



HEALTHY LIVING | HEALTHY PLANET

FREE

# natural awakenings

Spring  
Healing Begins  
in the Gut

Pearly Whites  
Wisdom

The Power of  
Creativity



Food & Nutrition

14th Annual

# Wellness Expo

Saturday, April 5, 2025  
@ 11:00 AM - 4:00 PM

Georgian Court University  
900 Lakewood Ave., Lakewood, NJ 08701

Come meet amazing local  
and regional vendors while  
our doors are open!

## Presentation Schedule

30 min. Workshops – Casino Ballroom

11:00–11:30 AM · Fearless & Fabulous: Embracing Your Breast Health with Ma'isah Wise

11:30–12:00 PM · Exploring Psychedelics in Therapy with Meredith Futernick-Gerak, LPC, LCPC, LMHC, ACS

12:00–12:30 PM · Essential Oil: More than just a pretty scent with Stefanle Turner, MA, NBC-HWC, Level I Certified Aromatherapist

12:30–1:00 PM · Homeopathy Healing from Within with Dr. Vidhya Udare MS, CNS, BHMS, CCH, CCY, LDN, FMACP

1:00–1:30 PM · Moving Toward Wellness: Restoring Balance for Mind and Body with Vincent C. W. Chen, Ph.D., GCU Assistant Professor of Exercise Science

1:30–2:00 PM · Oral Health, Whole Health: The Power of Biologic Dentistry with Nicole Zimmermann, DDS

2:00–2:30 PM · Embracing Wellness Through Chronic Illness: 4 Keys For Getting Out of Bed and Back Into Life with Reba Shapiro, MS, NBC-HWC

2:30–3:00 PM · Naturopathic Hydrotherapy: Harnessing Nature's Healing Waters with Joshua Burns, ND, DC

3:00–3:30 PM · A Journey to Better Health Through the World of Nutrition with Celina Semente, MA

3:30–4:00 PM · TBD with Judy Ryan, PT

## Activity Sessions – Casino Front Lawn (or Casino Stage)

11:00–11:30 AM · Gentle Yoga for All Ages with Jamey Stofko

12:00–12:30 PM · Experience Shamanic Drumming with Crane's Lair

1:00–1:30 PM · Qigong with Darren Orr, D.M.Q., Doctor of Classical Chinese Medicine

2:00–2:30 PM · Shinrin-yoku (Forest bathing) with Sachiko Komagata, Ph.D., PT, NBC-HWC, ACSM-CEP, GCU Associate Professor of Integrative Health, Department of Integrative Health & Exercise Science

3:00–3:30 PM · Qoya with Deborah Kehoe, Founder of Mindfulness, Movement, and Music

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- Laser-Assisted Oral Surgery
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- Erbium-Yag Laser Pediatric Dentistry (often w/o local anesthesia)
- SDS Natural Ceramic Implants
- Zirconia Crowns and Porcelain Restorations
- CBCT Scanning
- In-House and Take-Home Whitening
- Homeopathic Remedies for Dental Health



## Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

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

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

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



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



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Publisher's Letter



Hello Friends,



Hooray Springtime!!! Time to start those seedlings 😊 . I am still out of work on medical leave as I write this but am looking forward to going back soon. Thanks again to everyone for the outpouring of love and support. Who could have a better tribe?!

This issue is packed with so many wonderful opportunities to get out and celebrate spring with a host of events for the community. I hope you find the ones that resonate with you and get out there and vibe high. I feel like we have turned a page and very exciting times for health and wellness are ahead.

As always we are so grateful to our readers, our advertisers and our team. We couldn't do this with out you! Wishing you a magical start to springtime!

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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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.



## Looking For Support On Your Path? Book An Akashic Records Reading!



The Akashic Records are a sacred field that holds energetic information of all events of the cosmos. In essence, it is the record of existence collectively, and for individuals. Within the Akashic Records, considered the great library, the record of your soul, including present, and past lives, and potential futures can be accessed. Here, too, Masters, teachers

and loved ones are called forth to support you. Akashic Records Readings are a wonderful resource for those looking for insight, support, wisdom, direction on their journey, healing and soul growth. Chelsea Palermo is a skilled Akashic Records Reader who offers in-person and virtual readings. Within an hour long session, an energy healing attunement occurs prior to opening your records. Then, Chelsea will open your records. Once opened, Chelsea will access information present for you in this moment that supports you in the highest or greater. Akashic Records Readings can help you sustain a longer project, a transition in your life, uncover the next steps on your path to help you move forward in alignment with your higher soul calling, and can be focused on creative projects such as book writing, film creation and more.

Visit Chelsea's website [www.chelseapalermo.com](http://www.chelseapalermo.com) for all offerings, upcoming Masterclasses and to book your session.

## 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)

## Wellness Day At The Yoga Loft

Come join us for a wonderful afternoon of Self Care & FUN with community!! 58 Main St Farmingdale March 15th 12-4pm  
CRYSTAL HEALING MEDITATION CIRCLE: Join Adrienne to connect with your Crystal. Each person will receive a FREE Crystal to meditate with 2:00-2:30pm Cost: \$10.00 -9 spaces available. PSYCHIC READERS: Tarot- Readings with Janice Michael Sedona: Janice M. has a fantastic ability to have fun delivering the messages from Spirit. She can offer guidance with life direction, yes or no questions or situations you may need clarity on. : \$54/30 minutes or \$110/60 minutes. HEART & SOUL ORACLE READINGS - Donna A Russo: A Psychic Reading using a combination of several Decks of Oracle Cards to Read the energy and situations that are presented in your current life, future directions & opportunities. \$54/30 minutes or \$110/60 minutes. HEALERS:

Reiki Healing or Reflexology with Elena. Release tension, restore balance, and awaken your senses. \$20/15 minutes  
Chair Massage with Merr to help release stress & tension, relaxing your muscles & mind. \$20/15 minutes

RSVP: To book your Healing or Reading and Meditation call/text to reserve a space 732.239.2333 or e-mail [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com)

## Acupuncture Nourishes the Promise of Spring



Spring is the perfect time to cultivate health. After an unusually cold and blustery winter, the warmer weather signals a time of renewal. Acupuncture is a useful treatment for restoring the body and mind.

Acupuncture effectively treats musculoskeletal, digestive, and respiratory issues. It's for people

who experience anxiety, depression, & hormonal imbalances.

Acupuncture restores & rebalances the body's energy by addressing energetic blockages that impede health. Ultra-thin "needles" are strategically placed, harnessing the body's innate ability to heal. Any discomfort from the needles is fleeting. Acupuncture, an ancient form of traditional Chinese medicine:

- Regulates hormonal balance—at every stage of life
- Reduces or eliminates chronic or incidental pain
- Relieves anxiety & depression
- Strengthens immunity
- Restores mobility
- Heals sports injuries

Acupuncture is well known for providing pain relief. A form of in-

egrative medicine often used side by side with other treatments, it facilitates advances in health and well-being. It is a relaxing process that treats the whole person; addressing the body and soul.

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

## JBJ Soul Kitchen's Pop-Up

We are excited to announce the opening of a new pop-up location in Toms River, New Jersey. Located at 101 Washington St, in the Ocean County Library. This temporary café will serve meals to the local community while continuing JBJ Soul Kitchen's mission of addressing food insecurity.

The grand opening took place on Tuesday, February 11th. Our menu offers nutritious meals for a suggested price of \$12. Diners can enjoy a variety of choices such as sandwiches, wraps, bowls, and large salads. For those on the go, an a la carte menu is also available, allowing diners to choose what they want for a lighter bite or quick lunch.

