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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,



Happy New Year! It's that time again. Time to hit the reset button and give ourselves a pass on the things we did not accomplish in 2024. Time to set new goals and map the milestones to achieving those goals.

For the last few years one of my biggest goals was to lose weight. Since April I have lost 42Lbs. I feel good, I look good but I still have 15Lbs to go. In order to reach my final goal I need to take a good hard honest look at what is holding me back and make the necessary changes. An object in motion stays in motion until met with an equal and opposite force. $E=MC^2$. I need to create that equal and opposite force before the universe does it for me.

It takes 21 days to form a habit – good or bad. The human body is a magical thing. We can rewire our brains and regain our health with better habits. It takes commitment and work. May the force be with us to start the New Year off right.

As always, we are very grateful to our readers, advertisers and teammates. May your 2025 be filled with love, light, laughter and possibilities. 😊

Warm wishes,

Sharon

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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.



Introducing Wisdom Tree Yoga & Healing Arts

Are you in your wisdom years? By the time we've reached our 50s, we've grown substantially in wisdom and knowledge. However, alongside wisdom often comes increased joint and back pain, mobility issues, poor balance, and loss of physical strength.

Hi, my name is Beverly Baird. I'm a yoga therapist and owner of Wisdom Tree Yoga & Healing Arts. For 14 years, I've worked with adults 50+ to provide accessible, therapeutic yoga classes and 1:1 yoga therapy. Many of the people I serve come to me because they don't move as well as they used to. They want to increase mobility, reduce pain, and stay active, independent, and mentally sharp.

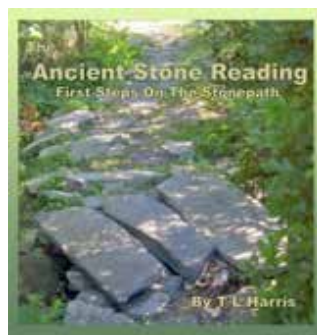
I offer weekly online and in-person classes in Shrewsbury, NJ, specializing in yoga for arthritis, joint mobility, back pain, balance, posture, bone health, and healthy aging. A teacher at heart, my mission is to educate clients about their bodies, the effects of aging, and how yoga practices can support healthy, vibrant aging.

If you are 50+ and want to age well and move better, schedule your FREE 30-minute consultation at wisdomtreeyoga.com. I'd love to talk with you and show you how yoga can help you make the most of your wisdom years.

Ancient Stone Reading Workshop

Noted author and Apache Stoneman, TL Harris will be conducting a workshop based on his book, "The Ancient Stone Reading: First Steps on the Stone Path" on January 5th, 2025 12-6pm at A Year and a Day Mystical Shoppe. In this workshop, he will teach you how to get uncommon results using 50 common stones. You will learn how to use the stones and their meanings to get answers for your life, love, money, gifts, or any questions you might want insight on. Discover how to use these stones to read life paths and divine future outcomes. You will receive a copy of this book at the workshop!

Call or come in to the store to pre-register as space is limited to 20 people. Price is \$99 (plus tax) per person - A Year and a Day Mystical Shoppe - 413 Bond Street, Asbury Park, NJ 848.217.-2371



Release the Old Stories Holding You Back

Did you know that many physical and mental symptoms you experience can be manifesting from old stories that are trapped in your body? If you feel like you have "tried everything" and nothing is working, this might be why!

I'm Beth from Beyond Holistic Healing and I use a combination of Chinese and Western medicine to help you get to the root cause of an issue and finally release it. I can naturally help with things like anxiety, sleep problems, brain fog, energy and mood. I help you become the best version of yourself.



Call or text: 703.403.6678 or visit my website to book a free call here: www.beyondholistichealing.com

AdaptiveRx Launches Free Supplement Review and Exclusive Discount

For the month of January, AdaptiveRx's team of expert physicians will provide complimentary supplement reviews to help individuals optimize their health routines.



Submit your current supplement regimen for a professional evaluation. AdaptiveRx's physicians will assess the supplements for effectiveness, quality, and compatibility with your health goals, lifestyle, and any existing medical conditions. The aim is to eliminate unnecessary or potentially harmful supplements while recommending evidence-based alternatives tailored to each individual's needs. In addition to the free review, AdaptiveRx is offering an exclusive 20% discount on all supplements available through their platform. Their curated selection includes high-quality, third-party tested products designed to meet rigorous safety and efficacy standards.

"Our goal is to empower individuals to make smarter, science-backed decisions about their health," said Dr. Chris Pepitone, Owner at AdaptiveRx. "Supplements can be a valuable part of a wellness plan, but it's critical to ensure they're the right fit for each person." To take advantage of the supplement review and the 20% discount, patients can email us with your name, health goals, health history, and supplement list.

Start optimizing your health today by emailing us at Pepitone.AdaptiveRx@gmail.com. You can also visit us at www.MyAdaptiveRx.com, and call or text us as 732.784.3035.

Manifest Your Vision for 2025

Join us January 5th 12pm-1:30ish at The Yoga Loft, 58 Main St, Farmingdale with Dee for a powerful, reflective workshop designed to help you set a meaningful intention for the year ahead.

We'll begin with a gentle guided meditation to quiet the mind and invite insight, leading each participant to discover a word that resonates deeply with their vision for 2025.

After meditation, we'll dive into a hands-on creative session, building a vision journal dedicated to this word. Using art supplies, images, and words that inspire, you'll design pages that



reflect your intentions, aspirations, and the energy you want to cultivate. This vision journal will become a living source of inspiration, a tangible reminder of your focus and commitment for the year.

This workshop is open to all levels—whether you're new to meditation or a seasoned journaler. Come with an open heart and leave

with a sense of clarity, intention, and a beautiful journal to support you through 2025.

Please call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining us \$45 (includes journal and all supplies)

Find Balance and Alignment with Rolwing®

Winter is the perfect time to cultivate health. Rolwing can improve posture and alignment. The Rolwing Technique of Structural Integration effectively treats neck, and back pain and other musculoskeletal problems.

This gentle hands-on technique balances the tensions in the myofascial network to improve posture and restore normal mobility. Chronic patterns of tension and bracing are released. As body alignment improves, clients feel taller and move gracefully. People of all ages receive Rolwing from Rebekah Frome, PTA, LMT, Advanced Practioner of Structural Integration, and David Frome, PT, LAc., Advanced Rolfer. Patients include those with



developmental challenges, scoliosis, arthritis, disc herniations, sports injuries, and neurologic problems. Clients report feeling stronger and more flexible after Rolwing.

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

Manifestation & Intuition: Unlock Your Wealth Potential

Dawn Ricci, a former investigator turned spiritual mentor, recently delivered a powerful talk, "3 Secrets to Energize Your Body, Attract Clients, and Get More Money in the Bank."

Drawing on her unique background and her deep connection to Spirit, Dawn revealed how to amplify your energy, become a magnet for opportunities, and use intuition as your personal wealth compass. She shared three transformative secrets to:

1. Amplify Your Energetic Signal by aligning your energy with your goals.
2. Create a Client Attraction Field by radiating the confidence that draws others in.
3. Tap Into Your Intuitive Wealth Compass by trusting your sixth sense to uncover hidden opportunities.



Are you ready to activate your own manifesting machine? Book at BodyToWellness.com/consult to secure your spot.

