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# natural awakenings


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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 Valentine's Day! You know that I love to celebrate love 😊

On January 12th I was in a horrific car accident. The other driver ran the red light on the highway and T-boned me at a very high speed. As I write this, it is now 11 days later, I still cannot walk and am in excruciating pain. BUT.... I not only survived the crash, nothing is broken according to the hospital. I did sit in an MRI for 4 hours yesterday so we will see what develops. BUT.... I am still alive 😊 Jesus was my co-pilot and the force was with me. My little Jeep is totaled, but it gave it's life for me and I will miss it very much. It was a great little car that really stood up when it mattered.

The love that has poured out from our community has been overwhelming. So many healers sending me healing Vibes and - yes I feel the profound effects. How lucky am I to be connected with all of you! I cannot thank you all enough. Love and Light to you xoxo.

Turner's Aunties at the barn swooped right in and are taking great care of my horse in my absents, thank you Aunties - I know he is in great hands. We have a special group - Miss you all, miss him - hope to see you soon.

Alison & Erika - what would I do without you? There is not enough room on the page to list all the ways my dear friends have cared for me. Thank you, thank you, thank you!

And to all my Joes - how does one girl get so lucky? 😊

Thank you to everyone who has sent good will, positive energy and prayers. I love and appreciate you all. And right now, more than ever we really appreciate your support. To our readers, our advertisers and our team - all the love in the world to you. Happy Valentine's Day!

Warm wishes,

Sharon

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Ads Deadline: 7th of the month.

### EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: [sharon@NAjerseyShore.com](mailto:sharon@NAjerseyShore.com).

Editorial Deadline: 7th of the month.

### CALENDAR SUBMISSIONS

Email Calendar Events to: [Sharon@NAjerseyShore.com](mailto:Sharon@NAjerseyShore.com). Calendar Deadline: 7th of the month. Cost: \$20/listing.

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Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets: 239.434.9392. For franchising opportunities: 239.530.1377 or visit [NaturalAwakenings.com](http://NaturalAwakenings.com).

## Departments

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Scan code to learn more

### Interested in Franchising?

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



## The 14th Annual Wellness Expo at Georgian Court University



Experience healing of the body, mind, and spirit. Are you interested in exploring alternatives to conventional treatments but don't know where to start? Join us for the 14th Annual Wellness Expo, hosted by

the Department of Integrative Health and Exercise Science! This exciting event will take place rain or shine on April 5, 2025, in the Casino building. It will feature 50-60 diverse vendors ready to inspire you. Enjoy 30-minute free workshops and activity sessions designed for all ages—there's something for everyone! This is a pet-friendly occasion, so bring the whole family, including your furry friends! Additionally, don't miss out on the chance to meet and interact with current students, faculty and staff from Integrative Health & Exercise Science, Nursing and Social Work, Hackensack-Meridian Health School of Nursing and Wellness.

The best part? Admission is absolutely free! Don't miss this fantastic opportunity to enhance your well-being and discover new paths to health. Mark your calendar now!

For more information, please visit <https://georgian.edu/event/annual-wellness-expo/> and/or reach Sachiko Komagata at [skomagata@georgian.edu](mailto:skomagata@georgian.edu)

## Join Us for a Special Journey to the BAPS Shri Swaminarayan Mandir.

Immerse yourself in the serene beauty and rich culture of the BAPS Shri Swaminarayan Mandir on this thoughtfully designed bus trip exclusively for yoga teachers and students and anyone interested in architecture. February 21st 8:30am-2:30pm (Bus will depart from The Yoga Loft, 58 Main St, Farmingdale promptly at 8:30am). This unique experience includes a private guided tour of the mandir, offering insights into its stunning architecture, intricate carvings, and profound spiritual significance. Learn about the harmony of art and devotion while exploring the sacred spaces of this breathtaking Hindu temple.

Throughout the day, enjoy meaningful moments of reflection, connection, and community as we delve deeper into the spiritual roots that align with yoga's principles. Whether you're an experienced yogi or just beginning your journey, this trip promises inspiration and a sense of calm.

What to Bring: • Com-



fortable clothing suitable for the temple (modest attire guidelines).  
• A water bottle. • An open heart and a curious mind

Space is limited to 25 people to ensure a personalized experience. Reserve your spot today and join us for a day of discovery, learning, and connection. Email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732.239.2333 to reserve your spot. \$35

## LOVE...

This word, especially in February, tends to be associated with romance, dinner, and roses. That whimsical love that sweeps us off our feet that is sold to us in fantasy romance movies. This is not the kind of love I'm talking about. The LOVE I want to explore is the love that is transformative. The kind of Love that makes us explore our inner wounds, feel them as deeply as we can, and learn to release them. This type of Love helps us heal and move spiritually and emotionally beyond means we never knew possible. The type of love I am talking about is the Love we build in ourselves. Now, this love can be explored through the love for our partners in life, our children, our friendships, through our communities and through all the little moments in life that make us stop... take a breath and feel. A key to finding self-love, is having the willingness to self-reflect, become vulnerable and find those moments to be still. Although these are not the only things needed, they are where you start. You owe this to yourself.



Start your journey to Self Love – schedule time with Anna Hudak, LCSW Monarch Wellness Center

## 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, February 19th at 5pm. (NEW TIME) at her studio: 501 Grand Ave, Asbury Park, NJ. The Grief Circle is FREE but space is limited. Text/call at 201.892.5242.

## 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 Practitioner 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](http://www.fromept.com) or 973.509.8464.*

## 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](http://wisdomtreeyoga.com). I'd love to talk with you and show you how yoga can help you make the most of your wisdom years.*

## 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 Meditation with Reiki classes and Grief Circles in Asbury Park, NJ. Dorian Cattani LLC 501 Grand Avenue Asbury Park, NJ 201.892.5242 [doriancattani.com](http://doriancattani.com) [doriancattani@gmail.com](mailto:doriancattani@gmail.com)*



## A Day of Nourishment: Women's Retreat

Step into a sacred space designed to nurture your body, mind, and spirit. This transformative retreat invites you to pause, connect, and replenish in the company of like-hearted women. At The Yoga Loft, 58 Main St, Farmingdale February 1st 12:30pm-4pm with Sunshine Kate, Andrea & Dee. Begin your journey with a heartfelt intention-setting ritual, grounding our day in purpose and connection. Embrace mindfulness and serenity with a calming tea ritual, fostering a sense of presence. Drift into a space of inner peace with a soothing meditation to align and center. Reflect and release through thoughtful journaling prompts, unlocking creativity and self-awareness. Enjoy soft, flowing movements to awaken and nurture your body, leaving you refreshed. Savor nourishing bites to sustain and energize your body throughout the day. Gather in a circle to share insights, stories, and the power of collective wisdom.

We conclude our time together with a deeply restorative essential oil energy healing, leaving you balanced and radiant. Let this day be a gift to yourself—a time to connect deeply,

embrace stillness, and honor the beauty of your unique journey.



*Please let us know you'll be joining us, text/call 732.239.2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to reserve your spot. Space is limited to 12 students. - \$125*

## Don't Miss Dawn Ricci at "The Great Awakening Event" & "The Wellness Revolution".



**D**awn Ricci, a former investigator turned spiritual mentor, is delivering powerful spiritual guidance at The Great Awakening of 2025 online event. February 3 thru 7th, this summit is all about "Breaking the Norm" and "Disrupting Thought Patterns", in health, wealth, purpose, and business.