## 3 Secrets to Hi-Vibe Your Energy Field



Do you feel a nudge to listen to your inner voice? Have you had dreams that sent you messages? Do you feel that you may have a sixth sense, but don't know how to explain it and work with it? Dawn Ricci, Spiritual Mentor, wants to show you how to begin your powerful spiritual journey to reveal the 3 Secrets to Hi-Vibe Your

Energy Field and Become a Manifestation Machine.

*Join Dawn Ricci for her complimentary 30-minute Inspiration call, to discuss, your next steps in homing in your personal Intuitive and Manifestation skills, that we all have inside of us. Dawn will show you how to raise your vibration, connect with your body and soul, tap into your intuition. And use it in everyday life! Don't delay and book your call at [dawnricci.com/inspiration](http://dawnricci.com/inspiration) today.*

## Qigong For Good Health, Spring Series

- The 7 Week Spring Series Begins March 18th in Lincroft.
- Parking Lot Qigong re-emerges Saturday at 10:30 am with warm weather.
- World Tai Chi & Qigong Day, Jersey Shore - Saturday, April 26th.

Join Maxine Forster Guenther, M.A., Instructor of Integral Qigong, certified since 2003, in The Earth Room, at the Unitarian Universalist Meeting House (UUCMC), 1475 West Front Street in Lincroft. Classes include: **7 Week Spring Series** Two one-hour Qigong classes are available on Tuesdays beginning March 18th at 1:00pm OR at 2:30pm. For information, please check the website [www.qigongforgoodhealth.org](http://www.qigongforgoodhealth.org) Sign up online.



Cost is \$80 for 7 sessions. A 2nd person in same household is \$40. College student, \$40. If you cannot afford the cost, please contact Maxine to make some adjustment in the fee.

**Parking Lot Qigong** will re-emerge in the back lot of UUCMC on Sat mornings at 10:30 when it's warmer, most likely late May. This is a drop-in class by donation. Open to beginners and experienced students. To add your name to the PLQ list for class notification, contact Maxine at [qigongomi@yahoo.com](mailto:qigongomi@yahoo.com)

Finally, **World Tai Chi & Qigong Day, Jersey Shore** is Saturday, April 26th. Contact [Melinda\\_applegate@yahoo.com](mailto:Melinda_applegate@yahoo.com) a contact for World Tai Chi and Qigong Day, Jersey Shore.

## The Meeha Alliance Network



Mary Gundrum and Lori Keith have been friends for over 30 years. Mary is a Certified Holistic Health Coach, Certified Spiritual Counselor, and Ordained Spiritualist Minister. Lori is a NJ Licensed Massage Therapist and Certified

Clinical Aromatherapist.

Their love and passion for the good of humanity inspired the creation of Meeha Alliance, LLC, which believes in the power of community and transformative experiences. Their mission is to bring together Holistic Practitioners and Spiritual Visionaries to provide education and inspiration through local expos and lectures, focused on self-discovery, enlightenment, and holistic well-being.

The Meeha Alliance Holistic and Spiritual Spring Expo will be held on Saturday, April 5, 2025, at Toms River Elks #1875, located at 600 Washington Street, Toms River 10am-6pm. Visit various vendors and participate in free educational lectures scheduled on the hour. FREE Swag Bag for the first 50 attendees.

Practitioners: We are looking for an acupuncturist, certified herbalist, homeopathic doctor, aura photography, Henna artist, beekeeper with local honey, and homemade honey products, and any other business or practitioner that are looking to become involved in the community and build their business or practice. This event will be great exposure.

For information, visit: <https://www.meehaalliance.com> For FREE entrance tickets visit: <https://meehaallianceexpo.eventbrite.com>. The next event is in Oct 2025. Subscribe on the website for updates.

## Mental Health and Nutrition: Trust Your GUT!



Ever wonder why you sometimes feel fatigued or stressed, while other times you're energetic and in a brighter mood? As a therapist, I first explore situational factors, trauma, or life events that may need addressing to alleviate heavier moods. However, I'd be remiss not to consider nutrition's impact on our emotional well-being. Research spanning decades highlights this connection, though

> Continued From News Briefs Page 7 <

finding reliable information can be challenging. Moreover, our unique bodies may require different vitamins, minerals, proteins, and vegetables for optimal support.

I say, "Trust your GUT" – literally and figuratively. Just because something tastes good doesn't mean it's beneficial. A 2014 systematic review by O'Neil et al., cited in Beyer and Payne (2016), linked unhelpful dietary patterns – high in saturated fats, refined carbs, and processed foods – to poorer mental health in children and adolescents. This applies to most of us. We may not immediately notice how certain foods affect us, but over time, they might not serve us well. Mental health is deeply tied to our physical bodies. At Monarch Wellness Center, we embrace the Mind-Body-Soul connection. Pay attention to what you eat and how it makes you feel – it could transform your well-being.

*Anna Hudak, Monarch Wellness Center*

### 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 doriancattani@gmail.com*

### Grief Circle: A Safe Space for Healing & 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, 19, 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.*

### Hip Openers- The Power of the Pelvis



Join us for a transformative experience with renowned facilitators Karin Weinstein and Bobbie Ellis in our exclusive Somatic Hip Opening Workshop at The Yoga Loft, 58 Main St Farmingdale March 8th 1:30-4pm

Through an engaging mix of lecture, observation, discussion, and movement, you'll gain a fresh perspective on how slowing down can enhance body awareness and movement intelligence. This workshop is designed for teachers and students of all levels, whether you're a seasoned practitioner or new to somatic practices.

What to Expect: Anatomical presentation and discussion to set a foundation for learning. Guided somatic movement practices to gently open and release the hips. Mindful exploration of body awareness and sensation. Techniques to alleviate stress and improve overall well-being. Supportive community atmosphere for sharing and connection

Why Hip Opening? By releasing physical tension, you can experience increased flexibility, enhanced posture, and a profound sense of freedom and ease in your body.

*Workshop fee: \$60/\$75 for CEUs (includes certificate and PDF of presentation) Teachers are eligible for 2.5 CEU for this workshop Call/text 732.239.2333 or email info@theyogaloftnj.com to join.*

### Flower Essences Heal!

Featured this Month: **PRETTY FACE**  
Are you struggling with rejection, feeling ugly, or grappling with aging? Then "Pretty Face" flower essence remedy can help. The culture puts a tremendous amount of stress on women to insure their self worth by exterior standards of beauty that for most are unattainable. This trend is now also affecting men as the advertising machine tells all of us what we need and have to have to stay young and desirable. And then for all of those that fear the aging process, Pretty Face can help shift one's awareness from looking outside the self, to finding beauty within. If any of this resonates with you, the flower essence remedy of Impatiens can help!



*Call for a FREE consultation to see if Flower Essences are for you. Donna Fluhr, Certified Flower Essence Practitioner 508-361-2809*





# Honoring the Women in Our Lives

by Marlaina Donato

One moment, the Earth is in the fierce grip of winter, and the next, thawing soil and new green prevail. The month of March is a time of both sudden snow squalls and unexpected, delicate sunlight. We are in that liminal space of uncertainty, half-cloaked in weariness, yet filled with flowering hope, when natural forces seem to articulate the ineffable quality of being human.

Nature outgrows uncertainties with awkward grace, succumbing to unspoken burdens, every now and then exhaling with a good storm that rattles the windows and the bones. In our folklore, nature is a mother—a woman that mourns her daughter’s departure in winter and rejoices her return in spring. Like Demeter of Greek mythology, we embody the seasons, but it is not always easy to accept our March phases, when we cannot make up our minds about who we are, what we want or which face we wish to show the world.