Girl Magic – Group for Teen Girls



Monarch Wellness Center

Does learning about who we are and managing relationships seem to be getting harder and harder these days? As parents struggling against the usage of electronics, social media, and cell phones, we are constantly trying

to maintain a balance between these devices and helping to develop our child's greater sense of self, positive social engagement, and guiding them to explore and develop their own creativity. This group was specifically created for our teen girls out there who want to explore deeper. We offer a safe place for girls to get together and learn to trust their intuition and confidently growing closer to their best and brightest self. As individuals we can flourish and working together with other girls, we can learn how to supporting ourselves while supporting others.

Girl Magic Group will be hosted by Sue Rebmann LCSW. These groups will meet the 2nd Thursday of every month beginning January 9, 2025, from 6-7:30pm in our Spring Lake office. Open to 6 young women ages 13-17. Preregistration required \$25.

Welcome to Joy (Journey of Yoga) 6 Week Beginners Series

Join us at The Yoga Loft, 58 Main St, Farmingdale January 7th at 6pm with Monica. Perfect for those new to yoga or looking to reconnect with the basics. This series offers a supportive environment to explore foundational poses, gentle breath work, and introductory meditation techniques. Each week, we'll build confidence and ease in movement, helping you release tension and find greater flexibility in body, mind and spirit. Come learn the fundamentals of yoga and embark on a journey toward well-being in a safe, welcoming space. No experience is necessary; just bring your curiosity and willingness to explore!

Register early, this series fills up quickly, email info@theyogaloftnj.com (include phone number if registering by email) or call/text 732.239.2333 \$85.

Qigong for Good Health 2025 Winter Series



7Week Winter Series Begins Tuesday, January 14 in Lincroft. Qigong reduces stress, builds stamina, increases vitality and affects the immune system in positive ways. This amazing ancient Chinese system of self-care integrates physical postures, breathing techniques, and mind focus. Its roots trace back over 4,000 years! 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.

Join us at 1pm OR at 2:30pm. Sign up online. Masking is optional, students are well spaced, the Earth Room has a state of the art air filtration system.

1pm Class: Qigong for Good Health Practices... open to all new & returning students.

2:30pm Class: Primordial Qigong ... for students who have practiced this form or are experienced with Qigong. \$80 for 7 sessions. A 2nd Person in same household is \$40. If you cannot afford the cost, please contact Maxine to make some adjustment in the fee. For more details, please check the website www.qigongforgood-health.org

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 with Dorian, please call/text her at 201.892.5242. She 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



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 speak, the Grief Circle is a judgment-free zone.



Join Dorian Cattani, Wednesday, January 15th at 7pm. Held at her studio 501 Grand Avenue, Asbury Park, NJ. The Grief Circle is FREE but space is limited. Text or call Dorian at 201.892.5242.

Flower Essences Heal! Featured this Month: Star of Bethlehem



The Star of Bethlehem flower remedy can heal patterns from shock and trauma. It is a deeply restorative remedy, with calm and soothing properties. It helps to address adverse experiences from your past or present. When you have an upsetting or traumatic experience the nervous system can become deadened

or extremely activated (anxiety). One's mental faculties can become dull and incoherent. Star of Bethlehem can bring about much needed psychic and spiritual balance back into one's life. The remedy neutralizes the effects of grief and encourages the positive potential of inner strength. It helps to deal with the after effects of a life-altering experience. It can comfort and soothe your pain and sorrows. Star of Bethlehem is also one of the 5 flower essences include in Dr. Bach's "Rescue Remedy" which is for "broad-based emergency and first aid use."

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

Get Your Qi Together

by Shoshanna Katzman



Image by SeventyFour iStock.com



A bundant and smooth flowing Qi (‘chee’) is a major component whereas deficiency, blockage, or an imbalance of qi is the root of illness within the realm of East Asian medicine (aka Chinese medicine). This ancient health paradigm contains methods such as acupuncture, acupressure, herbs, lifestyle and dietary recommendations, along with the therapeutic exercises of Taiji (Tai Chi) and Qigong for rectifying Qi imbalance and restoring flow within the energetic system. These modalities assist in maintaining sufficient levels of this precious vital substance – thereby maintaining optimum levels of energy, along with extra Qi reserves to rely upon during times of undue stress or onset of dis-ease.

Qi is electro-magnetic in nature and promotes wellness by balancing energetics of the meridian pathways along with their associated vital organ systems. Proper qi flow increases transformation and transportation of nutritional substances throughout the body. It positively impacts emotional health, boosts energetic immunity by establishing a “Wei Qi Field”, and manifests a health-filled longevity.

Various types of vital energy exist. The yang form of Qi is more expansive, while the yin form of Qi is more contracting. Comparing their energies in terms of the analogy of a hot air balloon: yang Qi inflates the balloon providing it with shape from heat and air, while yin Qi is the balloon itself, the basket, and energy derived from the tight stretch of the fibers. Additionally, there is heaven Qi that derives its yang energy from the heavenly bodies such as the stars, constellations, and the sun – while earth Qi gains its power from yin energies from the earth. And human Qi which is derived from how energies flow within an individual’s body system.

Heaven, human, and earth Qi each have an impact on how the other is functioning. Together the heaven and earth represent the macrocosm, while a human being represents the microcosm – where everything that happens in one is reflected in the other. Finally, the job of a human being is to act as an intermediary between heaven and earth. This is precisely what a practitioner of Taiji or Qigong is attempting to do as they

move through these healing exercises.

Before and at birth, an individual is endowed with vital energy from their parents along with nutrition acquired while in the womb known as prenatal Qi. To remain healthier, conserve prenatal Qi and avoid unhealthy life practices that squander its reserves in order to maintain wellness and a healthier life. This is the basis for East Asian medicine lifestyle and dietary recommendations designed to protect and preserve an individual’s bank account of prenatal Qi. Then there is postnatal Qi which includes everything received after birth – derived from the food and drink consumed along with the air breathed. This type of Qi is also directly impacted by chosen lifestyle habits and ways of eating and drinking.

Get your Qi together for 2025: Rest and Relax, Refrain from Overeating, Get Outside and Walk Every Day, Take Deep Breaths, Manifest a Healthy Work-Life Balance, Treat Yourself with Loving Kindness, Get to Bed and Rise Early, Have Fun with Friends, and Take Time to Smell the Roses. There is no better time than now to restore and revitalize your Qi!

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.



Age-Related Balance Issues Studied

In a study published in the journal *PLOS ONE*, 40 adults over 50 completed gait, grip strength, knee strength and balance tests. The gait test consisted of a self-paced walk back and forth on an eight-meter-long walkway. The strength tests were performed seated on a custom-made device that isolated the wrist and knee of the participant's dominant side. For the balance tests, participants stood on both legs with their eyes open for 30 seconds, then on both legs with their eyes closed for 30 seconds. With eyes open, they also stood on their dominant leg for 30 seconds, then switched to their non-dominant leg for another 30 seconds.

The researchers found that the one-legged test on the non-dominant leg showed the highest rate of decline with age. A diminishment in the ability to complete this one-legged balance test, especially for those that cannot balance for five seconds, indicates a significant propensity for falls that hospitalize millions of seniors each year.



microgen from Getty Images/CanvaPro

Disadvantages of Food Pouches for Children

Sales of children's food pouches with plastic spouts have increased by 900 percent since 2010 and now outsell jarred baby food purees. They are convenient, cost-effective and easy for kids to use without assistance. Traditionally, parents have spoon-fed pureed food from a jar for the first few months of a baby's life. The pouches contain a single ingredient or a mix of vegetables, grains, yogurt and meat.