On February 17th, Dawn will be delivering a powerful talk at The Wellness Revolution; 2025 Trending Health Modalities Summit, this online event covers the best ways for you to raise your vibration, connect with your body and soul, tap into your intuition. You'll hear from many holistic wellness experts.

*Get on Dawn's list for access links to these events, by signing up at [dawnricci.com/guide](http://dawnricci.com/guide) and you will automatically receive the *Manifestation Mastery: Your Month-by-Month Guide to Hi Vibe Living*.*

## Reiki Level 1 Training

**R**eiki is a spiritual healing practice administered by "laying on hands." It originated in Japan by Mikao Usui, and the word Reiki is made of two Japanese words- Rei which means "God's Wisdom" and Ki which is "life force energy". Join us at The Yoga Loft, 58 Main Street, Farmingdale Feb 2nd 12-4:30ish with Reiki Master Elena Slade. This Level 1 Training will include: A sacred ritual called an "Attunement", An overview of the meaning, purpose, benefits and history of Reiki, Procedures for giving a complete and modified Reiki treatment to others, Supervised practice sessions, Procedures for self-Reiki treatments, Our inner space during Treatments, Level 1 Manual, First Degree Reiki Certificate

*Recommended: A full Reiki Treatment prior to completing this training. Wear comfortable clothes and bring a notebook. Call/text 732.239.2333 or email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) to register \$175*

## Flower Essences Heal!

**F**eatured this Month: **IMPATIENS**. Those that need the remedy of "Impatiens" find it difficult to be in "the flow of time." They can tend to rush ahead of experience instead of being in the moment. This robs them of the full immersion in life even though they may appear busy and engaged. They miss the more subtle and small exchanges which can occur with others or the world around them. They can become easily irritated, impatient intolerant, and angry. Although they may be mentally agile and capable, they can be prone to "burnout." This remedy can help the person learn to slow down and attend to the moment and deepen their breathing. If any of this resonates with you, the flower essence remedy of Impatiens can help!



*Call 508.361.2809 for a FREE consultation to see if this for you. Donna Fluhr, Certified Flower Essence Practitioner.*

## Best Prep for Pregnancy

### Online Event and Expo Offers Fertility Guidance

**H**elping couples make informed decisions about their reproductive health, Best Prep for Pregnancy is a five-day online event and expo from March 25 through 29, featuring more than 30 experts and exhibitors. Attendees will gain insights into the root causes of female and male infertility, and learn about a whole-health approach to optimal fertility that protects parents and their babies. This immersive conference will offer a wealth of vital tips and solutions for those trying to conceive naturally or with the help of in vitro fertilization (IVF) or egg freezing.

"Combining traditional and modern medicine offers a holistic approach to fertility, enhancing the chances of conception," says event host Dr. Susan Fox, a specialist in reproductive health with more than 23 years of experience. She will be joined by other notable speakers, including Dr. Sarah Green, a leading advocate for integrative fertility methods, and Dr. James Patel, a specialist in egg freezing and IVF technologies.



*Sponsored by KnoWEWell and Natural Awakenings magazine, the event will include individual talks, interactive workshops and exhibitor presentations. Participants will have the opportunity to engage with professionals, ask questions and connect with others on similar journeys. For more information or to register, visit [BestPrep4Pregnancy.com](http://BestPrep4Pregnancy.com).*

## The Self Care Social Hosted by Cleansing Concepts



**T**o celebrate 20 years in business, Cleansing Concepts is thrilled to host The Self Care Social at The Galleria in Red Bank, NJ. This unique wellness event will take place on Feb 22, 2025, from 12 to 4 PM. Owner Vanessa Drew, along with co-hosts Sara Williams from Mom of Business and Siobhan Gallagher from Be Well Corp, have curated an exceptional day focused on Body, Mind, and Beauty—all under one roof.

Attendees will enjoy light bites provided by The Blond Shalot and listen to top-notch speakers including Shanley O'Keefe Walker and Vanessa Drew. It also features amazing vendors offering skin care, acupuncture, functional medicine, IV drips, detox therapies by Cleansing Concepts, angel cards, energy healing, crystals, candles, and more.

Tickets are limited, so be sure to register ASAP. Each ticket purchase includes an entry into the grand prize raffle. Attendees enjoy mocktails, an organic coffee bar, and a swag bag filled with goodies. Don't miss this opportunity to join the celebration and embrace wellness in a holistic, vibrant community setting. For more information and to register, scan the QR code.





# The Illusions of a Coincidence

by Dawn Ricci



**H**ave you ever had one of those moments that made you stop and think, “What are the odds?” Like when you’re thinking about a friend you haven’t spoken to in ages, and then they call out of the blue. Or when you’re grappling with a tough decision, and suddenly, a random song lyrics or phrase in a book seems to spell out the answer you needed.

## Do those things just happen by chance? Or could it be something more?

Many people call these moments coincidences, but what if they’re signs—gentle nudges from the universe guiding you toward something greater? It’s like the universe is saying, “Hey, pay attention! This is for you.” Think about it. How often have you brushed off a perfectly timed event as “random” without really considering what it might mean? What if those moments are little whispers meant to help you heal, grow, or find clarity in your life?

Psychologist Carl Jung called these experiences synchronicities—meaningful coincidences that feel magical because they connect to something happening in your life. Maybe you’ve experienced one yourself. Did you ever find exactly the right person or resource at just the right time? Did you ever feel like some unseen force was pointing at you in a new direction?

The truth is these moments happen to all of us. The question is: are you noticing them? Start by staying open and curious. When you’re not rushing through life, it’s easier to pick up on these little winks from the universe. Meditation, mindfulness, or even just taking a few deep breaths during the day can help you tune in.

And when those “coincidences” happen, don’t just shrug them off. Ask yourself: Why now? What could this mean for me? Is there something I’ve been struggling with or searching for a connection?

These little signs often show up when we need them, the most—like when we’re dealing with pain, uncertainty, or a big decision. Sometimes, they’re meant to remind us of we’re not alone. Other times, they’re there to shine a light on something we need to face or heal.

Take a moment to think about your own life. Have you had any moments like that? Something that seemed too perfectly timed to be random. Maybe it gave you the clarity you’d been searching for or the courage to take the next step. Even if the meaning isn’t immediately clear, don’t dismiss it. Sometimes, these signs take a little time to reveal their full message. And if you’re ever feeling stuck or unsure, reach out to someone who can help you dig deeper into what these moments are trying to tell you.

At the end of the day, life isn’t just a series of random events. These little synchronicities are like breadcrumbs on your path, leading you toward something more meaningful. They remind us we’re part of something bigger, something connected. So, what about you? Have you noticed any coincidences lately that made you pause and wonder? Maybe it’s time to start paying closer attention. The universe just might have something incredible to share with you.

*Dawn Ricci is a Certified Spiritual Mentor, Healer, Psychic & Medium, who has worked with clients from all over the world. Dawn opens the dialogue with Spirit to help client’s development their own Spiritual gifts, and offers her guidance in her private sessions, readings, and healing modalities. Visit [dawnricci.com](http://dawnricci.com) to book your appointment today.*



### Long-Term Health of Cesarean Babies

According to the March of Dimes, nearly a third of live births in the United States are by Cesarean section (C-section), posing increased risks of health problems such as obesity, Type 2 diabetes, asthma and allergies. Scientists suspect that the lack of exposure to the microorganisms in the mother’s vagina during birth may be the reason. Vaginal seeding by wiping a newborn’s skin, nose and mouth with the mother’s vaginal microbes can make the skin and gut microbiome of C-section infants more similar to vaginally delivered babies, but the long-term impacts on health have not been determined.