The world celebrates International Women’s Day on March 8, and a few inspiring names come to mind, including poet Maya Angelou, activists Rosa Parks and Malala Yousafzai, aviation pioneer Amelia Earhart, media mogul Oprah Winfrey and marine conservationist Rachel Carson. Humbler, but equally impactful ladies also deserve our recognition, including our grandmothers and mothers that ran the house with lively aplomb, or our aunts and older sisters that offered crucial advice for our



Olderian from pixabay/CanvaPro

first school dance. We also recall and honor the women we lost too soon—girlfriends that moved far away, co-workers that succumbed to COVID-19 and mothers we lost to cancer. We may

even mourn our younger selves and the innocence of yesteryear.

March whispers, “It’s okay. Soften, and allow for all your humanness.” She teaches us a lot, if we listen. This month, be inspired to:

- Laugh at yourself and embrace imperfections.
- Display fresh flowers around the house.
- Thank the women in your life for their unique gifts.

*Marlaina Donato is an author, painter and composer. You can connect at [WildflowersAndWoodSmoke.com](http://WildflowersAndWoodSmoke.com).*

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### Vocal Biomarkers to Diagnose Diabetes

Researchers at the Luxembourg Institute of Health have developed a voice-based algorithm with the help of artificial intelligence that can potentially detect Type 2 diabetes. The screening analyzes subtle changes in a person’s voice, which are not usually noticeable to the human ear. This could represent an early and noninvasive diagnostic tool. Diabetes can affect the vocal cords as a result of nerve damage, thereby affecting voice quality.

The technology was tested in a study of 600 U.S. participants published in *PLOS Digital Health*. Researchers deemed the accuracy of the algorithm to be comparable to traditional risk assessment tools recommended by the American Diabetes Association. Next steps include refining the algorithm to detect pre-diabetes and expanding its use in other languages.

The Luxembourg researchers estimate there are 400 million undiagnosed cases of Type 2 diabetes worldwide. Without treatment, this disease can lead to serious health issues such as cardiovascular disease and neuropathy, as well as higher healthcare costs and even mortality. Current screening relies on blood tests.



nevarpp from Getty Images Pro/CanvaPro

### Benefits of Plum Blossom Acupuncture

The use of plum blossom acupuncture therapy has been documented for more than 2,000 years. It involves the use of a handle equipped with seven short needles in the shape of a plum blossom. It is commonly used in pediatric acupuncture because of its shallow penetration of the skin. Beginning in the 1950s, electric stimulation was added. Today, digital electric plum blossom acupuncture is used to treat a variety of conditions, including skin diseases like acne *vulgaris*, alopecia, hives, eye disorders, juvenile myopia, and impaired or dim vision in children.



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## The Effects of Loneliness on Mental Health

According to a recent study by the National Center for Complementary and Integrative Health and the National Institute of Mental Health published in *Nature Mental Health*, three factors—loneliness, a prior psychiatric diagnosis and stress-related social distancing—were all predictors for experiencing psychological distress during the COVID-19 pandemic.

The internet-based study included more than 3,600 participants that reported their mental and physical health and COVID-related circumstances every two weeks for six months during the first year of the pandemic. Those with a previous psychiatric diagnosis experienced greater psychological distress than those without such a history, supporting public health initiatives to address loneliness and social isolation to improve mental health.



## Non-Opioid Pain Killer Approved

The U.S. Food and Drug Administration has approved a new non-opioid pain reliever called suzetrigine to treat moderate to severe short-term pain in adults. Marketed as Journavx by Vertex Pharmaceuticals, the drug works by blocking a specific channel that transmits pain signals to the brain. After the tragedy of tens of thousands of opioid-related deaths, this non-addictive option for use after surgery or for acute pain management is a welcome alternative. Journavx was evaluated in two randomized, double-blind trials, and was found to demonstrate a statistically significant superior reduction in pain compared to a placebo.



## 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.

### Conditions we can help with:

- Autoimmune issues
- Migraines/chronic headaches
- Depression & anxiety
- Digestive issues
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- Eczema
- Infertility
- Asthma

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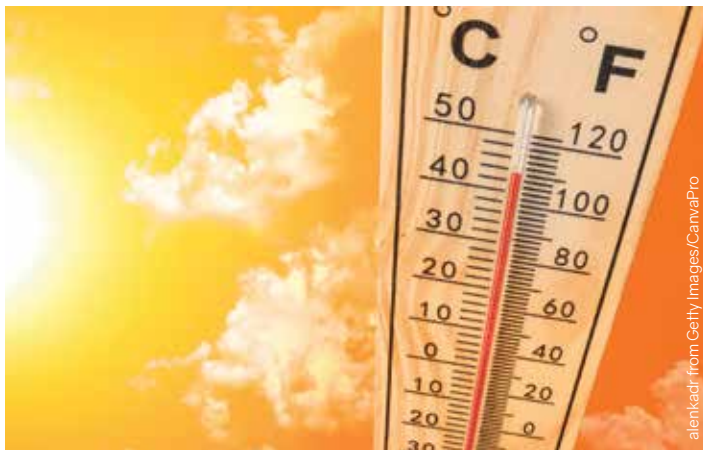
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## 2024 HOTTEST YEAR ON RECORD

According to the National Aeronautics and Space Administration (NASA) and the National Oceanic and Atmospheric Administration (NOAA), 2024 was the hottest year recorded since record keeping began in 1850. Last year was about two-tenths of a degree Fahrenheit warmer than the previous record set in 2023. NASA scientists estimate the planet is roughly 2.65° F hotter than the average temperature during the period from 1850 through 1900. NOAA reported that the last ten years were the hottest since 1850.

Scientists have warned for years that a rise in temperature of 1.5° C (2.7° F) above pre-industrial times could have catastrophic climate consequences. The European Union's Copernicus Climate Change Service separately reported that 2024 was the first year during which the global average surface temperature was more than 1.5° C higher than pre-industrial temperatures.



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## VULTURES ON PATROL IN AFRICA

Poaching of elephants, hippos, Cape buffalo and other wildlife has been a challenging problem in Ugandan national parks for years. With the help of scientists from the Leibniz Institute for Zoo and Wildlife Research, in Berlin, the Uganda Wildlife Authority has enlisted the help of local vultures to help fight poaching because they can spot a carcass from more than two miles away.

Twenty of the winged scavengers have been fitted with trackers connected to artificial intelligence that help interpret the birds' movements, including circling for an extended period, preening, drinking, hopping on a carcass or battling over a carrion. Once the technology identifies a potential poaching site, the park rangers can move in to hopefully catch the poachers or dismantle their snares and traps. In the future, vulture tags may include a camera to help rangers quickly assess what killed an animal.



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## SHUTTING DOWN ILLEGAL SEA TURTLE TRADE

Since ancient times, humans have hunted the hawksbill sea turtle for its glossy, brown shell to make luxury items like bowls, bracelets, combs and eyeglasses. While trading in the critically endangered hawksbill and other sea turtle shells has been outlawed since 1977, such products can still be found on the black market because the goods are often confiscated in different countries from where the poaching took place.

The ShellBank program, started by the World Wildlife Fund and implemented by 28 countries, has been collecting genetic material from confiscated turtle products to trace them back to their region of origin. The program also trains law enforcement and researchers in collecting, handling and analyzing the genetic material. ShellBank co-founder Christine Madden says the goal is to use ShellBank to dismantle illegal trade in sea turtles.



viad61 from Getty Images/Pro/CanvaPro

## NEW U.S. OBSERVATORY IN CHILE

A new U.S. astronomy and astrophysics facility is expected to go online in mid-2025 on a mountaintop in Chile. The Vera C. Rubin Observatory is named after the American astronomer whose work convinced scientists that dark matter is real.