A 2019 study in *Nutrition Today* found that the food pouches they examined contained significantly more added sugar and fruit juice concentrate than jarred and other packaged toddler foods. Healthcare professionals have raised concerns that over-reliance on the pouches could interfere with nutrition; long-term food preferences; dental hygiene, because the soft food sticks to teeth before being washed away; and speech and language development, as children miss the opportunity to manipulate their tongue and jaw when swallowing lumpy, textured foods. Children reliant on the smooth, sweet taste delivered by the pouches may also develop aversions to natural fruits and vegetables.



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Homeopathic Treatment for COVID-19

A clinical audit conducted by Health Services Research sought to assess the effectiveness of homeopathic interventions administered in 2020 for 305 outpatients with COVID-19 symptoms. Homeopathy is the treatment of health conditions by minute doses of natural substances. As there is no standard homeopathic remedy, the treatments covered by the audit were individualized for each patient.

Published in *Integrative Medicine Reports*, the audit reported that 70 percent of the patients experienced a full recovery, while 14.4 percent showed no improvement. Most cases (74.4 percent) were resolved within 21 days and 29.2 percent were resolved in less than five days. The authors of the audit also noted that homeopathy was easy to administer and there were no adverse reactions.



chamillewhite/CanvaPro

Magnesium To Prevent Kidney Stones

In a study involving 76 adults published in the *Natural Medicine Journal*, researchers evaluated the effectiveness of magnesium supplements to reduce the risk of developing kidney stones. The subjects were divided into three groups; two of the groups took 120 milligrams of either magnesium oxide or magnesium citrate three times a day for eight weeks, while a control group took a placebo. A urine analysis was performed on each participant at the start of the study and after eight weeks.

The researchers found that magnesium citrate significantly reduced 24-hour urine oxalate levels and calcium oxalate supersaturation—two indicators of kidney stone risk. A reduction in the urinary excretion of calcium is believed to reduce the chances of developing kidney stones.



Nadzeya Haroshka from Getty Images

Reclaim Your Ultimate Health with Nutrition Response Testing®



Alyssa Siegel

At Shore Holistic Nutrition & Wellness we get to the root cause of your health problems using a non-invasive technique called Nutrition Response Testing®. Nutrition Response Testing® is a system that is used to find out exactly what is going on in your body and exactly what's going to heal it.

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Beyond Holistic Healing

Energy healing works

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.

I am a Body Intuitive Master Practitioner. I offer individualized sessions where we get to the root cause of your issue and work to clear it from your body.

Energy medicine can help with:

- ♥ Anxiety & Depression
- ♥ Chakra Balancing
- ♥ Inflammation & Pain
- ♥ Digestive Issues
- ♥ Hormone Balancing
- ♥ Sleep
- ♥ Memory
- ♥ Covid Repair
- ♥ Ancestral Healing



Beth Aitken

Schedule your free consult
beyondholistichealing@gmail.com
or 703-403-6678
www.bethaitken.com
Find me on Instagram
@beyond_holistic_healing



ELEPHANTS MITIGATE CLIMATE CHANGE

African forest elephants, a smaller cousin of the savanna elephants that inhabit the dense rain forests of central Africa, are natural climate-change mitigators. They shape their forest habitats by dispersing seeds from large, carbon-storing trees through their dung. Some of the seeds of trees responsible for the greatest carbon sequestration do not germinate until they are digested by the elephants.

As they forage for food, African forest elephants trample the dense underbrush, which promotes the growth of taller, denser carbon-capturing trees. Because the litter left from foraging is not easily decomposed, more carbon is accumulated in the soil. A 2019 report in *Nature Geoscience* estimates that one forest elephant can increase net carbon capture capacity by almost 250 acres, the equivalent of one year's worth of emissions from more than 2,000 cars. African forest elephants are critically endangered as a result of illegal poaching and habitat loss.



dangdumrong from Getty Images/Signature/CanvaPro

DRONES REVEAL LOST CITIES

The Silk Road was a series of ancient trade routes that once connected China to the Roman Empire. Research published in the journal *Nature* reported the discovery of two fortified cities—Tashbulak and Tugunbulak—in the mountains of southeastern Uzbekistan, 7,000 feet above sea level. Urban centers above 6,000 feet are rare.

The discovery is important because it had been assumed that ancient trade routes avoided the mountains of Central Asia. Archaeologists used light detection and ranging equipment (LiDAR), a drone mapping technology, to create a detailed map of these large urban centers, which included watchtowers, fortresses, complex buildings and plazas.



Julia Yashina from Getty Images/CanvaPro

SMART TRAFFIC SIGNALS

Idling in a car waiting for the pre-timed traffic light to turn green can be frustrating, time consuming and a cause of air pollution. A 2023 simulation published in *Applied System Innovation* found that deploying smart traffic lights at a single key intersection in a small Portuguese city reduced CO2 emissions by 32 to 40 percent and wait times by 53 to 95 percent.

Smart traffic lights use a combination of sensors, including vehicle detectors, cameras, and light detection and ranging equipment (LiDAR) to collect traffic data, enabling artificial intelligence algorithms to make real-time adjustments that maximize traffic flow. The investment in these technologies is up to local governments. For example, in late 2023, the Ohio-Kentucky-Indiana Regional Council of Governments announced that they would upgrade 45 traffic signals in high-traffic areas in Butler County, Ohio.



GenAI/CanvaPro

DIRE STATE OF EARTH'S ICE AND SNOW

In advance of the 29th United Nations Climate Change Conference or Conference of the Parties (COP29) that took place in Azerbaijan last November, more than 60 leading scientists from the International Cryosphere Climate Initiative issued a report on the state of the planet's snow and ice. The experts agreed that the frozen parts of Earth are in serious trouble.

Among the findings: Venezuela has lost its final glacier; the Greenland Ice Sheet is losing an average of 30 million tons of ice per hour; ice loss from the Thwaites Glacier in Antarctica may be unstoppable; two-thirds of the glaciers in the European Alps will disappear by 2050; and 10 million people in Iceland, Alaska and Asia are at risk of flooding from melting glaciers. The scientists behind the report urged governments and citizens worldwide to phase out fossil fuels and finance climate action.



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Body Intuitive

A Holistic Approach to Mental Health

by Beth Aitken



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Body Intuitive is an emerging holistic healing modality that integrates traditional Eastern medicine, modern neuroscience, and the power of intuition to address physical, emotional, and mental well-being. By focusing on the interconnectedness of the mind and body, this approach seeks to uncover and heal the underlying imbalances that contribute to mental health challenges. In an era where mental health

struggles are increasingly common, Body Intuitive offers a unique and empowering pathway to recovery and resilience.

Understanding Body Intuitive

Body Intuitive operates on the premise that the body and mind are deeply interconnected and that unresolved emotional and physical imbalances can manifest as mental health issues. Practitioners combine principles of Traditional Chinese Medicine (TCM), such as the concept of energy flow or "qi," with cutting-edge research from fields like epigenetics, which is the study of how gene expression is regulated by environmental and lifestyle factors without altering the underlying DNA sequence. This synthesis allows for a comprehensive understanding of how emotional trauma, chronic stress, or other environmental

factors can impact mental health.

Central to Body Intuitive is the idea of using the body's innate wisdom to guide healing. Practitioners work with clients to access subconscious patterns, suppressed emotions, and energetic blockages that may be contributing to anxiety, depression, or other mental health conditions. By tuning into the body's signals, such as muscle tension, heart rate, or even intuition, individuals can uncover root causes of distress and begin to restore harmony.

How Body Intuitive Supports Mental Health

- 1 Uncovering Emotional Blockages**
Mental health struggles often stem from unprocessed emotions or unresolved trauma stored in the body.
- 2 Reducing Stress and Anxiety**
Chronic stress is a major contributor to mental health issues, disrupting the body's hormonal balance and impairing cognitive function.
- 3 Restoring Energetic Flow**
According to TCM, disruptions in the body's energy flow can lead to physical and emotional discomfort.