A study on mice published in the journal *Cell* may be the first evidence of the positive effect of vaginal seeding on metabolic health. The researchers found that mice that received fecal transplants from babies exposed to vaginal seeding had more diverse microbiomes a few weeks after the transplant. In addition, male mice that received fecal transplants from babies exposed to vaginal seeding had less abdominal fat than male mice with transplants from babies not exposed to vaginal seeding. Increased abdominal fat has been linked to increased risks of obesity, Type 2 diabetes and heart disease.



Tatiana Dyubanova/CanvaPro

### Smart Pillow

10minds, a South Korean company, has introduced Motionsleep, a smart pillow that can detect snoring and measure oxygen saturation levels for improved sleep and health management. The pillow uses artificial intelligence to record, track, learn and analyze the user’s snoring patterns through a Bluetooth-powered application.

Using seven built-in airbags, the application adjusts the pillow to move the user’s head and back until the snoring intensity decreases. The pillow is made from environmentally friendly memory foam, offering support and comfort for the cervical spine, located in the neck. It has no electronic components, eliminating concerns about electromagnetic waves.



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## Binaural Beats To Lower Anxiety

A binaural beat is an auditory illusion created by the brain when two different tones are played in each ear simultaneously, creating the perception of a third tone. Listening to binaural beats may help train the mind to increase creativity, enter a meditative state, reduce anxiety or improve mental focus.

A Turkish study published in the *Journal of Integrative and Complementary Medicine* investigated the effect of using binaural beats with patients undergoing a sedation-free upper gastrointestinal endoscopy. Forty-eight patients in the binaural beats group wore headphones and listened to music 15 minutes before the endoscopy, and the control group of 48 patients was given no pre-procedure treatment. The binaural beats group experienced significantly lower anxiety and better tolerated the endoscopy procedure than the control group.



Pheelings Media from Getty Images/CanvaPro

## 3D Printed Teeth

Formlabs, a leading supplier of 3D printers, has introduced Premium Teeth Resin, made with biocompatible material that the company claims enhances aesthetics and has been validated for longevity. The resin can be used for 3-dimensional printing of dentures; temporary full-arch implant-supported restorations; and temporary crowns, inlays, onlays, veneers and bridges up to seven units. Formlabs reports that Premium Teeth Resin is cleared for use in the U.S., European Union, United Kingdom, Switzerland and Canada.



miriam-doerr from Getty Images/CanvaPro

# 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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## ICE-FREE ARCTIC DAY

An article in the journal *Nature Communications* predicts that the first ice-free day in the Arctic Ocean could come as early as 2027, which would be the first visible transition from a white Arctic Ocean to a predominantly blue body of water during the summer. Conditions for an ice-free Arctic Ocean arise when there are less than 1 million square kilometers of ice. While other studies have estimated that the mean ice cover may be less than 1 million square kilometers by September 2050, this research was focused on determining when the first day might occur.

To make their prediction, the scientists used climate models that simulate trends in global temperatures and Arctic sea ice concentrations. They warn that the only way to avoid an ice-free day within this decade is to cut emissions fast enough to cap global warming at 1.5 degrees Celsius. An ice-free Arctic Ocean in the summer is expected to warm the upper ocean and accelerate climate change. Such a change could induce more extreme weather events around the globe and negatively impact the Arctic ecosystem, from zooplankton to the polar bear.



Izobrazheniya pol'kovateleya hipopotov\_alexandr/CanvaPro

## PHASING OUT DRY-CLEANING CHEMICAL

In December 2024, the U.S. Environmental Protection Agency (EPA) announced a 10-year phaseout for the use of perchloroethylene (PCE), although most uses will be fully phased out in less than three years. PCE is a solvent used for consumer applications, such as brake cleaners and adhesives, as well as for industrial uses, such as dry cleaning, the production of refrigerants and the processing of petroleum at refineries.

Newly acquired dry-cleaning machines are prohibited from using PCE after six months. The compliance dates for machines that are already in service vary depending on the type of machine; older models will be phased out sooner. Many dry cleaners have already begun the transition to alternative products. The EPA rule is intended to eliminate the health risk to people that work in dry-cleaning facilities. A 2009 study published in the *Journal of Environmental and Public Health* found that people living in buildings with a dry cleaner had higher rates of kidney cancer.



pimpil from Getty Images/CanvaPro

## STARCH-BASED PLASTIC

Among the sustainable products featured at the 2024 Consumer Electronics Show, in Las Vegas, the Honoree in Sustainability & Energy/Power award was given to Retarch, a starch-based product that is as strong and durable as plastic but eco-friendly and 100 percent biodegradable. Developed by TheDay1Lab, a South Korean biomaterial company, Retarch is made from natural, non-synthesized polymers that can break down on land and in water without leaving behind harmful chemicals or microplastics. The material can be customized for a wide range of applications that currently use plastics, such as packaging and consumer goods. According to TheDay1Lab, Retarch is free from 42 harmful substances and releases up to 86 percent less CO<sub>2</sub> than petroleum-based plastics.



timsa from Getty Images Signature/CanvaPro

## COMEBACK OF THE FLORIDA GRASSHOPPER SPARROW

In August 2024, the 1,000th captive-bred Florida grasshopper sparrow was released into the wild. After observing only 50 of these birds in the wild in 2015, conservationists moved the remaining breeding birds into captivity in an attempt to save the species. These five-inch-tall birds are native to the prairie regions of central Florida and play a crucial part in the local food web, including controlling insect populations. The sparrow's population decline was due to habitat loss and degradation. Scientists caution that the wild population of Florida grasshopper sparrows is not stable enough to declare the species saved, but the release is a major milestone in its recovery.



Carol Hamilton from Getty Images/CanvaPro

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# Time for a Mini Qi Massage

by Shoshanna Katzman



Image by Sookkyung An from Pixabay



People from all cultures have instinctively performed self-massage to help relieve sore muscles and facilitate speedy recovery from injury. Physical manipulation of the body's soft tissue is effective for many common ailments such as relieving headaches, joint pain, and stomach discomfort. Chinese massage is performed by lightly rubbing the skin over meridians, acupoints, organs, muscles, and joints. Endings of the nerves are pressed and stimulated along with the energetic channels located throughout the body. This regulates circulation of qi (vital energy) and blood, loosening and relaxing muscles along these pathways. The act of rubbing creates friction that limbers up joints, tendons, and muscles – along with clearing the mind and eliminating stagnant qi remaining in certain pockets of the body.

Here is a mini massage to promote smooth flow of qi and a storehouse of energy that can be drawn upon, especially during times of stress. This simple qi massage can be practiced anywhere, anytime.

**Preparation:** Sit comfortably on the edge of a chair with your feet flat on the ground. Hold your body upright with hands resting on your lap. Take several deep breaths into

your lower belly and center yourself. Quiet your mind according to the Qigong saying: “replace ten thousand thoughts with one thought.” This helps your energy flow like an endless river, replenishing your life force.

**Bathe Your Eyes:** Begin by rubbing your palms together, then place them over your eyes. Feel the warmth and energy of your palms. Allow it to calm and refresh your eyes. Then bring your hands down to rest comfortably on your thighs.

**Rub the center of each palm** with your thumb, stimulating the acupoint pericardium 8. By massaging this point, you also gently calm your heart and spirit. This point is like a spring that connects the

underground rivers of the lung, heart, and pericardium meridians. It is used to emit qi and at the same time connect your qi with the outside world.