Since then, scientists have determined that dark matter makes up more than 80 percent of all matter in the universe. Using the largest digital camera ever built, the observatory will scan the southern hemisphere sky for 10 years and create an ultra-wide, ultra-high-definition time-lapse movie of the sky to help scientists better understand dark energy and dark matter, create an inventory of our solar system, map the Milky Way galaxy and study objects that change position or brightness over time.



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# Spring Healing Begins in the Gut

by Shoshanna Katzman



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of nutrients and to act as a barrier against harmful substances. Let's not forget about how crucial it is for our body to produce digestive enzymes. This begins by slowly and mindfully chewing food to aid proper breakdown into absorbable nutrients.

*In combination, this approach determines the best nutritional strategy for improving long-term digestive and mental health.*

To begin with, the Five Elements Theory teaches that sweet foods nourish the spleen, and sour foods nourish the liver. Sweet foods refer to those that are “full-sweet” like rice, carrots, or fresh fruits not “empty-sweet” like sugary desserts. Sour foods include lemons, pickles, sauerkraut as prime examples. As such, be mindful of nourishing these organ systems with a balanced amount of sweet and sour foods. Moreover, maintaining a healthy blood sugar balance is essential for regulating



**W**e learn from Chinese medicine wisdom that the transformation and transportation of food is governed by the spleen organ system. As the root of life, the spleen enhances overall health by providing an optimal level of nutritional substance throughout the body. This supports Hippocrates statement “*all disease begins in the gut*”. The Five Element Theory shows us that digestion is additionally affected by the liver as it controls energetics of the spleen. Moreover, overthinking and worry injures the spleen, while excessive anger injures the liver thereby highlighting the connection between one's emotional or mental state and health of their digestive system. This provides an ancient rationale for what is commonly known today as the gut-brain connection which is shedding new light on what Chinese medicine has always known to be true about the mind-body connection.

From a western approach, a more recent nutritional recommendation for maintaining a healthy gut microbiome revolves around a diverse community of microorganisms (microbes) playing a crucial role in digestion, immune function, and overall health. Additionally, it is important to maintain integrity of our gut lining to ensure efficient absorption



Image by Monika Schröder from Pixabay

energy, balancing hormones, and preventing metabolic issues.

Chinese medicine wisdom also recommends predominantly consuming cooked and warming foods, as the spleen is hampered by an overabundance of raw food and cold drink. So, begin drinking water at

room temperature. And choose a warming hearty soup for lunch instead of inundating the spleen with a huge salad.

### Here are further recommendations for foods that support digestive function.

**Bone Broth:** Can be consumed warmed up or used as a soup base. It's high in protein, helps produce digestive enzymes, anti-inflammatory, and rich in collagen which helps repair and maintain the gut lining.

**Ginger Tea:** Supports digestion, helps gastro-intestinal motility, and has an anti-inflammatory effect on the body.



**Kale, Spinach, or Bok Choy:** Rich in nutrients and fiber that support the microbiome. They support transit of waste through the digestive tract.

**Black Beans:** An excellent source of protein and fiber that provide proper nutrition and support for microbiome health.



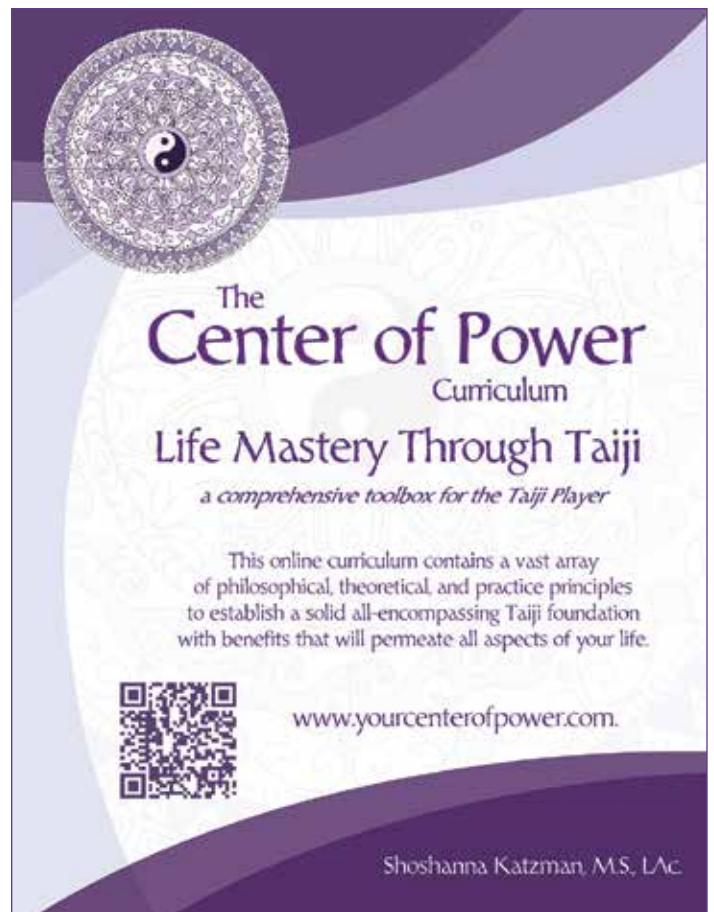
**Blueberries:** Full of antioxidants which reduce inflammation and oxidative stress within the digestive system along with supporting the microbiome.

**Sweet Potatoes:** Support gut lining integrity and nutrient absorption. They are filled with antioxidants that reduce inflammation and oxidative stress within the gut.

In addition to food and drink, digestive health is strengthened through practicing meditative and mindfulness techniques and exercises. Calming the vagus nerve is also recommended as it transmits nerve impulses in both directions along what is known as the gut-brain axis. The Chinese exercises of Taiji (Tai Chi) and Qigong are helpful in this regard along with receiving acupuncture treatment. Making simple changes can procure huge health results. Do your best to restore and maintain digestive health one day at a time.




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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# Pearly Whites Wisdom

by Lauren Salani, LCSW, BCB



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**W**e are seeing once again that the microbiome plays a key role in our health and well-being. The microbiome is a diverse microbial community that exists on the skin for protection and infection control and the gut to enable a healthy metabolism, immune function, and integrate neural and hormonal signaling. Now new questions are being asked about the role of an oral microbiome that could play a key role in mental health, as it is known that diverse microbial communities inhabit the mouth, as well. It may sound “icky,” but hundreds of bacterial species interact with the host (us) and other microbial communities to potentially influence our brain health and other body systems. It is generally well-known that gum disease can increase the risk of heart disease which provoked curiosity into whether oral bacteria could play a role in our psychological health.

A new study led by researcher Stefanie Malan-Millur and Colleagues, published in the *Journal of Translational Psychiatry*, probed the oral-brain microbial patterns of a large group of people with anxiety, depression, and trauma symptoms and their dental health. Participants in the study reported mental health symptoms and were compared to a mentally healthy control group. The structure and composition of their saliva microbiome was evaluated using 16S rRNA sequencing to identify



the genetic makeup of the bacteria. Mental health symptoms were assessed using validated questionnaires for depression, anxiety, and post traumatic stress disorder (PTSD) with accompanying dental health outcomes. Both groups provided blood samples for plasma analysis. Participants also were asked about previous diagnoses of anxiety, depression, periodontitis and gingivitis. People who had used antibiotics within the last 6 months were excluded from the study.

The researchers found that mental and dental health variables did influence the overall bacterial balance in the mouth.

Without citing all the Latin names of all the oral bacteria, it was found that PTSD symptoms correlated with lower levels of certain bacteria and higher levels of others. Other bacteria were positively associated with depressive results and negatively associated with quality of life. Anxiety disorder was found to be associated with still other varying levels of bacteria. Some bacterial variations were reported in those participants with a clinical periodontitis diagnosis.