- 4 Building Resilience**
Beyond addressing immediate symptoms, Body Intuitive empowers individuals to build long-term resilience against future stressors.

- 5 Promoting Neuroplasticity**
Modern neuroscience reveals that the brain is capable of rewiring itself in response to new experiences and practices, a concept known as neuroplasticity.

Practical Applications

Body Intuitive techniques are diverse and adaptable, making them accessible to individuals with varying needs and lifestyles. Some examples include:

- **Personalized Healing Sessions:** Practitioners work one-on-one with clients to develop tailored healing plans, combining techniques like muscle testing, guided meditation, and energy work.
- **Self-Care Practices:** Simple tools like mindful breathing, grounding exercises, or affirmations empower individuals to manage stress and emotional challenges on their own.

The Broader Impact

Body Intuitive's integrative approach not only helps individuals manage mental health challenges but also contributes to broader societal well-being. By addressing mental health holistically, this modality encourages a shift from symptom suppression to addressing the root cause. As more people embrace Body Intuitive, the collective impact could include reduced stigma around mental health, increased emotional intelligence, and a greater sense of connection within communities.

Body Intuitive offers a powerful, holistic framework for addressing mental health challenges. By combining ancient wisdom with modern science, it empowers individuals to reconnect with



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their bodies, release emotional blockages, and foster resilience. Whether dealing with anxiety, depression, or everyday stress, this approach provides a path to deeper healing and a renewed sense of balance. In a world where mental health issues are on the rise, Body Intuitive provides hope, offering a way to heal not just the mind, but the whole person.

Beth Aitken is an Energy Medicine Healer and a Body Intuitive Master Practitioner offering alternative therapies to optimize health and harmony in one's life. For more information call 703.403.6678, email BethAitken@gmail.com or visit BethAitken.com.

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New News in Appetite Control

by Lauren Salani, LCSW, BCB



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Appetite has always been a stumbling block in pursuing weight loss goals and making food choices. Neuroendocrinology offers knowledge into possible ways we can intervene in the hormonal and nervous system to better regulate mood, energy, and weight. Throughout our history people have always depended on a high level of activity to have the sufficient health to be able to survive. Exercise stimulates the body to produce the naturally occurring substances that ensures our health.

“How much exercise do we really need,” asked researcher, Loren Cordain and his Colleagues at Colorado State University. He studied genetic blueprints of how much

exercise our Stone Age ancestors received compared to us in our modern life. Knowing the lifestyles of our ancestors provides evidence for understanding the genetic blueprints our bodies are working with today. He found that Paleolithic man expended much more energy in physical activity than modern people. Modern day people would have to carry a twenty-five-pound pack and run 10 miles a day to approximate what Paleolithic man did

daily. Cordain offers evidence that these ancestral peoples did not suffer many of the common health problems that modern day people suffer.

Some modern-day people engage in exercise on a regular basis yet still struggle with food cravings and disordered eating. This causes disappointment, frustration, and mood to fall which ultimately leads to giving up healthy goals. Today, there are many methods for weight control, from medication, surgery, and lifestyle change. These are very personal choices, everybody is different, and much time seeking appropriate professional medical care is recommended.

A new study led by Kara C. Anderson and Colleagues, published in the Journal of the Endocrine Society in October of this year focused on exercise to modify appetite through the hormone, 'ghrelin.' Ghrelin is produced by the gut and is called the "hunger hormone." According to the National Institutes for Health, exercise lowers ghrelin levels thereby suppressing appetite. In Anderson's study 8 males (average age 43, BMI average 22, peak oxygen consumption average 36) and 6 females (average age 32, BMI average 22.7, peak oxygen consumption average 29.2) completed tests on an exercise bicycle fit for maximum energy expenditure.

This data was used to determine exercise intensity on 3 randomized control or 3 calorically matched cycle exercise bouts. Group 1, Control, No Exercise; Group 2, Moderate Power Output; and Group 3, High Power Output. Afterward, the perception of Appetite was analyzed using visual analog scales.

The results showed that high and moderate exercisers did reduce ghrelin levels, however only women had significantly reduced ghrelin in the high intensity exercise group. The author concluded that high-intensity exercise may be superior to moderate-intensity exercise for reducing ghrelin levels and modifying hunger, especially in women. These findings suggest that exercise needs to hit a certain threshold to elicit a suppression of appetite. Anderson said that "Exercise should be thought of as a 'drug' where the 'dose' should be customized based on an individual goals." She also stated that, "Our research suggests that high-intensity exercise may be important for appetite suppression, which can be particularly useful as part of a weight loss program."

Discussing the use of exercise levels for your own mood and weight management with your healthcare provider can provide an effective natural support for your health-related goals. If you have problems with motivation, low mood, and/or anxiety affecting your health, please call my warm inviting office to address the stress that concerns you.

Lauren A. Salani, LCSW, BCB Stress Relief Services, Atlantic Executive Center 107 Monmouth Road, Suite 104 West Long Branch, NJ 07764 732.542.2638 StressReliefServices.com

This Month's Monmouth County Co-op Corner

STUFFED PEPPERS!



As we step into the new year, let's welcome a dish that's as delightful as it is comforting- STUFFED PEPPERS! Filled with scrumptious ingredients and bursting with flavors, this versatile recipe is perfect for cozy evenings in January. Get ready to savor the warmth and goodness of stuffed peppers, a dish that deserves a spot at the top of your winter recipe list.

Ingredients

2 cups quinoa	1 can diced tomatoes
1 box (4 cups) broth any flavor	1 zucchini, diced
1 large onion, chopped	8 oz Mushrooms, chopped
2 tablespoons olive oil	1 teaspoon minced garlic
1 can crushed tomatoes	fresh parsley for garnish
	Salt, pepper, sugar to taste

Although most people like to take the tops off of stuffed peppers (like the picture), I like cutting them down the middle and using them more like a boat vessel. Remove stem, seeds, membranes (I use kitchen shears). Preheat oven to 400 degrees. Cook quinoa in a pot with broth instead of water. In a hot pan, add olive oil, then onions stir for 3-5 min. Add zucchini, stir 3-5 min. Add mushrooms, stir 3-5 min. Lower heat to simmer, add minced garlic, stir 1 min. Add crushed and diced tomatoes, continue to simmer. Add salt, pepper, sugar to taste. When quinoa is done cooking, drain and add to your sauce and veggies, stir well. Turn off heat, Spoon sauce/veggie/quinoa mixture into Bell Pepper halves and place in baking dish. Cover baking dish with foil, bake for 25 min. Remove foil, bake for an additional 10 minutes (for caramelization). Sprinkle some fresh parsley on top (I use herb scissors). Let stuffed peppers cool for a few minutes before serving.

Want to be in on the fun and enjoy more cooking tips? TEXT 732 500 4949 for more info. Don't forget to join our Facebook-Group 'Organic Fruit and Veggie Co-Op Monmouth County NJ' for foodie updates all year long.

*Lincroft pod of Purple Dragon Co Op



Serving up Happiness

Foods for Better Moods

by Zak Logan

Most of us feel a little grumpy when we're hungry, but a diet that is dominated by ultra-processed packaged foods and drive-through meals increases our chances of experiencing chronic mood swings and symptoms of depression. Ultra-processed foods are characterized by a long list of additives—artificial flavors, colors, sweeteners, preservatives, salt and more—resulting in products that do not resemble their original natural state.