*The tips of your fingers are used to transmit qi. This is especially true for the index finger and middle finger which is the end point of the pericardium meridian. When these two fingers are joined together side by side, they form a strong seal that is used to transmit qi to parts of your body that may need extra attention.*

**Rub around the entire joint of your knees** using open hands. This will warm them up and help relieve stiffness. Then gently stroke and knead around any other joints on your body that are feeling stiff.

**Massage your scalp** and comb your hair vigorously with your fingertips. This opens and circulates qi throughout the head which wakes up and stimulates energy throughout your bladder, gallbladder, stomach, and triple warmer meridians.

**Rub the center of the bottoms of each foot** with your thumb. This stimulates the kidneys via the Bubbling Well point, the first point on the kidney meridian. It also opens and builds flow of qi throughout your entire being.



Kidney 1  
(Bubbling Well point)

**Finish by taking a moment** to draw your energy from the crown of your head, down through the centerline of your body to your lower belly. Then apply your mind intent to store your energy in this key sea of energy within the body known as your center of power. This creates a healing reserve for your body. When you are ready, stand up and shake yourself off to release

any kinks before getting on with the rest of your day.

Make this Chinese mini massage an integral part of your life. There is nothing better than taking the time to doing something to promote self-healing and a deeper connection to yourself.

*Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center ([www.healing4u.com](http://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](http://www.yourcenterofpower.com)). For more information call or text 732.758.1800.*

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# Rose Colored Glasses for Romance

by Lauren Salani, LCSW, BCB



Image by Christine Sponchia from Pixabay



New research, published in the *Personality and Social Psychology Bulletin*, focused on how our world belief might affect our relationship satisfaction and mutual partner responsiveness in romantic relationships. In a “primal world belief” a person’s world is seen through a lens of basically good or bad, safe or dangerous, or interesting and worth exploring. It is through this lens that we make assumptions about the world, assess our experiences, plan our actions and set our goals. Can the way a person sees the world affect a person’s ability to be responsive to one’s partner, helping them feeling understood, validated, and cared for, each feeling like a beloved partner? The authors of this study hypothesized that people with positive world beliefs might view their relationships as more rewarding and worthwhile, which would

motivate them to pursue the goals that would deepen intimacy and connection.

Edward P. Lemay, Jr. and Colleagues had 236 romantic couples participate in a study that included a combination of surveys, daily diary entries, and follow-up assessments over a one-year period. The couples were recruited through online advertisements, local postings and emails. The couples in the sample were from diverse



relationships stages, dating, engaged, or married and varied in age, with the average relationship being about nine years.

Initial surveys were completed by both partners in each couple. Primal world belief was measured as good/bad, safe/dangerous or enticing and worth exploring. The survey also included measures of relationship satisfaction, the desire to care for their partner's needs and responsiveness. The participants also kept daily diaries for two weeks about their relationship satisfaction, responsiveness to their partner and perceptions of their partners responsiveness. The partners also recruited a friend who knew both partners to provide a third-party perspective of the of the couple. To determine long-term outcome, a follow-up survey was done one year later to assess any changes.

The researchers found that people who viewed the world as good or enticing tended to report higher daily relationship satisfaction and greater responsiveness to their partners. Their partners also reported feeling more satisfied and perceived their partner to be more responsive. The invited friends who gave their perspective agreed with the couple's reports.

Individuals with positive approach goals were strongly linked to higher relationship satisfaction and mutual responsiveness for both partners. In comparison, avoidance goals-aimed at preventing conflict or avoiding rejection- were associated with lower relationship satisfaction and responsiveness.

Lamay stated, "A key takeaway is that positive world beliefs (specifically, seeing the world as generally good and seeing the world as enticing) promote mutually caring relationships. When people pursue these approach goals, it promotes more caring and satisfying relationships for themselves and their partners. In other words, when people see the world as a good place, or as a place that is interesting, fascinating, and worth exploring, it may cause more opportunities for improving relationships, and to see improving their relationships as worthwhile." The one-year follow-up assessment demonstrated that the association between the approach worldview and relationship satisfaction was long-lasting. The researchers were surprised to find there was no association between the world seen as being safe or dangerous and relationship quality.

Many people have a negativity bias that says if things go too well something bad will happen. If you notice that your worldview could be more positive and engaging to set new goals for your relationship or your future, please make a change and approach your health professional for advice. You could also call my office for an appointment in a warm, caring office to discuss how your mental outlook affects your health.

*Lauren A. Salani, LCSW, BCB Stress Relief Services Atlantic Executive Center 107 Monmouth Road, Suite 104 West Long Branch, NJ. For more information or to schedule an appointment please call 732.542.2638 or visit [StressReliefServices.com](http://StressReliefServices.com).*

## This Month's Monmouth County Co-op Corner

### ROASTED CAULIFLOWER SOUP



As the chilly winter days continue into February, there's nothing more comforting than a bowl of warm and creamy Roasted Cauliflower Soup. This simple yet flavorful recipe celebrates the season's bounty, bringing the rich and earthy flavor of roasted cauliflower together with savory fresh herbs. Whether you're enjoying a cozy night in or gathering with friends, this heart-warming soup will surely hit the spot and warm your soul.

<b>Ingredients</b>	<i>1 cup full fat coconut milk</i>
<i>2 1 large head of cauliflower, cut into florets</i>	<i>2 tbsp olive oil</i>
<i>1 onion, diced</i>	<i>salt and pepper to taste</i>
<i>4 cloves fresh garlic, minced</i>	<i>1.4 tsp crushed red pepper</i>
<i>4 cups vegetable broth</i>	<i>Fresh herbs (like parsley or chives) for garnish</i>

- Preheat oven to 400 degrees
- In a large bowl, combine olive oil, salt, pepper, crushed red pepper and cauliflower florets and toss, coating the cauliflower
- Spread the seasoned cauliflower on a baking sheet and roast for 30 minutes, until golden brown and tender
- While the cauliflower is roasting, heat a olive oil in saute pan over medium heat add the diced onion and saute until translucent, approximately 5 minutes
- Add the minced garlic and saute another minute or until fragrant and arefully transfer the roasted cauliflower, sauteed onion and garlic, and broth into a blender.
- Add coconut milk and blend until smooth and creamy and ladle into bowls, top with fresh herbs like parsley, chives, basil, rosemary (\*\*add in white beans such as cannellini or great northern for an extra protein boost).

*Bonus: Each of these ingredients can be made available through Monmouth County organic co op.*

**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*



# Chocolate Champions

## Benefits of Dark Chocolate and Cacao

by Marlaina Donato

**A**ncient Mayans prepared beans from the cacao tree, mixed with spices, to make a ceremonial drink that was both sacred and medicinal for them. Today, the market is filled with all sorts of chocolate treats, but dark chocolate is the low-sugar, nutritional superhero that tickles the tastebuds, boosts the production of mood-enhancing endorphins and delivers flavanols, the antioxidant compounds linked to improved cardiovascular health.

“Chocolate affects us deeply when it comes to our emotions. This is why you get it when you are sad, when you are happy or when you want to show your love. Chocolate doesn’t just hit the heartstrings, it’s also scientific,” says Chris Davis, a private chef and third-generation cocoa devotee from Belmont, North Carolina, who is passionate about the ingredient’s sweet and savory potential.

The benefits of dark chocolate can be traced back to its high flavanol content. Researchers have discovered that this antioxidant supports the production of nitric oxide, which is crucial for improving circulation, relaxing blood vessels and lowering blood pressure. Flavanols have also been shown to increase insulin sensitivity, which could reduce the risk of diabetes. Observational studies have shown that indulging in one or two small squares (approximately six grams) of high-quality chocolate daily reduces the risk of mortality from heart disease.

