help Lauren, make your own personal, unique catcher of dreams. You can make one for yourself, or a loved one in this workshop. Price includes cost of materials \$50.00 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

Purple Dragon Organic Produce & Natural Foods, Ocean Twp. Pod – Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also order other organic foods and products! Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

THURSDAY SEPTEMBER 12

Reiki Level II Workshop and Certification – 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This workshop is the second step on your Energy Healing journey. Join Maria Martin to learn and practice Reiki. In this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Prerequisite Reiki. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$225.

Group Reiki and Meditation – 7:30-9pm – A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ. Come and enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. For your comfort, you may bring along a yoga mat, etc., or use one of the chairs we provide. \$30. Pre-Registration is required. 07712 Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

FRIDAY, SEPTEMBER 13

Morning Tai Chi in Loch Arbour – 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

FREE Energy Healing – 30 Minute Sessions – Wall NJ Do you suffer from grief or loss? Feelings of sorrow, fear and anxiety? Join Dawn Ricci Master of Spiritual Healing – to experience her newest healing modality; Divine Intelligence as her Master Guides and Beings of Light assist in emotional this sacred healing. Come away with renewed awareness and relief. Timeslots 11 am, 12 noon, 1 pm, 2 pm are available at the time of this printing. Email hello@dawnricci.com to secure your spot.

Monmouth County Organic Co-op – Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SATURDAY, SEPTEMBER 14

Body Lab with Karin Weinstein-1:00 to 4:00pm at The Yoga Loft 58 Main St Farmingdale This workshop is about you. No one has your body, your history or your reason for practicing yoga. The way you practice asanas should be as unique as you are. This workshop is appropriate for students of all levels as well as teachers. Yoga Alliance Continuing Education Credits (3 CECs) Please call/text 732-239-2333 or email info@theyogaloftnj.com to register \$55.

Free Drumming Circle – 1:30-3pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Circle to be led by Shaman, Lauren. Experience the



uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. 848.217.2371. Web: Ayearandadaymysticalshoppe.com

Monmouth County Organic Co-op – Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SUNDAY, SEPTEMBER 15

Reiki Level 1 Training with Reiki Master Elena Slade -12:00 to 4:30ish- at The Yoga Loft, 58 Main St Farmingdale. This Level 1 Training will include: A sacred ritual called an “Attunement,” an overview of the meaning, purpose, benefits and history of Reiki, procedures for giving a complete and modified Reiki treatment to others, supervised practice sessions, procedures for self-Reiki treatments, our inner space during Treatments, Level 1 Manual and First Degree Reiki Certificate. Recommended: Receiving a full Reiki Treatment prior to completing this training. Wear comfortable clothes and bring a notebook. Please call/text 732-239-2333 or email info@theyogaloftnj.com to register \$175.

Psychic/Mediumship Workshop – 4-5:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, with Cherise. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). We’ll explore the levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit responsibly, foster our relationship with spirit and our team of guides in the spirit realm. Cost: \$65.00. Preregistration required. Phone: 848.217.2371. email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com.

Full Moon Circle: 6-8pm Enjoy and experience the Harvest Moon with us. September’s moon is the time to manifest, or harvest what you have been sowing and growing. We’ll have a sound bath, focus our intention and give blessings toward new beginnings in mind, body and spirit. We will also pull Tarot cards for you for a personal message. \$35 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

TUESDAY, SEPTEMBER 17

Why People of Faith Need a NJ Green Amendment -7 PM - 8 PM Virtual Zoom Webinar. Waterspirit is hosting this webinar featuring panelists from Unitarian Universalist, Methodist, Muslim, and Indigenous traditions. This event will delve into how various faith perspectives align with environmental justice and the need for this critical amendment. Engage with our panel through a lively discussion and a Q&A session to understand the intersection of faith and ecological advocacy! For more information visit www.waterspirit.org/events-calendar

WEDNESDAY, SEPTEMBER 18

Grief Circle –7pm, 501 Grand Ave in Asbury Park. Join me, Dorian Cattani, for this opportunity to share your grief story with others who can hold space for you and understand your loss. Every individual experiences loss differently, but the significance of each person’s loss is equally valid and important. Through each person’s contribution in the group, we can bring ourselves to a powerful healing place. Come share or just listen. Limited space. Please text or call Dorian Cattani at 201.892.5242. Free

THURSDAY, SEPTEMBER 19

Reiki Level I Workshop and Certification – 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You’ll learn how to nurture and heal the light within yourself and others. In this workshop, she’ll teach you the basics of the art of healing with Reiki. You’ll receive your Reiki Level I attunement. Cost: \$195. Preregistration required. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com.