In a 2022 study published in *JAMA Network Open* involving more than 10,000 participants aged 18 or older, individuals with a higher percentage of their total energy intake from ultra-processed foods were significantly more likely to report mild depression and more mentally unhealthy and anxious days. Research involving more than 31,000 middle-aged women published last year in *JAMA Network Open* linked a higher consumption of ultra-processed foods, especially artificial sweeteners, to a higher risk of depressive disorders. Reducing ultra-processed food intake by at least three servings per day lowered the risk of depression.

In order to produce serotonin, dopamine and other neurotransmitters that are crucial for balanced mental health, our bodies require vitamins, minerals and other nutrients found in real, whole foods. The Mayo Clinic recommends avoiding processed meats, sugary beverages, sweets and refined grains, and it gives a thumbs-up to feel-good fare on the Mediterranean diet that includes plant-based foods, such as fruits, vegetables, legumes, nuts, seeds and whole grains; healthy fats like olive oil; lean meats, including fish and poultry; and some dairy,

such as natural cheese and yogurt.

Brain Changers

According to Holly DeLong, a registered dietitian and the founder of Food & Mood, in Malvern, Pennsylvania, “Food is a form of medicine, and we truly can make big improvements in our mental and emotional well-being using the intersection between nutrition and mental health. Food, gut health and nutrient status all affect neurotransmitter production and balance. Certain nutrients are required to produce neurotransmitters.” She recommends the consumption of mood-friendly, B-vitamin-rich leafy greens, avocados, lentils,

sunflower seeds and nutritional yeast, as well as magnesium-packed whole grains, tofu and bananas.

“What we eat influences key systems in our body, especially blood sugar, gut health and inflammation, and these impact mood, energy, stress and anxiety,” says Amy Fox, a certified functional food coach and life coach in Cincinnati, Ohio. “Think of each meal as your ‘nutrition prescription.’ These choices almost always predict how you’ll feel in a few hours. A helpful rule of thumb is to aim for foods with five ingredients or less and limit boxed, bagged or wrapped items.” She also notes that high-sugar items, especially before bed, are the worst offenders.



RossHelen/CanvaPro

What we eat, and when, can improve the body's chemical balancing act. "Meal timing can be a huge factor in how food affects mood. Skipping meals and eating too close to bedtime can contribute to poor energy, lower moods and higher anxiety for some people," explains DeLong.

Fox notes that consuming alcohol can also backfire. "Sometimes we think a glass of wine will help us unwind after a long day, but it has the opposite effect. Even small amounts of alcohol can disrupt the production of our natural happiness chemicals."

Gut Health

Because 95 percent of serotonin is produced in the gut, nutritionally dense foods and those containing probiotics and prebiotics promote the presence of good bacteria in the belly, which ensures the production of this neurotransmitter. Fox recommends three daily servings of fermented foods like kefir, kombucha, kimchi, plain Greek yogurt and naturally fermented sauerkraut

found in the refrigerated section with "live cultures" on the label.

DeLong's favorite go-to allies are sources of omega-3 fatty acids like salmon, walnuts and chia seeds to combat inflammation, an integral factor in fighting the blues. She praises



PublicDomainPictures from pixabay/CanvaPro

the antioxidant potential of berries, acai and pomegranates, and suggests swapping coffee for L-theanine-rich matcha green tea to decrease systemic patterns of anxiety.

Protein Power

Protein is an unsung hero in eating to feel better. "A craving for sweets might indicate a serotonin deficiency often linked to stress and low energy," says Fox. "When you eat protein-rich foods, they help slow digestion, keeping blood sugar levels stable and providing a longer-lasting energy source." She recommends lean chicken, beef, eggs, Greek yogurt, cottage cheese and legumes.

Consistent Change

According to DeLong, "Neurotransmitter health is not a predetermined, unchangeable defect as it is often seen. We can make an impact with the choices we make."

Simple, consistent changes in the diet can produce lasting effects. "It's about small, supportive choices that build up over time, shifting focus from restriction to nourishment," says Fox.

Zak Logan is a freelance health writer dedicated to getting back to basics.



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Discover Relief for Neuropathies

Medical-Grade Hyperbaric Oxygen Therapy

by Chris Pepitone, D.C.



If you're struggling with the pain, tingling, numbness, or muscle weakness caused by diabetic neuropathy, there's hope. Medical-Grade Hyperbaric Oxygen Therapy (HBOT)

offers a cutting-edge, science-backed solution that targets the root causes of nerve damage to help you feel like yourself again.

What Makes HBOT Medical-Grade?

Medical-Grade Hyperbaric Oxygen Therapy (HBOT) stands apart by delivering pure oxygen at 1.5 atmospheres or higher in a specially designed pressurized chamber. In contrast, mild-pressure systems, typically operating at just 1.3 atmospheres, fall short of this threshold and provide far less oxygen saturation to the body. This distinction allows Medical-Grade HBOT to effectively target damaged nerves and tissues, unlocking powerful healing benefits that milder therapies cannot achieve. According to the Undersea and Hyperbaric Medical Society, mild-pressure chambers are limited to recreational use and managing altitude sickness, highlighting the superior clinical capabilities of Medical-Grade HBOT.

How Does HBOT Help Diabetic Neuropathy?

Diabetic neuropathy is often the result of poor circulation and reduced oxygen supply, which prevent your nerves from functioning and healing properly. Medical-Grade HBOT works by flooding your bloodstream with oxygen and delivering it directly to damaged nerves. This:

- Boosts oxygen delivery to tissues to jumpstart nerve repair.
- Encourages new blood vessel growth (angiogenesis), improving circulation and nutrient supply to nerve cells.
- Reduces inflammation, a key contributor to neuropathic pain, by suppressing harmful chemicals and promoting anti-inflammatory responses.

Why HBOT is a Game-Changer for Diabetes-Related Neuropathy

For those with diabetes, neuropathy often leads to complications like foot ulcers and slow-healing wounds, which can even result in amputations. HBOT improves tissue oxygenation, speeding up wound healing and reducing the risk of severe infections. As wounds heal, nerve damage symptoms may also

improve, allowing you to move and live with greater comfort.

Targeting Pain and Damage at the Root

Neuropathic pain doesn't just affect your body; it impacts your entire life. HBOT reduces oxidative stress—caused by an imbalance of free radicals and antioxidants—which is another major factor in nerve degeneration. This therapy goes beyond masking symptoms by addressing the causes of nerve pain and dysfunction, helping you regain control and improve your quality of life.

At AdaptiveRx (formerly Pure Health Services) we can guide you on how to best utilize these stressors to optimize your healthspan and longevity. Want to feel happy, healthy, strong, and more energetic? Call us today to Adapt. Heal. Thrive. 732.747.0083.





GUT-FRIENDLY BROCCOLI NUT SOUP

YIELD: 3 SERVINGS

- 1 yellow onion, roughly chopped
- 3 cloves garlic, peeled and chopped
- 2 celery stalks, roughly chopped
- ¾ tsp dried thyme
- 5 cups bone broth
- 1 cup raw cashews
- 1½ lbs Yukon gold or white potatoes, diced (approx. 3½ cups)
- 7 cups broccoli florets (approx. 1 large head of broccoli)
- ½ tsp sea salt or to taste
- ½ tsp black pepper or to taste

Add onion, garlic, celery and 2 to 3 tablespoons of water to a pot. Sauté for 3 to 4 minutes until softened, adding more water as needed to prevent sticking. Add the thyme and sauté another 30 seconds until fragrant.