### How Chocolate Is Made

Chocolate production involves a complex set of steps, beginning with a cacao pod that is larger than the palm of a hand. The

seeds inside this pod are fermented, dried and roasted to create cocoa beans, which are comprised of nibs, cocoa butter and an outer shell. The nibs are ground and refined to produce cocoa solids, and the shell is ground into cocoa powder. The most beneficial dark chocolate contains 70 to 90 percent cocoa solids with minimal added sugar and no artificial ingredients such as alkali, a flavor enhancer that greatly diminishes flavanol content.

Another nutritional powerhouse is cacao powder, which is made from raw cacao beans and nibs that are fermented and roasted at much lower temperatures than the beans used to make cocoa powder. Although it is more bitter, cacao powder retains more of

the bean’s original nutritional value, including flavonoids and antioxidants.

### Therapeutic Indulgence

“Rich in B vitamins, cacao is full of minerals such as calcium, copper, magnesium, phosphorus, potassium, copper and zinc,” says Sara Ratza, from Tarpon Springs, Florida, a clinical herbalist, health practitioner and author of *Drinking Chocolate: Ancient Traditions for Modern Healing*. “Traditionally, cacao is given to help raise serotonin and level out dopamine, so the Indigenous people share cacao to help those dealing with addictions. Cacao contains hundreds of chemical compounds such as phenethylamine, which is associated with the production of endorphins in the brain.”



Narong KHUEANKAEW from Getty Images/CanvaPro



According to Ratza, theobromine, cacao's main chemical constituent that many confuse for caffeine, has psychological effects that enhance mood. Cacao was an important part of her own emotional healing while she grieved the loss of both her brother and father. During the COVID pandemic, she owned and operated a brick-and-mortar chocolate factory and shop. "The stories of people coming in and dealing with the trauma of the time is forever ingrained in my heart," she recalls.

Ratza recommends using cacao in the form of nibs or powder from reputable sources. "If your chocolate has transparency of the origin and/or farm, generally you are buying a higher-quality product," she explains. No matter how we revel in dark chocolate or cacao, it is

important to opt for the "fair trade" certification that ensures the product was manufactured without child labor and at a fair wage for workers.

## The Savory Side

For most of us, our love affair with chocolate is based on its sweet form, but a whole world of gourmet fare celebrates its versatility beyond the candy bar or smoothie. For Davis, "The magic truly happens when applied in a savory way. There is a whole other flavor profile to chocolate before sugar is added to it when you want to add an earthy depth to a dish or add smokiness to a protein. Almost any sauce I make with wild game, red meat or red wine I will add a bit of cacao to give it the flavor and color that no other ingredient will come close to." One of his favorite Mexican recipes is mole, a rich and savory sauce made from chilis and chocolate.

## Opening Our Hearts to Chocolate

Ratza believes that consuming chocolate takes us on a journey, if we allow a little time for it to transport and transform us. "Cacao almost forces you to slow down," she says. "It is important to sit and close your eyes as you sip a cup of cacao or let a piece of chocolate melt on your tongue."

*Marlaina Donato is an author, painter and composer. Connect at [WildflowersAndWoodsmoke.com](http://WildflowersAndWoodsmoke.com).*

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# Hyperbaric Oxygen Therapy

The Key to Faster, Safer Surgical Recovery

by Chris Pepitone, D.C.



**H**yperbaric Oxygen Therapy (HBOT) has emerged as a transformative tool in post-surgical recovery, offering significant benefits that accelerate healing, reduce complications, and enhance overall patient outcomes. By delivering concentrated oxygen in a pressurized environment, HBOT supercharges the body's natural healing processes, making it an invaluable addition to any recovery plan.

## Accelerated Healing and Reduced Inflammation

After surgery, the body's tissues are in a heightened state of repair. Oxygen fuels cellular regeneration and collagen production, essential for wound healing. In a medical grade HBOT chamber, patients breathe near 100% oxygen at 1.5 atm or above, dramatically increasing oxygen delivery to injured tissues, even with compromised blood flow. The result? Faster healing, reduced swelling, and minimized scarring—key benefits for anyone seeking a swift recovery.

## Minimized Risk of Complications

Post-surgical complications like infections, delayed healing, and tissue necrosis can hinder recovery. HBOT enhances the immune response by boosting white blood cell activity to fight infections and inhibiting harmful bacteria growth. For surgeries involving grafts or flaps, HBOT improves graft acceptance by optimizing oxygenation, ensuring tissue viability and health.

## Pain Relief and Improved Comfort

Surgical recovery often brings pain and discomfort. HBOT reduces pain by decreasing inflammation and promoting the release of endorphins, the body's natural painkillers. For patients with post-operative edema or nerve discomfort, its anti-inflammatory effects offer significant relief, enabling a smoother recovery journey.

## Aiding Complex and Chronic Cases

For complex surgeries or patients with conditions like diabetes or vascular disease, healing can be challenging. HBOT is particularly effective in such cases, promoting angiogenesis—the formation of new blood vessels—to improve circulation

and oxygen delivery. This capability is vital for diabetic patients at risk of non-healing wounds or infections.

## A Non-Invasive, Complementary Solution

HBOT's non-invasive nature is one of its most appealing aspects. The therapy works synergistically with other treatments and medications, enhancing effectiveness without added stress. For many, HBOT sessions provide a relaxing and restorative experience, reducing stress and promoting well-being.

## Proven Results Backed by Science

The benefits of HBOT are well-documented and endorsed by healthcare professionals worldwide. Studies show that patients incorporating HBOT into their recovery experience faster healing, fewer complications, and better outcomes compared to traditional methods.

## Invest in Your Recovery

Surgical recovery requires time, care, and the right tools. Hyperbaric Oxygen Therapy offers a proven, effective, and scientifically backed solution to enhance recovery. By choosing HBOT, you're not just healing—you're investing in your health, comfort, and future well-being.

*Discover the transformative power of HBOT for post-surgical recovery today. Visit us at [www.MyAdaptiveRx.com](http://www.MyAdaptiveRx.com), call or text us at 732.784.3035 to learn how this cutting-edge treatment can help you achieve optimal recovery results.*





## HEART-OPENING DRINKING CHOCOLATE

**YIELD: 1 SERVING**

This traditional drinking chocolate does not need milk to froth because the fat from the bean creates the traditional froth at the top of the mug. The main ingredient, cacao paste, contains a higher level of heart-healthy, mood-boosting compounds than found in dark chocolate. For 100 percent pure cacao-bean paste, look for ceremonial-grade cacao, which can be found online or in health food stores.

*1/8 to 1/4 cup cacao paste*

*Dash of cinnamon*

*Dash of cayenne pepper or Cobanero chili pepper*

*Sprinkle of sea salt*

*Sweetener to taste (optional)*

Put all ingredients in a 12-ounce mug. Add just enough hot water (almost boiling) to cover the cacao. Whisk by hand or with a frother. Once blended, pour additional hot water to fill the cup. Sip slowly with eyes closed and enjoy.

*Recipe courtesy of Sara Ratza.*

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# Recover from Back Pain, Even Before It Starts

by David and Rebekah Frome



**I**s there a single recipe for maintaining a healthy spine? Absolutely not! Humans are complex. Each body has a different history, and we come in many shapes and sizes. Some of us are sedentary while others are extreme athletes. Some have desk jobs, while others do physical labor. There's not one approach that meets everyone's needs, but some basic principles do exist for maintaining a healthy back.

## **Recipe for a healthy back:**

Stay strong, stay long and stay flexible.