Malan-Muller also identified, through saliva and blood samples, microbial functions that are associated with mental health and gum disease. She reports that, “We discovered a potential common biological process performed by microbes that connects dental and mental health: the breakdown of tryptophan, an important amino acid.” Reduced tryptophan breakdown can lead to lowered serotonin levels, which is a key neurotransmitter in regulating mood. “Interestingly, we found lower serotonin levels in the blood of participants with mental health symptoms, suggesting a possible metabolic link between oral bacteria and mental health.”

It is important to note that this study only shows a link between types of bacteria in

the mouth and mental health symptoms at a single point in time, future research is needed to “track biome changes over time to show how oral-brain relationships evolve.” Future research also needs to determine the oral microbiome’s actual role in systemic inflammation and neurotransmitter regulation. Specifically, how each type of bacteria in the mouth may influence brain function and emotional regulation.

As science advances, you may want to con-

sider the importance of your oral microbiome and make regular dental visits as part of holistic plan for a gleaming smile and to support your mental health.

*If you are presently struggling with a mental health issue you may call my office for psychotherapy in a warm, inviting office setting. Lauren A. Salani, LCSW, BCB, Stress Relief Services Atlantic Executive Center 107 Monmouth Road, Suite 104, West Long Branch, NJ 07764 Phone: 732.542.2638 StressReliefServices.com*

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# Cooking With Healthy Oils

## The Secret to Anti-Inflammatory Meals

by Marlaina Donato

**H**ealthy oils can quell chronic, systemic inflammation—a condition that significantly exacerbates the risks of cardiovascular illness, autoimmune conditions and neurodegenerative diseases like Alzheimer’s and Parkinson’s. Beneficial fats are indispensable for metabolic processes, brain function, hormone production and the absorption of vitamins A, D, E and K. For overall well-being, the optimal choices are cold-pressed, anti-inflammatory oils made from avocados, walnuts and flaxseeds, as well as extra-virgin olive oil and modest amounts of virgin coconut oil.

### Inflammatory Fats

The typical American diet of drive-through meals and processed, packaged foods like salad dressing, ketchup, mayonnaise and sweet treats in the cookie aisle contains refined vegetable and seed oils. Whether it’s safflower, sunflower, corn, soybean, canola or cottonseed oil, these polyunsaturated fatty acid oils are often bleached, deodorized and chemically extracted with hexane to ensure a greater, more cost-effective yield with a longer shelf life. Such refinement methods destroy the naturally occurring antioxidants. Consequently, a diet high in ultra-processed foods containing seed and vegetable oils can increase systemic inflammation.

“Polyunsaturated fatty acids have multiple double bonds in their carbon chains. This

structure makes them fragile and prone to becoming inflammatory compounds,” explains Sara Banta, a health coach and supplement specialist in Newport Beach, California. “They also inhibit fatty acid beta-oxidation, making your body less efficient at using fat for fuel and leading to larger fat cells.”

### Healthy Oils

**Avocado Oil:** Rich in monounsaturated fats and vitamin E, avocado oil is a versatile choice for moist muffins, roasted vegetables and flavorful homemade salad dressings. With a high smoke point, avocado oil is perfect for savory stir-fries and mouth-watering, healthy grills. In a study published in *Disease Markers* involving rat subjects, avocado oil was found to partially reverse inflammatory processes and reduce levels of triglycerides and low-density lipoprotein (“bad” cholesterol), without affecting high-density lipoprotein (“good” cholesterol) levels. Banta cautions, “Most avocado oils are cut with seed oils. In fact, over 60 percent of the avocado oils are not pure avocado oil, so buyer beware. Look for a brand you trust that is organic.”

**Olive Oil:** Consider using extra-virgin olive oil, an important culinary staple that offers impeccable health properties and delicious flavor to appetizers, dipping sauces, salads and sautés. Studies have reported



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that regular consumption of olive oil may be linked to lower levels of certain markers of inflammation, including C-reactive protein and interleukin-6, as well as a lower risk of dying from cardiovascular disease. Banta notes that olive oil is a heart-healthy choice because of its high levels of mono-unsaturated fats and antioxidants, and a perfect oil for dressings and low-heat cooking. Organic, cold-pressed olive oil is the best option because it is processed without using high heat or chemical solvents.

**Walnut Oil:** According to a 2023 review published in *Antioxidants*, drizzling walnut oil over a grain bowl or grilled salmon may help prevent chronic inflammatory diseases and cancer. Rich in polyunsaturated fatty acids and prebiotics, it was found to promote the growth of beneficial gut bacteria, as well as urolithin, a potent natural compound with antioxidant

and anti-inflammatory properties.

**Alpha-Linolenic Acid:** Mayo Clinic suggests that alpha-linolenic acid, a plant-based omega-3 fatty acid found in flaxseed oil, might help individuals with heart disease or women going through menopause. Flaxseed oil offers its powerful nutrients best when used unheated and can be whipped up in smoothies, sprinkled on soup, drizzled over salads or cottage cheese and added to protein-packed nut butter energy balls.

**Coconut Oil:** When used in moderation, coconut oil is also a versatile option in the kitchen for sautés, desserts, curries and healthy breakfast shakes. Research published in the *Journal of Nutritional Science* in 2024 suggests that this lauric acid-rich oil lowers inflammation and relieves COVID-19 symptoms. “Coconut oil offers

numerous health benefits due to its unique composition and stability at high temperatures,” says Banta. “Rich in medium-chain triglycerides, coconut oil provides a quick and efficient energy source, supporting metabolism and promoting fat burning.”

## Eating Out

When eating out, be mindful that most salad dressings and marinades are likely to contain highly processed, inflammatory oils. To minimize ill effects, Banta recommends asking for salad dressing on the side or replacing it with vinegar or lemon; requesting that the chef use the healthier option of real butter instead of vegetable or seed oil; and avoiding fried foods.

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



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# Craniosacral Therapy and Fibromyalgia

by David Frome, PT, LAc.



**P**eople who suffer from fibromyalgia often experience pain and tenderness throughout their bodies. Common symptoms include muscular and soft tissue pain, fatigue, headaches, and depression.

Fibromyalgia is often confused with chronic fatigue syndrome (CFS) because both diseases cause tiredness. Both syndromes are debilitating. Fibromyalgia is associated primarily with pain and sensitivity throughout the body, while CFS is marked by extreme exhaustion. There is little consensus within the medical community regarding exactly what causes fibromyalgia or how to treat it. Diagnosis includes a physical exam and blood work to rule out rheumatic diseases.

Fibromyalgia causes pain that disrupts one's quality of life, including movement, digestion, sleep, and mental health. Any form of chronic pain ultimately leads to a loss of flexibility and mobility. Treatment is dependent upon lifestyle factors including nutrition, exercise, and rest. Complimentary medical approaches such as acupuncture, yoga, meditation, and craniosacral therapy are designated treatments for fibromyalgia. A combination of these modalities create a healthy treatment plan for anyone challenged by fibromyalgia.

Overall health rests upon movement within the organs of respiration, digestion, elimination, cardiovascular, musculoskeletal, and craniosacral systems. Healthy function is dependent upon the inherent movement within an integrated system. Every person has different patterns of holding which can stunt their overall functioning. The cranial system is a vital and much-overlooked aspect of total health.

## What is the craniosacral system?

The cranial system includes the bones of the skull, neck, spine, and sacrum. It also includes the tissues and fluids of the central nervous system (CNS.) Ideally, the spine and

cranium move with freedom and ease. And the fluids that bathe the spine and brain should also move freely.