Add broth, cashews, potatoes, broccoli florets, salt and pepper to the pot and bring to a boil over high heat. Once boiling, lower the heat to medium and cook for approximately 6 to 8 minutes until the potatoes are fork tender.

Use an immersion blender to puree the soup in the pot or carefully transfer the contents of the pot to a stand blender in batches and puree.

Serve with crusty bread or garnish with croutons.

Recipe courtesy of Holly DeLong.

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Male Sex Drive and The Hormones That Drive It

by David and Rebekah Frome



We all know that men and women are biologically different, but perhaps they're less different than you think. While there is limited evidence for a male monthly cycle, male hormonal balance changes greatly throughout a lifetime.

These hormonal changes can affect men physically, especially in muscle mass and sexual function. Still, you may be surprised that hormonal changes also affect male mental function and emotional state. A couple of key hormones to watch in men are testosterone and cortisol.

Testosterone

Testosterone affects male fertility, libido, and level of aggression which, for better or worse, decline as men age. Normally, testosterone production peaks in adolescence and early adulthood. Starting at about age thirty, male testosterone diminishes

by about one percent a year. Diminished testosterone may contribute to reduced energy, strength, endurance, sex drive, erectile function, enjoyment of life, and performance at work.

Stress Hormones

Cortisol is the stress hormone. In crises (when you are about to be eaten by a tiger), cortisol and adrenaline enable the fight-flight response.

If stress becomes constant, which seems all too common today, cortisol levels can become chronically elevated.

As cortisol becomes elevated, testosterone drops. And a drop in testosterone can cause other things to drop. According to experts at The Cleveland Clinic, erectile dysfunction affects more than 40% of men over the age of 40 and 70% of men over the age of 70.

Acupuncture Restores Hormonal Balance

Acupuncture can be highly effective in helping to regulate hormonal imbalance and maintain healthy testosterone levels in men. Hormonal reflexes (points that indicate if a gland is out of balance) are palpated with gentle manual pressure, enabling the practitioner to feel the underlying tissues that reflect which hormonal systems are out of balance.

This technique is used to pinpoint the problem and to monitor how the patient is responding to treatment. For example, palpation can help to determine if a person with chronic exhaustion has an adrenal or thyroid imbalance.

It is particularly important to tease out and treat the underlying issues that are creating symptoms. The reproductive system works in concert with the heart – on both

physical and emotional levels. When men are plagued by erectile dysfunction, a successful treatment uses a holistic approach to address overall health. Treatment is focused on discovering the underlying cause or fundamental weakness within the constitution (a person's unique energetic makeup) and rectifying it.

For men, one of the keys to healthy sexual function is the health of the prostate. Both prostate cancer and prostatitis are common afflictions for men. For these issues, acupuncture is not a substitute for Western medicine. It is, however, an important and powerful adjunct to traditional therapies.

So, if you are experiencing a loss of libido, consider acupuncture. Acupuncture can help to reduce hormonal imbalances, improve blood flow, and improve overall health. As your hormonal balance improves, you can develop more strength, energy, endurance, and sex drive.

In Chinese medicine, health is thought to be greatly influenced by the smooth flow of energy through the body. When the body is not functioning well there is always a corresponding disturbance within the energetic system.

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.

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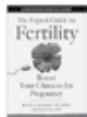
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Bonding With a Dog

Fun Tips To Build Trust, Calm and Companionship

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



Photoboyko from Getty Images/CanvaPro

Engaging with the family dog can strengthen the relationship, improve well-being and bring joy. With a little planning, each interaction offers dogs and their owners a chance to exercise, bond, explore and have fun.

Benefits of Interacting With Dogs

In a 2020 study published in *Scientific Reports* involving 35 dog owners and 58 dog-human activities, researchers concluded:

- Physical interactions with dogs, such as playing, training exercises and being greeted by the dog, increased the owners' positive emotions, including happiness, joy and contentment, while at the same time reducing feelings of stress, anxiety and fear.
- Owning and caring for a dog was linked to an increased sense of purpose, meaning, responsibility and fulfillment, as well as a positive feeling of companionship.
- While not directly tied to dog-human activities, the general experience of having a dog contributed to a more positive outlook on life.

Dog-Owner Bonding

According to the National Institutes of Health, a strong bond with the family pet can lower a person's blood pressure and decrease levels of cortisol, a stress-related hormone. Playing or relaxing with a dog engenders a sense of safety, while also allowing the



dog to feel calm and less reactive. Dogs that regularly share activities with their owners tend to show more affection, trust and excitement. A 2024 Finnish study published in *Science Daily* determined that during interactions, dogs tended to be in sync with their owners' stress levels, as measured by heart rate variability.

This suggests that a close bond between a dog and their companion can build an emotional connection and even affect underlying physiological responses. What we do with our pets can have an effect on their emotional disposition, and ours.

Fun Activities

Carla Brown, a dog trainer and holistic pet health coach in Truckee, California, offers these tips to keep dogs happy and healthy.

Play and Exploration: Dogs are happiest when they can play and explore off-leash. This time is essential for their physical and mental growth. If off-leash spaces are not available, find other ways for the dog to play and explore.

Running and Playing: Running and playing release a dog's endorphins—hormones that can help reduce stress, anxiety and depression. These activities also improve brain function, support immune health, reduce inflammation and help regulate appetite. Varying the activities keeps them

mentally and physically healthy.

Mental Stimulation: Teaching the dog basic nose-work skills is a great way to challenge their mind and provide calm, enriching experiences. Start nose work by tossing a treat for the dog to find. Use simple phrases like "Find it" or "Search." As the dog gets better at finding the treat, make the search more challenging by hiding treats in different spots. Dog puzzles, snuffle mats and frozen stuffed toys that hide a treat inside are other ways to teach nose work.

Safety Tips for Dog-Dog Play: Dog-dog play can be rough and scary to the

inexperienced observer. They rear up, wrestle and use open mouths. When dogs play together properly, no one should get hurt. Good playmates take self-imposed breaks when play escalates too much. On the other hand, puppies need help to calm down and stop playing.

Tips for Human-Dog Play: Set clear rules and follow through to ensure play is fun and safe. Teach cues like "Sit" and "Give a hug." Don't allow rough play that promotes bad mouth habits. If a dog is used to roughhousing at home, they won't understand that it is not okay with others. Allowing the dog to jump on their owner when they come home might suggest that it is okay to jump on strangers.

Safety With Kids and Seniors: When it comes to playing with children or older people, the rules are stricter. Dogs should be discouraged from using their mouth or jumping on people. This is why controlling play is important. Giving the dog a cue to sit, wait, take or drop will help them calm down. If the dog has trouble calming down, give them regular breaks. The reward is playing by the rules.

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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Coming Home to Herself

by Sue Rebmann, LSW



As we navigate life as women, the call to more fully know and embrace ourselves will arrive in different seasons. Typically inspired by any number of reasons (loss, birth, illness) or a specific stage of development (adolescence, menopause, aging) it will often begin with feeling fractured. It may not stop ringing until we pick up, take a deep breath and listen.

Guidance and direction can remind us that we are not alone and show us that when we choose to pause and feel, the possibility exists to emerge more whole. The desire for freedom, peace, happiness, love, safety and belonging are driving forces for decision making. It sounds reasonable, simple enough and true, and can be used as a guide when determining if something is meant for our well-being or not.

An exercise for women to identify which values are moving them forward would be to pick twenty values that feel the most important. Next, reduce the list to ten, then five, until you are left with your final three. Then, for a few moments, meditate on which one you want to hold closest to you. Allow yourself the time to be contemplative. Often, women will choose love, family and freedom.