### **Stay Strong:**

Develop functional strength. Functional strength is necessary to perform activities of daily life. Functional strength comes from physical activity (walking, running, swimming, yoga, tai chi). For functional strength, think activity, not exercise.

### **Functional activities help us to:**

- Strengthen postural muscles that help to keep us upright
- Increase our aerobic capacity, build

stamina and help to strengthen the cardiovascular system

- Strengthen the entire body and enhance efficiency in work and play

### **Stay Long:**

Maintain a healthy posture while sitting, standing and in all activities. Keeping your body well-stacked vertically helps you to move with ease and efficiency. Vertical posture helps you maintain your length. When posture becomes stooped, we lose verticality, we lose mobility. Good sitting posture is critical to maintaining a healthy back.

### **Key elements to good sitting posture are:**

- Feet flat on the floor with knees and hips at right angles.
- Firm seat base to support upright sitting
- Maintain the lumbar lordosis - In standing, the low back naturally arches forward. Maintaining this lumbar curve in sitting is important to spinal health.
- Break it up. Walk around every 30 min.
- Avoid sitting in couches, armchairs and beds. They don't allow you to sit upright and maintain your lumbar lordosis.

### **Stay Flexible:**

When we are born, our bodies are highly flexible. As we age, we tend to become progressively stiffer. The lumbar spine has three basic movements:

1. Flexion, the ability to bend forward.
2. Extension, the ability to bend backward.
3. Lateral flexion or side bending - rotation is part of this movement.

Why is flexibility important to spinal health? Our lives are filled with normal activities that require full mobility in our backs. When you lose spinal mobility (flexion, extension or lateral flexion) and try to perform normal activities, back

pain is produced from the overstretch of spinal ligaments.

**Here's what not to do:**

Now this may sound surprising, but avoid crunches and leg lifts. Both shorten the hip flexor (psoas) and rectus abdominis muscles. The psoas attaches to the lumbar spine. When it shortens, the mechanics of the spine are distorted. Shortening the rectus abdominis shortens the waistline and distorts the mechanics of the spine.

If you are suffering from lower back or neck problems, consider Physical Therapy. Treatment should begin with a thorough Physical Therapy evaluation that reveals the history and nature of your unique back problem and how it developed. And should include a custom-tailored treatment program developed specifically for you that frequently includes Five Element Acupuncture, Rolwing® and Craniosacral Therapy. Practitioners should also share specific exercises that draw from the Physical Therapy, yoga and chi gong traditions.

*Rebekah and David Frome practice acupuncture, Rolwing, and Craniosacral Therapy at Frome Physical Therapies, in Loch Arbour, NJ. To learn more and/or to schedule an appointment, visit or contact us at [www.fromept.com](http://www.fromept.com) or 973.509.8464. The contents in this article are not meant to be diagnostic or prescriptive. Back problems are often complex, and a physician should always be consulted before choosing a course of treatment.*

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**Elisa Song**  
M.D.  
The Prenatal Epigenetic Rx



**Lauri Grossman**  
DC, CCH, RSHom(NA)  
Homeopathy for the Emotional Issues  
Associated with the IVF Journey



**Tracey Gapin**  
M.D.  
Optimization and  
Preconception Genetics



**Brian Levine**  
M.D., MS, FACOG  
Current Technologies Improve  
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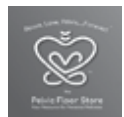
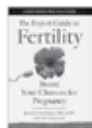
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# Holistic Lifestyle for Dogs

How Herbs, Mushrooms and the Outdoors Can Help

by Rita Hogan

Caring for a dog holistically involves supporting their body, mind and environment in a balanced, natural way that emphasizes prevention and harmony, rather than merely addressing symptoms. Incorporating herbs and mushrooms into a dog's daily routine, and learning which are most beneficial throughout the

year, are effective ways to achieve this balance. The idea is to support immunity and other internal healing mechanisms before problems arise.

It is helpful to adopt a “dog-as-ecosystem” approach, where all aspects of their well-being are seen as interconnected. A dog's

organs, nervous system, physical health, emotional state and environment continually influence one another. For example, stress can trigger a cascade of responses, such as overstimulating the nervous system, leading to digestive upset or a weakened immune system. Similarly, exposure to toxins might contribute to behavioral





24K-Production from Getty Images/CanvaPro

changes because the nervous system is inextricably related to the liver's role in detoxification. Herbs can address these connections and help maintain balance across a dog's entire ecosystem.

### Choosing the Right Herbs and Mushrooms

Because emotional health is closely tied to physical health, calming herbs and mushrooms can help maintain physical balance by reducing inflammation, supporting digestion and detoxification, and enhancing overall organ function. Here are some of the most effective choices.

- **Passionflower** (*Passiflora incarnata*)
- **Lemon balm** (*Melissa officinalis*)
- **Dandelion root** (*Taraxacum officinale*) also stimulates bile production, which aids in the digestion of fats and proper stool formation.
- **Milk thistle** (*Silybum marianum*). Use milk thistle seed rather than a standardized extract of silymarin, the active ingredient in milk thistle.
- **Nettle leaf** (*Urtica dioica/urens*) also provides anti-inflammatory vitamins and minerals.
- **Chamomile** (*Matricaria chamomilla*) directly impacts the nervous system by

reducing stress-induced gastrointestinal discomfort.

- **Lion's mane** (*Hericium erinaceus*) modulates the immune system, the gut and the nervous system.
- **Calendula** (*Calendula officinalis*) improves coat condition, liver function and helps balance the microbiome.
- **Ashwagandha** (*Withania somnifera*)

### Stress and Anxiety Herbal Infusion

1 tsp dried dandelion root (*Taraxacum officinale*)

1 tsp dried milk thistle seeds (*Silybum marianum*)

1 tsp dried nettle leaf (*Urtica dioica/urens*)

1 cup boiling water

Combine dandelion root, milk thistle seeds and nettle leaf in a shatterproof glass container. Pour one cup of almost boiling water over the herbs and cover to let them steep for 15 minutes. Strain, reserving the liquid, and cool. Give one tablespoon for every 20 pounds of body weight. It can be mixed with food.

### Nature Nurture

Along with a daily infusion of herbs and mushrooms in a dog's diet, spending time in nature will benefit them tremendously. Whether walking in the woods, playing fetch at the park or lying in the grass, this connection to Earth provides grounding, mental stimulation, physical exercise and emotional nourishment. Feeding our furry best friends natural, calming ingredients and spending time with them outdoors is the ideal recipe for a balanced, happy and healthy life.

Rita Hogan is a clinical canine herbalist with more than 20 years of experience and author of *The Herbal Dog: Holistic Canine Herbalism Applications and Practice*. Learn more at [CanineHerbalist.com](http://CanineHerbalist.com).

# Beating the Winter Blues

by Anna Hudak LCSW



It is no secret how people start to feel in the Winter months by the Jersey Shore.

After the Holiday hustle and bustle have ended and the New Year has begun, there is not much to look forward to until the start of Spring. The cold days, gray skies, and less daylight create the perfect storm for Seasonal Affective Disorder to find its way into your heart. People start to feel increasingly tired, depressed, anxious or stressed due to the restlessness and need to “get out” of the house and be social. This is very normal to feel this way with the change in weather and length of the cold dark months. However, there are things that can be done to prepare for and get everyone through these dismal winter months.

The best place to start is at home. Have an idea of indoor activities to do with or without friends. Some ideas can be grabbing a favorite book to read, organizing or cleaning a long overdue messy closet, make plans to play board games with friends once a week on a Friday night, teach yourself to make new healthy meals, or even just cozy up with a warm blanket, popcorn and a good movie.