## How does Craniosacral Therapy help fibromyalgia?

With subtle pressure, the practitioner evaluates the freedom and mobility within your head, neck, and spine. Gentle techniques help to unwind the tensions in the head, neck, and back. The practitioner assesses the points of tension and holding within the body. How does the ribcage move in response to breathing? Is there a fluid connection of the arms and legs to the trunk? During a craniosacral treatment, clients often go into a state of deep relaxation. The nervous system comes into balance, the body is relieved of chronic tension. The patient drifts into a state of rest and receptivity. Craniosacral therapy restores the flow of vital fluids and energy throughout the body, including the spinal cord and brain. Exhaustion and pain are eased.

Craniosacral Therapy is especially helpful for fibromyalgia. It is also a viable treatment for migraines, TMJ, neck and back pain, anxiety, PTSD, learning problems, pregnancy-related challenges, and more. This non-invasive method helps restore the body to its inherent balance and health.

*Rebekah and David Frome practice acupuncture, Rolfing, and Craniosacral Therapy at Frome Physical Therapies, in Loch Arbour, NJ. To learn more and schedule an appointment, go to [www.fromept.com](http://www.fromept.com) or call (973) 509-8464. The contents of 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.*

# This Month's Monmouth County Co-op Corner

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Looking for a fun & healthy snack that the whole family will love? Try APPLE NACHOS- a delicious twist on the classic game-day dish! Made with thinly sliced apples instead of tortilla chips, this nutritious treat is perfect for satisfying your sweet tooth without any guilt.

Not only are apple nachos easy to make, they're also packed with nutrients. Apples are a great source of vitamin C, potassium, and fiber, perfect for an afterschool snack, a party appetizer, or even a late night treat, Apple Nachos are a fresh and fun way to get your daily fruit in. Give them a try, your taste buds will thank you!

### Ingredients

Choose any apple variety, thinly slice them and arrange them on a plate, slightly overlapping each other

Drizzle your favorite nut butter on top. Or for a thinner sauce, try mixing powdered peanut butter with hot water. To create an attractive zig-zag pattern, use the HANDLE of a spoon for drizzling and then sprinkle with chocolate chips, and/or caramel chips and add coconut flakes on top and a dash of cinnamon

Victory is yours! Share your nachos with friends while watching March Madness (or not – you can totally gobble these yourself at game time or any time)

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# The Power of Creativity

by Cathy Reilly, LSW



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Since ancient times, the creative process has been a mysterious and powerful part of the human experience. The Greeks believed that “muses” inspired an artist’s creativity. Similarly, the Romans believed that a divine entity called a “genius” lived in the walls of the artist’s studio and would emerge as needed to invisibly assist the artist with their work. According to Hindu and Buddhist beliefs, the second chakra or the sacral, located in the lower abdomen, is the energy center for creative expression and is linked to our ability to generate ideas, express emotions, connect with our authentic selves, and experience pleasure.

In modern times, many believe that creativity is not just for artistic or religious practices. In the book *The Creative Act: A Way of Being*, Rick Rubin asserts

that “Creativity is a fundamental aspect of being human. It is our birthright. And it’s for all of us.” Most definitions of creativity include the idea of bringing something into existence that was not there before. Rubin, considered by many in the arts and music industry as a creative guru, sees creativity as “a way of being” that is accessible to everyone. Going with this more nuanced and inclusive definition, let’s explore what creativity can mean for you.



Many practitioners in the wellness sector utilize creativity to help clients reduce stress and increase relaxation. Engaging in a creative act can also help clients connect with their inner child. Ask any therapist, who works with both adults and children, about the difference between their younger clients and their adult clients and you will likely hear how naturally and immediately connected most

children are to their creativity. Children will usually make a beeline for a basket of toys and crafts in a therapist’s office and jump right into their own form of art therapy (playing, pretending, imagining, creating), while adults will usually head straight for the couch to engage in talk therapy. But, clinicians who incorporate art and creativity into their therapeutic practice see the transformative effects on their adult clients. Drawing, journaling, or just coloring can often bring even the most emotionally closed-off clients to a more vulnerable emotional place that can help them open up and allow the healing process to begin.

So what are some ways you can partner with your muse, unblock your sacral chakra, or awaken your inner child and live a more mindful, peaceful, and joyful life through creativity?

Spend time in nature - A study titled “Creativity in the Wild: Improving Creative Reasoning Through Immersion in Natural Settings” showed how nature affects creativity. A group of hikers who spent four days immersed in nature (and disconnected from their phones!) increased performance on a creative/problem solving task by 50%. (<https://www.verywellmind.com/how-creativity-positively-impacts-your-health-5113162>)

Reconceptualize everyday tasks - cooking, gardening, or decorating your home can be access points to creativity rather than mundane chores.

Act like a child - dance, sing, doodle, color, or pretend like you used to when you were a child. If you have a little person in your life, chances are they love to invite you into their creative, imaginative worlds. Take them up on their offer!

Poet Mary Oliver warns, “The most regretful



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people on earth are those who felt the call to creative work and gave to it neither power nor time." So, whatever type of creative act calls to you, be sure to answer it. And have fun with it! Chances are, you won't regret it.

*Cathy Reilly, LSW, is a clinician at Monarch Wellness Center in Freehold, NJ where she incorporates creativity into her individual and group therapy sessions. See [www.monarchwellnesscenter.org](http://www.monarchwellnesscenter.org) to learn more about her workshop offerings. Cathy is also the owner of Mindfully Made LLC, a company that brings creativity to you in the comfort of your home or place of business. To learn more see <https://mindfullymade3.wixsite.com/my-site-3>*

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# Canine Gut Health

## Protecting a Dog's Microbiome

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

Gut health is essential for a dog's well-being. For optimal functioning, the gut depends on its microbiome, a collection of microorganisms throughout the digestive tract that modulate inflammation; assist with digestion and nutrient absorption; protect against harmful bacteria; and influence mood, behavior and stress responses.

### Immune Health and Inflammation

A 2018 report published in *Veterinary Clinics of North America: Small Animal Practice* outlines our current understanding of how the gut microbiome in dogs and cats is closely intertwined with their immune system.

A protective mucous layer separates gut microbes from the intestinal lining, acting as a barrier to prevent harmful bacteria from interacting with intestinal cells.

Specialized dendritic cells extend out of the mucous layer to monitor microbial activity, differentiating between helpful and harmful bacteria. Two types of white blood cells control the proliferation of detrimental bacteria and prevent infections:

B cells, which produce antibodies that bind to pathogens and neutralize them; and macrophages that surround and kill offenders and remove the dead cells.

The gut microbiome also manages inflammation—ramping it up to fight infections or keeping it at bay at other times. Factors like a poor diet, antibiotics and stress can disrupt the balance of beneficial and harmful

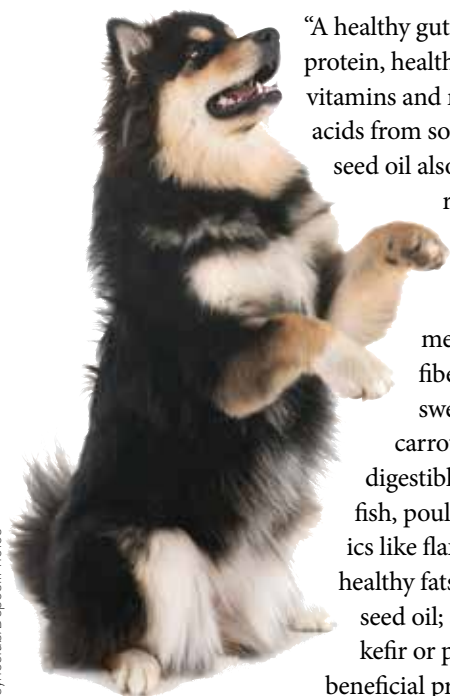
bacteria, potentially exacerbating inflammation or creating other gut health issues.