Freedom is one of the final values often chosen. You are invited to consider what that could mean for you; freedom in every sense, freedom to think, to love, to explore and to make decisions based on who you are and who you are not. How would absolute freedom to be who you are born to be feel, knowing that expectations crafted

to limit us do not define us? We can trust that we are born whole and good and full.

The time we are living in is full of transitions. So many of us are motivated by an intuitive desire to comfort a world crying so loudly. You are invited to fall in love with yourself by walking, sensing, praying, creating, singing and listening your way towards your own heart. Feeling free to ask for help along the way, you are never alone, illuminated in the truth of how beautiful, tough and fierce, yet gentle you are. You knows things, you see, you hear. Equally cautious and reckless, you are loyal and

desperate, somber and anxious. Seemingly never enough, ridiculously too much; you are jubilant and radiant, with a laugh that will fill a room and a cry that will pierce the soul. You are passionate and on fire. You are everything and more, a daughter, a sister, a friend, a mother, a grandma, a worthy provider, a teacher, a nurturer, a warrior, a goddess, an angel and a witch. You know the transformative power of true love. She is you. She is me. She is asking to be awakened... naturally. With every breath, every movement and every encounter this life offers, you feel your way home to your true self. You are free because you know who you are and are ready to move forward in love.

By Sue Rebmann, LSW, Therapist, Reiki Practitioner and Certified Radiant Child and Adolescent Yoga Instructor for Monarch Wellness Center, who's path and purpose is to help you remember who you are here to be. For more information please call 732.301.4219 or email admin@monarchwellnesscenter.org



Calendar of Events



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



WEDNESDAY, JANUARY 1 HAPPY NEW YEAR

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! Accepting 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, JANUARY 2

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. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. \$30.

FRIDAY, JANUARY 3

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.

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, JANUARY 4

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. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$195.

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, JANUARY 5

Ancient Stone Reading Workshop - 12-6pm – In this workshop, TL Harris, author, and Stoneman Apache Shaman, will teach us how to get uncommon results using 50 common stones. You will learn how to use the stones and their meanings to get answers for your life, love, money, gifts, or any other questions you might want insight on. You will discover how to use these stones to read life paths and divine future outcomes. Light meal will be provided as well as a copy of Mr. Harris' book.; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: Ayearandadaymysticalshoppe.com Cost: \$99 pp

WEDNESDAY, JANUARY 8

FREE Reiki Circle for Practitioners - 7pm, 501 Grand Avenue Asbury Park, NJ. Welcoming all Reiki Practitioners & Energy healers to meet with other like-minded people who are on a spiritual journey and desire more support. Come share your skills and receive healing yourself. To participate, please call/text Dorian at 201.892.5242.

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.. 848.217.2371.

Email: Ayearandadaymysticalshoppe@yahoo.com
Web: Ayearandadaymysticalshoppe.com Cost: \$25 per person; Pre-Registration is required.

THURSDAY, JANUARY 9

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.

Beginners II Intro to Vinyasa 6 Week Series with Michele - 6:00 p.m, The Yoga Loft, 58 Main St Farmingdale. Deepen your yoga journey with this 6-week series designed for those who have some yoga experience and are ready to embrace a more dynamic practice. Each class integrates energizing postures, invigorating breath work, and guided meditation, aimed at enhancing your strength, flexibility, and mental clarity. Register early by email info@theyogalofnj.com (please include your phone number if registering by email) or call/text 732.239.2333 Cost:\$85

FRIDAY, JANUARY 10

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 welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

6 Week Senior Series with Tara -11:00 a.m., The Yoga Loft, 58 Main St Farmingdale. This 6-week Senior Yoga Series is thoughtfully designed to support seniors in cultivating strength, flexibility, and balance in a gentle, nurturing environment. Each session includes accessible poses tailored to suit all levels of mobility, along with soothing breath work and calming meditation practices. Space is limited; please email info@theyogalofnj.com (please include your phone number if registering by email) or call/text 732.239.2333. Cost:\$70

Mystical Magical Sound Bath: 7-8:30pm – Join Heather for a truly, incredibly powerful cleansing for your heart and soul, through a wide array of instruments from around the world, a pentatonic drum, shamanic drums, chimes, gongs, rattles, water fall disk, ocean drum, thunder drum, Tibetan bowls, and crystal singing bowls. Magically dive into the spiritual world and vision, travel, and transport. You will liberate yourself from any darkness, negativities, and toxic energies. Afterwards, you will feel lighter, empowered, and glowing with mystical, magical, radiating energy. Bring your yoga mat, blanket, chair or pillow, or use one of our chairs. \$25 pp; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: Ayearandadaymysticalshoppe.com

FREE Energy Healing, 30 Minute Sessions - Online. Do you suffer from grief or loss? Feelings of sorrow, fear and anxiety? Let's sort out those feelings for 2025. Join Dawn Ricci, Master of Spiritual Healing – to experience emotional sacred healing. Come

away with renewed awareness and relief. Learn about personal healing mentor program. Book at BodyToWellness.com/consult to secure your spot.

SATURDAY, JANUARY 11

Soma Yoga Teacher Training at The Yoga Loft - 58 Main St, Farmingdale. With over 50 years of combined experience, Karin and Bobbie invite you to discover the power of somatic yoga. Discover the powerful connection between mind, body and spirit.

Qigong for Health and Vitality-1-1:45 pm at the Presbyterian Church at Shrewsbury. Qigong in an effective antidote to the hurried and stress-filled lifestyle of the modern world. Join instructor Lauren Klatsky, M.S. to learn how to skillfully integrate Eastern philosophy with Western science to manifest the energy you want in 2025. Register at Wisdomtreeyoga.com or call 732.223.3216 for more information.

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. Ayearandadaymysticalshoppe.com

SUNDAY, JANUARY 12

Full Moon Circle: 6:30-8pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Enjoy and experience the Cold Moon, or Long Night's Moon with us. December's moon is the time to release what no longer serves us and restore our harmony with the universe and ourselves. We'll have a sound bath, ask for guidance in aligning ourselves with the universe toward the next phase of each of our journeys. We will also pull Tarot cards for you for a personal message. Pre-Registration is required. 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com \$35 pp.

WEDNESDAY, JANUARY 15

FREE Grief Circle - 7pm, 501 Grand Ave in Asbury Park. Join 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. To join, please call/text Dorian at 201.892.5242.

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! Accepting 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, JANUARY 16

Reiki Level I Workshop and Certification - 11-3:30pm, 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. 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. Cost: \$195.

FRIDAY, JANUARY 17

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.

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. Preregistration required. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. Cost: \$10.

FREE Energy Healing 30 Minute Sessions - Online. Do you suffer from grief or loss? Feelings of sorrow, fear, and anxiety? Let's sort out those feelings for 2025. Join Dawn Ricci, Master of Spiritual Healing - to experience emotional sacred healing. Come away with renewed awareness and relief. Learn about personal healing mentor program. Book at BodyToWellness.com/consult 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, JANUARY 18

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.

Working with Stones and Crystals: 7:30-9:30pm. Whether you're new to collecting or have been drawn to them for a long time, Maria will help you have a working knowledge and relationship with your stones and crystals. You'll learn how to choose stones by vibration and feel, work with them in your everyday life, how to care for your collection and more! Includes 2 stones/crystals. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: Ayearandadaymysticalshoppe.com Cost: \$45.00 pp.