If the snow is high or if it's just way too cold to leave the house and you are craving some social connection, here is a perfect example of when to take advantage of technology in a healthy way. Plan a friend's happy hour on zoom or google meets, or join an online book club meeting, or any online meeting for that matter. This can even be a weekly event on the calendar to keep social connections high during the winter months.

The Jersey Shore also offers so many options for yoga classes, Reiki and massage as well. These holistic practices can help re-energize and re-align your inner strength to get through until Spring.

If at the end of the day, depression and anxiety persist, meeting with a thera-

pist is always another way to help get the support needed to get through the winter months. While seeking a therapist, ensure to choose one who is trained in treating depression and anxiety in all capacities including Seasonal Affective Disorder (SAD).

*Anna Hudak LCSW, Monarch Wellness Center. We have telehealth and in-office sessions available in both our Spring Lake and Freehold offices. We also offer Holistic massages and Reiki sessions now at our Spring Lake office. Take advantage of our Winter specials to support your health and healing during the winter months. For more information or to set up an appointment, contact Nicole (our office manager) at T: 732.795.5519, or schedule an appointment online at [www.monarchwellnesscenternj.com](http://www.monarchwellnesscenternj.com). We look forward to hearing from you. Happy Wintering!!!*





Email [info@NAjerseyShore.com](mailto:info@NAjerseyShore.com) for guidelines and to submit entries.



## SATURDAY, FEBRUARY 1

**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](http://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, FEBRUARY 2

**Visual Imagery Meditation with CBD** (Optional) and Sound Bowls: 2-3:30; Guided visual imagery helps your mind and body relax. When you calm your sympathetic nervous system, you reduce your body's production of stress hormones. Combining visual imagery with CBD has been proven to reduce anxiety, stress and more health concerns. Adding a layer of sound that clears and balances your chakra energy centers gives you an overall relaxing and stress reducing experience. Must be 18 to participate. \$35pp I Pre-Registration is required. Call 848-217-2371 to register. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

## WEDNESDAY, FEBRUARY 5

**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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) Cost: \$25 per person; Pre-Registration is required.

## THURSDAY, FEBRUARY 6

**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](http://Ayearandadaymysticalshoppe.com). Cost: \$225.

## FRIDAY, FEBRUARY 7

**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](http://www.fromept.com) or by calling 973.509.8464.

**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 favorite yoga mat, blanket, chair or pillow, or use one of our chairs. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Angels and Ancestors Workshop** at The Yoga Loft, 58 Main St Farmingdale February 7th 6:00pm to 7:30 pm 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](mailto:info@theyogaloftnj.com) to let us know you'll be joining. \$40

## SATURDAY, FEBRUARY 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](http://Wisdomtreeyoga.com) or call 732.223.3216 for more information.

**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. 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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$125.

**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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$45pp (includes materials)

## SUNDAY, FEBRUARY 9

**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](http://Ayearandadaymysticalshoppe.com)

## MONDAY, FEBRUARY 10

**Online PSYCHIC Inspiration Call** with Dawn Ricci - 30 mins/\$75 -- Grab your favorite beverage and meet virtually to discuss with Relationships, Family, Career, Home, and Health. Get a glimpse into upcoming opportunities and wisdom. So, let's get the Spirit Guides talking to figure out your next best steps. Book appt here: [dawnricci.com/guide](http://dawnricci.com/guide) and get a free Manifestation Mastery: Your Monthly Guide to Hi Vibe Living.

## TUESDAY, FEBRUARY 11

**Online PSYCHIC Inspiration Call** with Dawn Ricci - 30 mins/\$75 -- Grab your favorite beverage and meet virtually to discuss with Relationships, Family, Career, Home, and Health. Get a glimpse

into upcoming opportunities and wisdom. So, let's get the Spirit Guides talking to figure out your next best steps. Book appt here: [dawnricci.com/guide](http://dawnricci.com/guide) and get a free Manifestation Mastery: Your Monthly Guide to Hi Vibe Living.

## WEDNESDAY, FEBRUARY 12

**Online PSYCHIC Inspiration Call** with Dawn Ricci - 30 mins/\$75 -- Grab your favorite beverage and meet virtually to discuss with Relationships, Family, Career, Home, and Health. Get a glimpse into upcoming opportunities and wisdom. So, let's get the Spirit Guides talking to figure out your next best steps. Book appt here: [dawnricci.com/guide](http://dawnricci.com/guide) and get a free Manifestation Mastery: Your Monthly Guide to Hi Vibe Living.

**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.

**Full Moon Circle with Cacao Ceremony:** 7-8:30pm, Enjoy and experience the Full Snow Moon with us. It is called this as in some parts of the world snow is usually the deepest in this month. We'll have a sound bath and give blessings toward home, hearth and family. A cacao ceremony uses the medicinal power of this power plant to connect to yourself in a deeper, loving way, be more in your heart space and heal from within. Participants must bring their own mug and have an empty stomach. No one on antidepressants should participate in this event. We will also pull Tarot cards for you for a personal message. \$45 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: [Ayearandadademysticalshoppe@yahoo.com](mailto:Ayearandadademysticalshoppe@yahoo.com) Web: [Ayearandadademysticalshoppe.com](http://Ayearandadademysticalshoppe.com)

**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](http://purpledragon.com).

## THURSDAY, FEBRUARY 13

**Online PSYCHIC Inspiration Call** with Dawn Ricci - 30 mins/\$75 -- Grab your favorite beverage and meet virtually to discuss with Relationships, Family, Career, Home, and Health. Get a glimpse into upcoming opportunities and wisdom. So, let's get the Spirit Guides talking to figure out your next best steps. Book appt here: [dawnricci.com/guide](http://dawnricci.com/guide) and get a free Manifestation Mastery: Your Monthly Guide to Hi Vibe Living.

## FRIDAY, FEBRUARY 14

### HAPPY VALENTINE'S DAY

**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.fromepr.com](http://www.fromepr.com) or by calling 973.509.8464.

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**SPECIAL EVENT: Love and Romance Readings:** 4-8pm - Celebrate Valentine's Day with 15 or 30 minute card and/or crystal readings, or Akashic records readings by Cherise. Single? Ask your guides to help you in your search for the perfect partner! In a relationship? Bring your partner for a wonderful couples reading. In a difficult relationship? Stop in for insight from your guides. Grieving a loved one? Stop by for a special message from your dearly departed in spirit. \$45 for 15 minutes; \$85 for 30 minutes, Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. [Ayearandadademysticalshoppe@yahoo.com](mailto:Ayearandadademysticalshoppe@yahoo.com)

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## SATURDAY, FEBRUARY 15

**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! Free pendulum when you attend! Prerequisite Reiki. Preregistration required. 848.217.2371, [Ayearandadademysticalshoppe.com](http://Ayearandadademysticalshoppe.com). \$225.

**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, FEBRUARY 16

**SPECIAL EVENT: Aura Photo and Customized Jewelry:** 1-4pm - Have you wondered what your Aura looks like? At this special event, get your aura photo taken for a special price of \$30 and let jewelry designer, Georgia Miller of Feggari design and make a custom piece of jewelry to enhance and strengthen your Aura! Georgia offers pieces in Sterling Silver, 14k Gold and 14k Gold-filled. She will also take orders for you for other custom jewelry designs. Prices for jewelry will vary based on metal and intricacy. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: [Ayearandadademysticalshoppe.com](http://Ayearandadademysticalshoppe.com)

## MONDAY, FEBRUARY 17

**The Wellness Revolution;** 2025 Trending Health Modalities Online Summit. Dawn Ricci will deliver a talk that covers the best ways for you to raise your vibration, connect with your body and soul, tap into your intuition. You'll hear from many holistic wellness experts. Get on Dawn's list to attend, by signing up at [dawnricci.com/guide](http://dawnricci.com/guide) and you'll automatically get her Manifestation Mastery: Your Month-by-Month Guide to Hi Vibe Living.