Waterspirit’s Microplastic Monitoring Fall 2024: 3:30 PM Snug Harbor Beach, Highlands Boro, NJ. Join Waterspirit on Thurs, Sept 19 at 3:30 pm as we monitor the Snug Harbor Beach for Microplastics. Plastic pollution continues to enter our waters and the list of all affected by plastic includes fish, turtles, whales, seabirds, and people. We will discuss what we are looking for, why we are monitoring, and what is done with the data. Registration required for this free event. <https://www.waterspirit.org/events-calendar>

FRIDAY, SEPTEMBER 20

Morning Tai Chi in Loch Arbour – 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life’s journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

FREE Energy Healing – 30 Minute Sessions – Walk NJ Do you suffer from grief or loss? Feelings of sorrow, fear and anxiety? Join Dawn Ricci Master of Spiritual Healing to experience her newest healing modality; Divine Intelligence as her Master Guides and Beings of Light assist in emotional this sacred healing. Come away with renewed awareness and relief. 11 am, 12 noon, 1 pm, 2 pm are available at the

time of this printing. Email hello@dawnricci.com .

Friday Night Unwind with Dee & Elena: 6:00 to 7:30, at The Yoga Loft, 58 Main St, Farmingdale. The evening is all about pampering and self-care. This is a wonderful time to take care of you, to refresh and renew. We’ll begin with some gentle breathing and yoga to set the mood for relaxation. We move into gentle yoga postures, after a few postures, we will pause to rest to receive Reiki and essential oils. Complete bliss. Please bring your own mat, blanket and pillow. Space is limited to 9 students, please register at info@theyogaloftnj.com Or call/text 732-239-2333 \$40

Healing Circle – 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Reiki Practitioners and energy healers come discuss and share your experiences and techniques and practice your skills working on one another. It’s 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. Cost: \$10. Preregistration required. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com.

SATURDAY, SEPTEMBER 21

Sacred Sister Circle at The Yoga Loft, 58 Main St Farmingdale September 21st 12:30 to 2:30 with Andrea and Dee Are you on a self-discovery journey and seeking a safe space where your voice is heard, your journey is celebrated, and your growth is nurtured? Look no further than our Sacred Sister Circle! Our circle is more than just a gathering—it’s a catalyst for personal and collective transformation. Guided by experienced facilitators and fueled by the collective loving energy of our sisters, we embark on a journey of self-discovery, healing, and growth. Please call/text 732-239-2333 or email info@theyogaloftnj.com to let us know you’ll be joining us. \$40

9/21 Fall Equinox Celebration with Waterspirit, 7pm. Waterspirit 4 E. River Rd. Rumson, NJ 07760. Join Waterspirit on Saturday, Sept 21 at 7pm as we welcome autumn. Intentionally connecting with the cycles of nature is an eco-spiritual practice that helps us regulate our inner lives and strengthen our connection with the planet. Friends of all ages will gather for this meaningful event celebrated with poetry, movement, contemplation, and music. Welcome Autumn! There are two ways to join the celebration: in-person at Waterspirit 4 E. River Rd. Rumson or virtually on Waterspirit’s YouTube Channel. Registration requested for this free event <https://www.waterspirit.org/events-calendar>

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SUNDAY, SEPTEMBER 22

Special Event: Akashic Records, Stone Path or Medium Reading – 1-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Akashic Records hold information about your



soul's past, present and future. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Ancient stone readings can show you how your life has been thru each phase and where you are heading. Do you have a loved one who has passed? Cherise can mediate your connection and help you convey what you would like to say and pass on to you any messages from the other side. Session is 45-60 minutes. \$125. 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

TUESDAY, SEPTEMBER 24

Journey of Yoga 6 Week Beginners Series with Monica-6:00pm. Join us for 6-week beginners' series designed for those brand new to yoga, you'll learn the benefits of yoga with step-by-step directions for each posture. Discover the benefits of your own breath and the peace of meditation. All fitness levels welcome. Please bring your own mat to class. Register early—this series fills up quickly, please email info@theyogalofnj.com (please include phone number if registering by email) or call/text 732-239-2333 \$85