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, JANUARY 19

Reiki Level III Master Class and Certification 11-5:30pm - Join Reiki Master, Maria Martin on the next part of your Reiki journey. Think of your Master Level attunement as a new beginning, the first step on the real path. You can choose to be a Master Healer, for healing yourself and/or others; Have a sense of completeness; Teach and attune others on their Reiki path. You will learn the Level 3 symbols, how to pass attunements, meet your Reiki spirit guides, as well as receive your Master Level attunement and certificate. Pre-requisites Reiki Level I and Level II; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: Ayearandadaymysticalshoppe.com Cost: \$500

Stitch & Stretch with Michele- 2-4:00 p.m. at The Yoga Loft, 58 Main St Farmingdale. Calling all Knitters, Crocheters, Needlepointers, etc.! Grab your project bag and join us in our beautiful Studio for a few hours of Stitching & Stretching, with a little guided meditation for good measure. No Yoga experience required. Take some time to slow down, learn hand exercises, head, neck, & shoulder movements, and the beauty of calming breath work, all while working on your current project, sharing ideas, and making new friends. Please call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining. Cost: \$25

WEDNESDAY, JANUARY 22

Personal Totem Pole Workshop - 8-9:30pm - Most people understand or have seen the concept of totem poles in native cultures, but did you know there is a totem pole inside of you? What animal medicines make up your own personal totem pole? Join us in this workshop with medicine woman, Lauren Porter, as she does a guided journey to each of our chakra energy centers to see what animal medicine currently resides there for you. Lauren uses drums and sound frequencies with tuning forks and crystal bowls, to help participants connect to each chakra and discover what animal spirit is helping you in that chakra. 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 Cost: \$35pp

THURSDAY, JANUARY 23

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. You may bring along a yoga mat, etc., or use one of the chairs we provide. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$30.

FRIDAY, JANUARY 24

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.

Medium Gallery Readings: 4-5:30pm with Cherise. Join us for an intimate demonstration of evidential mediumship. Cherise will offer messages from loved ones on the other side. Our gathering will be small, it is quite possible that everyone may receive a message. The holidays may be difficult when you have lost a loved one. Hearing a message from them may ease the pain of grief. Seating is limited. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: Ayearandadaymysticalshoppe.com Cost: \$25.00 pp

Angels and Ancestors Workshop, at The Yoga Loft, 58 Main St Farmingdale 6:00 pm to 7:30 with Angie We will begin this delightful evening with a crystal bowl meditation and honoring ceremony of our angels and ancestors, welcoming their participation. Are there answers that you are looking for or guidance from someone who has passed on? We all have angels watching over us. In this workshop, Angie will discuss the cards and her experience with receiving messages for herself and hundreds of others. Each attendee will have an opportunity to have a mini reading. Please call/text 732-239-2333 or email info@theyogaloftnj.com to let us know you'll be joining. \$40

FREE Energy Healing 30 Minute Sessions – Online Do you suffer from grief or loss? Feelings of sorrow, fear, and anxiety? Let's sort out those feelings for 2025. Join Dawn Ricci, Master of Spiritual Healing – to experience her emotional sacred healing. Come away with renewed awareness and relief. Learn about personal healing mentor program. Book at BodyToWellness.com/consult to secure your spot.

SATURDAY, JANUARY 25

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 that you would like to communicate with? 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. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$125.

SUNDAY, JANUARY 26

The Ancient Wisdom of Plants – Winter with Patty-12:30-2:30pm, The Yoga Loft, 58 Main St Farmingdale. The beautiful season of Winter gifts us with a time of healing rest and the opportunity

to turn inward and reflect. We will begin by setting our intentions for this season with a special winter tea ceremony. Then, we will craft something to nurture and keep ourselves healthy during the time when colds and coughs can be troubling. We will also make something for our homes to help us celebrate this time of quiet reflection. There will be written handouts to take home and, of course, some mythical storytelling. Please call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining. Cost: \$40

Herbal Tea Workshop – Exploring the World of Natural Infusions: 1-2:30pm – Join Robyn for an immersive and educational workshop on the art of herbal tea making. Discover the diverse world of natural infusions, learn about the health benefits of different herbs and master the techniques to create your own unique blends. This workshop is perfect for tea enthusiasts, health-conscious individuals and anyone interested in the therapeutic properties of herbs. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com. Cost \$35.

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. Preregistration required. 848.217.2371. email: Ayearandadaymysticalshoppe@yahoo.com, web:Ayearandadaymysticalshoppe.com. \$65.00.

TUESDAY, JANUARY 28

Gentle New Moon Flow Yoga with Waterspirit: 6:30-8pm 4 E. River Rd., Rumson, NJ. Yoga will be conducted from 6:30 to 8:00 pm on the following Tuesdays 1/28, 2/25, 3/25, 4/29, 5/27. 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 through breathing and mindful movements. No experience necessary. To learn more or register, visit www.waterspirit.org/events-calendar. Cost: \$5 pp per class

WEDNESDAY, JANUARY 29

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! Accepting Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

FRIDAY, JANUARY 31

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 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.

Candle Magick and Mojo Bags – 8-10pm. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ. Whether you are a seasoned practitioner, or a beginner to the magical arts, this candle magick class is for you. Learn how to inscribe, dress and infuse your intentions in a candle for the optimal results of your working or ritual. Not called to work with candles? Learn how to create a mojo bag to infuse your intention that may be carried on you, or someone else for healing, abundance or protection Pre-Registration is required. Call:848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$45pp (includes materials)

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.

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: 7-8:30pm, 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. All levels: Beginners to Advanced. Bring a meditation mat, pillow, etc. 848.217.2371 Web: Ayearandadaymysticalshoppe.com**Private sessions and Veteran Discounts available Cost: \$15. Preregistration required.



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 with Melinda Applegate - 9am on Zoom. Live Long Vitality Qigong is an internal martial art form that brings peace, balance and strength to your life. Call to register 707-357-4632 to register and for your zoom link. All levels welcome.

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.

Sound Healings/Meditations – 6:45-7:45pm, 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. Ask us about private meditation sessions and Veteran Discounts. Cost: \$25.

THURSDAYS

Flowing Qigong with Melinda Applegate, Certified Instructor - 9am. Spring Lake Train Station or Warren Park during warmer months. Call to register 707.357.4632.

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 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-7:30-8:40 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 or text 732.758.1800 or check out www.yourcenterofpower.com.

Tai Chi Yang style 24 Short Form with Melinda Applegate, Instructor: 10:00 am. All levels welcome. Register with Belmar Public Library or call Melinda (707) 357-4632 Taylor Pavilion, Belmar

Beginner Taiji Class taught by Shoshanna Katzman- 2:00pm, 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.

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. 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. Cost: \$30.

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

SATURDAY, JANUARY 11
FEBRUARY 8 & MARCH 8

Qigong for Health and Vitality, – 1-1:45 pm at the Presbyterian Church at Shrewsbury. Qigong in an effective antidote to the hurried and stress-filled lifestyle of the modern world. Join instructor Lauren Klatsky, M.S. to learn how to skillfully integrate Eastern philosophy with Western science to manifest the energy you want in 2025. Register at Wisdomtreeyoga.com or call 732.223.3216 for more information.

WEDNESDAYS, FEB 12

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, FEB 14

SATURDAYS, FEB. 1, 15

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



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

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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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MASSAGE

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Beth Aitken
Instagram @beyond_holistic_healing
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ALYSSA SIEGEL MSN,RN,FNP-C, CPEN
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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

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I've practiced reflexology over 25 years and I'm passionate about my work! Reflexology is a science, there are reflex areas in the feet & hands that correspond to glands, organs, and other parts of the body. The practice also offers an Infrared Sauna, which allows a higher percentage of toxin removal due to 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.

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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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