## TUESDAY, FEBRUARY 18

**Welcome to Joy (Journey of Yoga)** at The Yoga Loft, 58 Main Street Farmingdale 6 Week Beginners Series February 18th at 6:00 p.m. with Monica Join us for a 6-week Beginner Yoga Series, 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—both in body, mind and spirit. Register early—this series fills up quickly, please email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) (please include phone number if registering by email) or call/text 732-239-2333 \$85

## WEDNESDAY, FEBRUARY 19

**FREE Grief Circle** - 5pm, 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.

## THURSDAY, FEBRUARY 20

**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, [Ayearandadademysticalshoppe@yahoo.com](mailto:Ayearandadademysticalshoppe@yahoo.com), [Ayearandadademysticalshoppe.com](http://Ayearandadademysticalshoppe.com) \$195.

**Eco-Anxiety Peer Support Groups** - 7-8pm online via Zoom using the Good Grief Network's "10 Steps to Personal Resilience and Empowerment in a Chaotic Climate" method. Register for this informational meeting that will outline what this 10-week support group entails, explain the course's suggested donation, and answer any questions you might have prior to committing. The group will meet on Zoom from 2/20-5-1 at 7-9 p.m. ET. For more information about this free event visit our website: [www.waterspirit.org/events-calendar](http://www.waterspirit.org/events-calendar)

**Beginners II - Intro to Vinyasa** 6 Week Series at The Yoga Loft, 58 Main Street, Farmingdale February 20th at 6:00 p.m. with Michele 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.

Rediscover your potential and leave each session feeling grounded, refreshed, and empowered. Join us to build upon your foundations and bring a new vitality to your practice! Space is limited; please email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) (please include your phone number if registering by email) or call/text 732-239-2333 \$85

## FRIDAY, FEBRUARY 21

**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 is limited so please reserve your spot online at [www.fromept.com](http://www.fromept.com) or by calling 973.509.8464.

**Join Us for a Special Journey to the BAPS Shri Swaminarayan Mandir** February 21st 8:30 to 2:30 (Bus will depart from The Yoga Loft, 58 Main St, Farmingdale promptly at 8:30am) Immerse yourself in the serene beauty and rich culture of the BAPS Shri Swaminarayan Mandir on this thoughtfully bus trip designed exclusively for yoga teachers and students and anyone interested in architecture. This unique experience includes a private guided tour of the mandir, offering insights into its stunning architecture, intricate carvings, and profound spiritual significance. Learn about the harmony of art and devotion while exploring the sacred spaces of this breathtaking Hindu temple. Space is limited to 25 people to ensure a personalized experience. Reserve your spot today and join us for a day of discovery, learning, and connection. Email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call/text 732-239-2333 to reserve your spot. \$35

**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](mailto:Ayearandadaymysticalshoppe@yahoo.com), web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$10.

## SATURDAY, FEBRUARY 22

**Awaken Your Inner Healer Workshop:** 1-2:30pm – Discover the transformative power within you at this workshop with Nurse Practitioner and Spiritual Healer, Adeline Persaud. This immersive experience is designed to help you reconnect with your innate ability to heal and align your mind, body and soul. Through holistic practices, mindfulness techniques and soul-nourishing exercises, you'll release blocks, restore balance and rediscover your true essence. \$20 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**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. Phone: 848.217.2371. email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com), web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$65.00.

## SUNDAY, FEBRUARY 23

**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](http://Ayearandadaymysticalshoppe.com) \$25pp

## THURSDAY, FEBRUARY 27

**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 [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com). Cost: \$30.

## FRIDAY, FEBRUARY 28

**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](http://www.fromept.com) or by calling 973.509.8464.

**New Moon Meditation Workshop** at The Yoga Loft, 58 Main St Farmingdale February 28th 6:00pm to 7:30 with Angie This is a time for making positive changes, looking for fresh career opportunities, and planting seeds of fruition that will be harvested later...possibly when the moon reaches its full illumination, aka the full moon, arriving in mid-March in Virgo. This is our first time hosting a new and full moon workshop for the same moon. This offers each attendee all the exemplary practices to begin anew and release the old according to the moon's phases. What better way to allow nature to guide us as we tune our actions and thoughts into the only natural satellite, the moon! Please email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call/text 732-239-2333 to register \$40

**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](http://Ayearandadaymysticalshoppe.com) \$45pp.

## Ongoing Events

Email [info@NAjerseyShore.com](mailto: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](http://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. For all levels: Beginners to Advanced. Bring along a meditation mat, pillow, etc. Phone: 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://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](http://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](http://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](mailto:Ayearandadaymysticalshoppe@yahoo.com), website: [www.Ayearandadaymysticalshoppe.com](http://www.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. 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 is all levels and is centered around the Qigong workout of Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy". Call or text 732.758.1800 or email or email [info@healing4u.com](mailto:info@healing4u.com).

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

## FRIDAYS

**Friday Morning Tai Chi in Loch Arbour** -7:30-8:40 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](http://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](http://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](http://www.yourcenterofpower.com).

**Beginner Taiji Class taught by Shoshanna Katzman** - 2pm, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Practicing Taiji helps you to discover internal peace, enliven energy and achieve overall wellness - while building strength, flexibility, stability and endurance. It provides palliative support for many types of injuries and health 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](http://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](http://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](http://www.Qigongforgoodhealth.org) for current information.



## SAVE THE DATES

### SATURDAY, 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](http://Wisdomtreeyoga.com) or call 732.223.3216 for more information.

### WEDNESDAYS, MARCH 5, 19

**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](http://purpledragon.com).

### FRIDAYS, MARCH 7, 21 SATURDAYS, MARCH 8, 22

**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

### SATURDAY, APRIL 5

**Georgian Court University 14th Annual Wellness Expo** For more information, please visit <https://georgian.edu/event/annual-wellness-expo/> and/or reach Sachiko Komagata at [skom-agata@georgian.edu](mailto:skom-agata@georgian.edu)



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[LaurenASalani@gmail.com](mailto:LaurenASalani@gmail.com)



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

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**JEFF BALL, CFP, FINANCIAL ADVISOR**

RBC Wealth Management  
328 Newman Springs Road  
Red Bank, NJ 07701 732-576-4634  
[Jeffrey.ball@rbc.com](mailto:Jeffrey.ball@rbc.com) or [jeffballrbc.com](http://jeffballrbc.com)



Jeff Ball is on a mission is to help clients navigate the financial services industry effectively. He is committed to educating clients about money and investments, helping to reduce money-anxiety and empowering clients to take control of their finances. His goal

is to help clients to reach their financial goals and to achieve a sense of financial well-being. Jeff wants clients to get the best deal possible from RBC and all of their financial service providers.

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1405 NJ 35, Suite 102  
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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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501 Grand Ave. Asbury Park, NJ  
doriancattani@gmail.com  
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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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We are located in the charming downtown section of Farmingdale. Our mission is to provide a serene, safe and welcoming space where students can experience the life-enhancing benefits of yoga. First time students and seasoned practitioners alike make The Yoga Loft their "yoga home" where they're among like-minded friends.

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Show You To  
a Brighter  
Tomorrow



Namaste

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