### Dietary Recommendations

“Many processed dog foods contain fillers and artificial ingredients that harm dog gut health over time,” says holistic pet health coach Denise Bozenski. “Artificial preservatives, colors and flavors disrupt the gut microbiome. Common ingredients like corn, wheat, soy and byproducts can cause inflammation and contribute to digestive issues.”

She recommends choosing high-quality foods made with whole, fresh ingredients, while avoiding heavily processed options packed with fillers. A homemade dog diet can be an excellent choice to promote gut health if it is balanced and made with naturally fresh ingredients. Variety is key for a healthy gut microbiome. A diet with diverse whole foods supports a pet's digestive system.





“A healthy gut needs a balance of fiber, protein, healthy fats, and essential vitamins and minerals. Omega-3 fatty acids from sources like fish or flaxseed oil also play a critical role in reducing inflammation,” explains Bozenski. She recommends a gut-friendly homemade meal plan that includes fiber-rich vegetables such as sweet potatoes, pumpkin, carrots and zucchini; easily digestible proteins, including fish, poultry and turkey; prebiotics like flaxseeds and chicory root; healthy fats such as coconut or flaxseed oil; and fermented foods like kefir or plain yogurt that provide beneficial probiotics.

### Transitioning to Fresh Food

Switching a dog’s diet from processed to fresh food requires a progressive approach to avoid digestive upset. “Start by mixing a small amount of naturally fresh dog food with their current processed food, gradually increasing the fresh food portion over seven to 10 days. This gradual shift allows the dog’s digestive system to adjust,” recommends Bozenski.

She also warns against common mistakes such as failing to balance the diet properly and relying too much on a single ingredient. “Dogs need a variety of nutrients. Without the right proportions of protein, fats and carbohydrates, their gut health could suffer. Additionally, feeding too much of one ingredient can lead to an imbalance in the gut microbiome,” she explains, adding that it is best to consult with a holistic pet health coach or canine nutritionist to ensure the diet is balanced and supports gut health.

“It’s important to avoid feeding dogs toxic foods like onions, chocolate and certain spices,” stresses Bozenski. “Many dogs are also sensitive to specific ingredients, which can cause issues like itchiness or yeast overgrowth.” To identify problematic ingredients, owners can conduct a sensitivity test followed by an elimination diet, which removes certain foods one at a time to find the offenders.

*Ruth Roberts is an integrative veterinarian and holistic health coach for pets, as well as the creator of The Original CrockPet Diet. Learn more at [DrRuthRoberts.com](http://DrRuthRoberts.com).*

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# Unlocking Your Psychic Abilities

## Lily's Inspiring Journey

by Dawn Ricci



When Lily\* was a child, she always had a feeling that she was different. She had a strange ability to know things before they happened, and sometimes she could see things that others couldn't. However, Lily's parents dismissed it as just an overactive imagination and told her to ignore it. As she grew older, Lily tried to ignore her feelings and just be like everyone else. But one day, when she was in her early twenties, she had a vision that couldn't be ignored. She saw a friend's car crash before it happened and knew that she had to do something to prevent it.

Lily called her friend and convinced her to stay home that day. Later that evening, she heard the news of a terrible car accident on the same road her friend was supposed to be driving on. Lily knew that she had saved her friend's life. This experience made Lily realize that she had a gift, and she decided to explore it further. She began to read books on psychic abilities and meditation, and soon discovered that she was a psychic.

Lily was surprised at first, but soon she embraced her new abilities. She began to practice her skills, and she soon realized that she could help people with her gift. She would often receive visions or feelings about people, and she would give them advice or warn them about potential dangers. As she became more comfortable with her abilities, Lily started to get clients. People would come to her for readings, and she would help them with their problems. Lily was happy to help, and her clients were always amazed at her accuracy.

Lily's life changed completely after she discovered her gift. She found a new purpose in life and was grateful for her abilities. She knew that her gift was a blessing and that she had to use it to help others.

From that day on, Lily continued to help people with her psychic abilities, and her reputation as a psychic grew. She knew that she was meant to help people and that she had finally found her true calling in life.

### Five Key Qualities to Seek in a Mentor

In the pursuit of honing psychic abilities, finding a reputable mentor is crucial. Here are five key qualities to look for when researching a teacher or mentor:

- 1. Experience:** Seek a mentor with extensive experience in the psychic realm, preferably someone who has successfully guided others in developing their gifts.
- 2. Knowledge:** Ensure your mentor has a deep understanding of various psychic abilities, techniques, and spiritual practices relevant to your development.

**3. Ethics:** Choose a mentor who upholds ethical standards, respects boundaries, and prioritizes the well-being of their clients and students.

**4. Supportive Approach:** Look for a mentor who fosters a supportive and encouraging environment, nurturing your growth and confidence in your abilities.

**5. Compatibility:** Find a mentor whose teaching style resonates with you and who you feel comfortable learning from, fostering a productive and harmonious mentor-student relationship.

\*Denotes the names of clients have been changed for their privacy.

*Dawn Ricci is a Certified Spiritual Advisor & Mentor, Healer, Psychic Medium who has worked with clients from all over the world. Dawn's specialty is helping clients release trauma within their relationships by opening the dialogue with Spirit and specialized healing modalities. Inquire to hello@dawnricci.com or visit dawnricci.com to book your virtual appointment. Dawn Ricci is a former private investigator who spent decades in New Jersey and New York, specializing in catching cheating spouses. She is known for her Intuitive Wisdom, Keen Observation Skills, Creative Problem-Solving, and Compassion for her clients. She left the profession in 2015 and found her true passion as a Spiritual Advisor, Healer, and Psychic Medium helping people find their...*

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THE 5 KEYS TO UNLOCKING PSYCHIC ABILITIES

Lily's Journey

DAWN RICCI



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



## SATURDAY, MARCH 1

**Reiki Level I Workshop and Certification** – 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. 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

**Seal Monitoring** – Join Waterspirit at Sandy Hook while we monitor the seals that visit the shores of Sandy Hook in the winter. Registration is required. Learn more at <https://www.waterspirit.org/events-calendar/sealmonitoring2025>

## SUNDAY, MARCH 2

**Psychic/Mediumship Workshop with Cherise** – 4-5:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This class is part of a mentorship series. Develop your awareness and gifts, work with your own energy and the energy that surrounds you. 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. Cost: \$65.00 email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com), web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com).

## MONDAY, MARCH 3

**Exploring Nature, Spirituality, and Action Book Club** – 6pm. Join Waterspirit's online book club when we will discuss the book *The Serviceberry* by Robin Wall Kimmerer. Learn more and register at <https://www.waterspirit.org/events-calendar/bookclubmarch3>

## WEDNESDAY, MARCH 5

**Dancing with Dragon** – 8-10pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Dragons are ancient celestial beings 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 and an opportunity to power dance to celebrate our new connection to these magical companions.. 848.217.2371. Cost: \$25 per person; Pre-Registration is required. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

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## THURSDAY, MARCH 6

**Reiki Level II Workshop and Certification** – 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join Maria Martin in this second step on your Energy Healing journey. Get your second attunement, 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

**Group Reiki and Meditation** – 7:30-9pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ. Enjoy a guided, deep chakra meditation. Clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. You may bring a yoga mat, etc., or use one of the chairs we provide. Pre-Registration is required. \$30 848.217.2371 [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com).