WEDNESDAY, SEPTEMBER 25

Purple Dragon Organic Produce and Natural Foods, Ocean Twp. Pod – Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also order other organic foods and products! Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

THURSDAY, SEPTEMBER 26

Rain Barrel Workshop with Waterspirit, 6:00-7:30 PM. Waterspirit 4 East River Rd. Rumson, NJ 07760. Join Waterspirit on Sept 26 to make and take your own rain barrel. Only \$35 per ticket. Invite your family and friends to join us. Each ticket entitles you to one rain barrel. If you wish to bring home additional barrels, you must purchase additional tickets. Barrels are in limited supply so get your tickets early. For more information about this workshop visit our website: www.waterspirit.org/events-calendar

FRIDAY, SEPTEMBER 27

Morning Tai Chi in Loch Arbour – 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practices

use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

FREE Energy Healing – 30 Minute Sessions – Wall NJ. Do you suffer from grief or loss? Feelings of sorrow, fear and anxiety? Join Dawn Ricci Master of Spiritual Healing – to experience her newest healing modality; Divine Intelligence as her Master Guides and Beings of Light assist in emotional this sacred healing. Come away with renewed awareness and relief. Timeslots 11 am, 12 noon, 1 pm, 2 pm are available at the time of this printing. Email hello@dawnricci.com to secure your spot.

6 Week Senior Series with Tara-11:00 am, at The Yoga Loft, 58 Main St Farmingdale. Calling all active seniors! If you want to use yoga not only for balance and stretching, but also to build strength and endurance in all muscles of the body, then this series is for you. Students will also be shown how to utilize the wall and other props in order to adapt poses to fit their unique needs. Please email info@theyogalofnj.com or call/text 732-239-2333 \$70

Monmouth County Organic Co-op – Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SATURDAY, SEPTEMBER 28

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SUNDAY, SEPTEMBER 29

Oxygen Therapy Sessions 1-4pm Oxygen Bar – Join Spiritual Mama here for some oxygen therapy. Have you been feeling tired, experiencing muscle fatigue, having trouble concentrating, or sleeping? A 15 or 30 minute-oxygen therapy session may help. Sessions are \$2/minute with a minimum of 15 minutes/session. Give us a call to secure your spot. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Yoga Nidra with Spiritual Mama 4:30-5:30pm – Enjoy a deep meditation that takes you to a deep state of conscious awareness sleep. Through this guided meditation with Spiritual Mama, you will reduce stress and anxiety, improve insomnia and calm your nervous system in a state of “yogic sleep.” \$60 per person; Give us a call to secure your spot. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Ongoing Events

Email info@NAjerseyShore.com for guidelines and to submit entries.

MONDAYS

Intermediate Taiji Class taught by Shoshanna Katzman, 1pm, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It promotes physical health, balance, strength and enhances longevity. Taiji is a “meditation through movement” that opens flow of qi and harmonizes yin-yang energy throughout your entire being. Students in this intermediate group are learning the second section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

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

TUESDAYS

Tea and Tarot Tuesday Meditations: 7-8pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join our weekly group guided meditations and enjoy connecting with a different plant (tea) each week. We'll go on a weekly journey of discovery together! Then receive a message from Tarot just for you. Call ahead for what plant will be provided and advise us of any allergies. For all levels: Beginners to Advanced. Bring along a meditation mat, pillow, etc. Cost: \$15. Preregistration required. 848.217.2371 Ayearandadaymysticalshoppe.com**Private sessions and Veteran Discounts available

Meditation For Earth –12:15pm, in-person Sanctuary at the Rumson Presbyterian Church, 4 East River Road. Or, livestreamed on Waterspirit's YouTube channel <https://www.youtube.com/channel/UCFzJckCCtU22hEjrmoLitwQ>. Please join Waterspirit for a 30 minute “Meditation for Earth.”

Advanced Taiji Class taught by Shoshanna Katzman – 6:30pm on Zoom. Taiji is a sophisticated method of whole-body movement that reconnects body, mind and spirit. This ancient Chinese exercise forges a deep relationship between you and your qi which is the life force responsible for the harmonious working of your body. Its rhythmic breathing and flowing postures activate flow of qi and refines it into usable internal force and power – thereby producing a more robust body, sharper mind and enlivened yet tranquil spirit. Students in this advanced group are learning the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Vibrational Reiki Healing Meditation – 7pm - Join Lisa's Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa's hands putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot

by texting or calling 732.258.5678. Due to Covid restrictions, you must Venmo to reserve your spot.

WEDNESDAYS

Flowing Qigong Vitality Series with Melinda Applegate – 9am on Zoom. Qigong is an easy internal martial art form that brings more power and potential in your life. Enjoy these moving meditations every Wednesday morning with us to both relax and energize in a fun and easy way. Nourish your Qi. Contact Melinda Applegate at 707.357.4632 and www.flowinqigong.com

Intermediate Taiji Class taught by Shoshanna Katzman – 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. The Taiji path is filled with many life-enhancing movements, enlightening discoveries and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this intermediate group are learning the third section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Senior Summer Series – 1-2:30pm – Join us in our lovely, air-conditioned space each week for a different spiritual gathering. We will embark on group discussions, along with meditations, drumming circles, sound baths, tea and spirit each Wednesday afternoon from June through September. Join our email list, follow us on Facebook, or call us for our weekly happening (or come and be surprised)! \$25pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ 07712 Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

Sound Healings/Meditations – 6:30-7:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join our weekly group sound healings and meditations. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing and chanting etc., we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. to maximize your experience. Preregistration is required, 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, website: Ayearandadaymysticalshoppe.com. Cost: \$25. Ask us about private meditation sessions and Veteran Discounts.

THURSDAYS

Flowing Qigong with Melinda Applegate - 9am in the park. Spring Lake Train Station park. Warren Ave. Meet by the gazebo. Great for beginners - Drop-ins welcome. Contact Melinda at 707-357-4632 to confirm on rainy days. Qigong brings peace, balance and strength into your life. Let's nourish our life force energy together.

All-Levels Qigong Class taught by Shoshanna Katzman – 5:30pm on Zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. This class contains students of all levels and is centered around the Qigong

workout of Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy". Call or text 732.758.1800 or email or [email info@healing4u.com](mailto:info@healing4u.com).

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

FRIDAYS

Friday Morning Tai Chi in Loch Arbour-7:30 AM to 8:40 AM. At Frome Physical Therapies, our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. It's a perfect way to improve your balance, strengthen your legs, and increase your flexibility. Over time, our Tai Chi can also ease your breathing and improve posture. It can even extend your longevity! All levels are welcome. Reserve a spot online at www.fromept.com or by calling (973) 509-8464

Advanced Taiji Class taught by Shoshanna Katzman – 9am, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Taiji is a low impact Chinese exercise for facilitating physical fitness and vibrant health. This ancient dance enhances coordination along with balance and upright stature. Its gentle, flowing movements are highly effective due to balancing yin-yang energies and strengthening qi flow within your body. It also maximizes immune function through building defensive qi and promotes cardiovascular health by nourishing qi of the heart and lungs. This advanced group is learning how to perform the third part of the Guang Ping Yang Style Form. Call /text 732.758.1800 or check out www.yourcenterofpower.com.

Beginner Taiji Class taught by Shoshanna Katzman every Friday afternoon at 2:00pm at Red Bank Acupuncture & Wellness Center in Shrewsbury or on zoom during inclement weather. Practicing Taiji helps you to discover internal peace, enliven energy and achieve overall wellness – while building strength, flexibility, stability and endurance. It provides palliative support for many types of injuries and health conditions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is learning how to perform the first part of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out www.yourcenterofpower.com.

Tai Chi Chuan Yang style 24 short form. Melinda Applegate, Certified Instructor. All levels welcome. Bringing peace, balance and strength into your life. Warm up with Qigong exercises. Learn the basics elements of Tai Chi Chuan and increase your centered awareness. Register your email with Belmar Public Library. Call Melinda 707-357-4632 for location can change. (Taylor Pavilion or Belmar Borough Hall Gym)

Prenatal Yoga – 12:15-1:15pm, Cobra Yoga, Little Silver.

Beginner Taiji Class taught by Shoshanna Katzman – 2pm, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Practicing Taiji helps you to discover internal peace, enliven energy and achieve overall wellness – while building strength, flexibility, stability and endurance. It provides palliative support for many types of injuries and health condi-

tions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is learning how to perform the first part of the Guang Ping Yang Style Form. Call or text 732.758-.1800 or check out www.yourcenterofpower.com.

Psychic Readings and Energy Healings – 2-7pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing for \$30. Have a question about a direction you are looking to embark on? About a job, relationship, or move? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. Phone: 848.217.2371. web: Ayearandadaymysticalshoppe.com.

Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class) & so much more! – 3:30pm, The Center for Health & Healing, 245 Atlantic City Boulevard, Beachwood. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 732.505.8282 or text only 732.604.4946. Register to reserve your spot and ask about private lessons or Reiki sessions.

SATURDAYS

Qigong for Good Health with Maxine Forster Guenther – 10:30-11:30am Outdoor "Parking Lot Qigong." For information about Parking Lot Qigong in Lincroft, weather permitting, check the website www.Qigongforgoodhealth.org for current information.

SAVE THE DATES

SUNDAY, OCTOBER 6

Holistic Health and Healing Expo. Join us at 11 AM to 5 PM at the Doubletree Hilton, Cherry Hill, NJ, for a day filled with 125 vendors and 30 workshops on health and healing.

WEDNESDAYS, OCT 9, 23

Purple Dragon Organic Produce and Natural Foods, Ocean Twp Pod. Must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

FRIDAYS, OCT 11, 25 & SATURDAYS, OCT 12, 26.

Monmouth County Organic Fruit & Veggie Co-op Lincroft Pod of the Purple Dragon Co-op. Must order a week in advance. Text 732.500.4949 for more information

COMING SOON

Adult Grieving Support Group Kristen Valentine, MSW, LCSW, will lead a support group for all adults dealing with loss. Topics include understanding grief, coping strategies, family dynamics, and spiritual aspects. Sessions start in Oct, Fri for 12 weeks at 252 Washington St, Toms River. Cost: \$15 per session, \$10 if registering with a friend. Preregistration and commitment to all sessions required. Evening sessions might be added based on interest. For details, visit balancedlifeweb.com or call 800.716.8353.



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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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RBC Wealth Management
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Jeffrey.ball@rbc.com or jeffballrbc.com



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

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Gemmahealthcoach.com
gemma@gemmahealthcoach.com



Are you struggling with life-changing events or feeling stuck without the motivation to make positive changes? As an ICF Professional Certified Coach and a National Board-Certified Health Coach with additional certifications in Positive Psychology, Life Coaching, Lifestyle Medicine, and Holistic Nutrition, I can help you incorporate the tools that research shows increase your health and happiness and help to motivate you to achieve your personal and professional goals in all areas of their life. My coaching packages include support, guidance, and accountability in and out of the office the entire time we work together. Please feel free to contact me for a complimentary consultation.

MASSAGE

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Asian Healing Arts Practitioner, AOBTA CMT,
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Nancy Rutherford RN, LMT
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BEYOND HOLISTIC HEALING

Beth Aitken
Instagram @beyond_holistic_healing
Email: beyondholistichealing@gmail.com
Web: Bethaitkin.com 703.403.6678



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SHORE HOLISTIC NUTRITION & WELLNESS

ALYSSA SIEGEL MSN,RN,FNP-C, CPEN
1405 NJ 35, Suite 102
Ocean, NJ 07712 732-314-1851



Alyssa Siegel is a Family Nurse Practitioner with a holistic health practice in Oakhurst. She uses a technique called Nutrition Response Testing to get to the root cause of ill health and heals it naturally.

RETAIL

A YEAR AND A DAY MYSTICAL SHOPPE

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Metaphysical retail store offering crystals, gemstones, incense, essential oils, books, Tarot and Oracle cards, specialty candles, smudge supplies and more! Psychics, Shamans, Ministers and Reiki/Energy/Crystal healers are available to provide guidance and healing. We provide Aura photos with 3D imaging for you and your pet, meditations and in-store classes and workshops. Additional services: dedications, weddings, funerals and house cleansings.

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



I have been practicing reflexology over 20 years and I'm passionate about my work! Reflexology is a science, 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 infrared waves being absorbed more deeply in the body's cells. Benefits include improved circulation, energy, and skin tone. It eliminates joint & muscle pain, & relieves tension.worlds.

REIKI/ENERGY HEALING

DORIAN CATTANI LLC

501 Grand Ave. Asbury Park, NJ
doriancattani@gmail.com
Instagram @spirituallyrescued
doriancattani.com 201.892.5242



Dorian Cattani is a Reiki Master, Energy Healer and Meditation Teacher. She is now offering private Reiki sessions in her beautiful office. Please see news brief for dates for Meditation with Reiki and Grief Circle.

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Bob & Joy

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