## FRIDAY, MARCH 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 powerful cleansing for your heart and soul, through a wide array of instruments from around the world. Feel lighter as you liberate yourself from any darkness, negativities, and toxic energies. Feel empowered, glowing with mystical, magical, radiating energy. Bring your favorite yoga mat, blanket, chair or pillow, or use one of our chairs. Preregistration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) \$25pp

## SATURDAY, MARCH 8

**Introduction To Transformational Writing** – 6 Week Class – Saturdays, March 8th- April 15th 1-3pm. 347 Soul Collective, 39 W Front St., Keyport, NJ. Join this 6-week master course to begin to heal your story. Chelsea Palermo, MFA, will facilitate your healing, as she teaches you tools to use writing as self-care, as the foundation of your writing practice. Includes meditation, energy healing, and writing weekly, as you develop the skills for wellness. Register @ [www.chelseapalermo.com](http://www.chelseapalermo.com) or 347 Soul Collective. Email: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com) 732.646.6226 \$375.

**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)

## SUNDAY, MARCH 9

**Write To Release** – 10am-12 pm. 347 Soul Collective, 39 W Front Street, Keyport, NJ. Poet, Intuitive & Energy Alchemist, Chelsea Palermo, MFA, will guide you through this Transformational Writing Masterclass. Includes healing meditation, energy shifts and intuitive prompts to heal your story, all while Chelsea tunes into the field and facilitates your healing. No writing or meditation experience needed. Come with an open heart & an open mind. Register: [www.chelseapalermo.com](http://www.chelseapalermo.com) or at 347 Soul Collective Email: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com) Call: 732.646.6226 . Cost: \$45

## WEDNESDAY, MARCH 12

**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.

**Meeting and Embracing Your Shadow Self** – 8-9:30pm. Join our medicine woman, Lauren Porter, to help meet your shadow-self. This ceremony is considered one of the first steps in Shadow Work. Who is your shadow? What is your shadow holding onto for you? Experience entering the cave in a guided meditation to help bring peace, understanding and a little bit of illumination to your shadow. Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) \$35pp

## FRIDAY, MARCH 14

**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.

**Full Moon Meditation with Angie** – 6-7pm. The Yoga Loft, 58 Main St, Farmingdale. Join us as we prepare for the last full moon of this winter. When the moon is at its highest illumination, it is the perfect time to rest and release what no longer serves

us. This last full moon of winter is a reminder for us to prepare for the arrival of spring the season of renewal and birth. Please call/text 732-239-2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to let us know you'll be joining. Cost: \$40

**Full Moon Circle with Sound Bath and Tarot** – 7:30-9:30 pm. Enjoy and experience the Worm Moon with us. The ground begins to soften enough for earthworm casts to reappear, inviting the return of robins and migrating birds – a true sign of spring. Along with a ceremony, we'll have a sound bath and give blessings. We will also pull Tarot cards for you for a personal message. Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Cost: \$35 pp Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

## SATURDAY, MARCH 15

**Reiki Level II Workshop and Certification with Maria Martin** – 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. Get your second attunement, 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

**Learn About Human Design Course** – 5-6:30pm. The Human Design chart is a roadmap to help you make decisions that align with your unique energy type so that you can offer your special gifts and magic to the world. In this monthly, 12-month course you will learn how to express yourself and live your purpose without giving in to societal pressure. In each session, Anna will delve into all 5 types to help you understand the aspects of the chart. \$30 per person per class; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Seal Monitoring** – Join Waterspirit at Sandy Hook while we monitor the seals that visit the shores of Sandy Hook in the winter. Registration is required. Learn more at <https://www.waterspirit.org/events-calendar/sealmonitoring2025>

## SUNDAY, MARCH 16

**Stitch & Stretch with Michele** – 2-4pm at The Yoga Loft, 58 Main Street, Farmingdale. Calling all Knitters, Crocheters, Needle pointers, etc.! Join us for few hours of Stitching & Stretching, with a little guided meditation for good measure. No Yoga experience required. Take some time to slow down, learn hand exercises, head, neck, & shoulder movements, and the beauty of calming breath work, all while working on your current project, sharing ideas, and making new friends. Please wear comfortable loose-fitting clothing. Refreshments provided. Please call/text 732.239.2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to let us know you'll be joining. Cost: \$25

**Candle Magick and Mojo Bags** – 6:30-8pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ. 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. 848.217.2371 [Ayearandadaymysticalshoppe@yahoo.com](http://Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$45pp (includes materials)

## TUESDAY, MARCH 18

**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/inspiration](http://dawnricci.com/inspiration) and we'll send you a free Manifestation Mastery: Your Monthly Guide to Hi Vibe Living.

## WEDNESDAY, MARCH 19

**FREE Grief Circle for Everyone** – 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.

**Spring Equinox Celebration** – 7pm. Join us as we celebrate the arrival of Spring. The Spring Equinox is a time to reflect on the freshness and excitement of the rebirth of nature. The program will be celebrated in person and live-streamed on our YouTube channel. Learn more and register at <https://www.waterspirit.org/events-calendar/springequinox2025>

**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/inspiration](http://dawnricci.com/inspiration) and we'll send you a free Manifestation Mastery: Your Monthly Guide to Hi Vibe Living.

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## THURSDAY, MARCH 20

**Reiki Level I Workshop and Certification** – 11-3:30pm, A Year and a Day Mystical Shoppe,

413 Bond Street, Asbury Park. Get started on your Energy Healing journey with Reiki Master Maria Martin. Learn the basics of the art of healing with Reiki, including how to nurture and heal the light within yourself and others. You'll receive your Reiki Level I attunement. Preregistration required. Phone: 848.217.2371, Cost: \$195 email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com), web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com).

**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/inspiration](http://dawnricci.com/inspiration) and we'll send you a free Manifestation Mastery: Your Monthly Guide to Hi Vibe Living.

## FRIDAY, MARCH 21

**Morning Tai Chi in Loch Arbour** – 7:30-8:40am. Our Tai Chi and Yin 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.

**Joys of the Sea** – 4:30pm. Waterspirit is overjoyed to host our gala, Joys of the Sea 2025, at McLoone's Pier House in Long Branch. Join us for food, community, and a truly memorable evening experience to further honor and protect water. This special event will include delicious plant-based food, an exciting silent auction, and stunning ocean views. Get tickets now at <http://bit.ly/joys2025>.

**Yoga Nidra to Balance and Align the Chakras with Rosa** – 6:30-8pm at The Yoga Loft, 58 Main St, Farmingdale. Join us for a 75-minute Yoga Nidra Chakra Experience—a profound journey into yogic sleep designed to harmonize the body's subtle energy centers. Set against the backdrop of the \*\*New Moon\*\*, this practice will help you plant seeds of intention for the season ahead, allowing you to step into alignment with greater ease and purpose. Bring 2 blankets & your mat. Call/text 732.239.2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to register. Cost: \$40

**Healing Circle** – 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Reiki Practitioners and energy healers come discuss and share your experiences and techniques and practice your skills working on one another. It's also an amazing way for people who are new to Reiki and energy therapy to get a taste of what these therapies are about. Preregistration required. Phone: 848.217.2371, [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com), [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). \$10

## SATURDAY, MARCH 22

**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) Cost: \$45 pp

## TUESDAY, MARCH 25

**Gentle New Moon Flow Yoga** – 6:30-8pm. Join Waterspirit and yoga instructor Angel Tener for Gentle New Moon Flow Yoga. Both beginner and experienced participants will enjoy this class as we develop energy and balance. Flow through poses to promote strength, flexibility, and body awareness. Become empowered as Angel guides us through breathing and mindful movements. No experience necessary. Register here: <https://www.waterspirit.org/events-calendar/newmoonyogaspring2025>

## THURSDAY, MARCH 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. Bring along a yoga mat, etc., or use one of the chairs we provide. Pre-Registration is required. Call: 848.217.2371 Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$30

## FRIDAY, MARCH 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 at [www.fromept.com](http://www.fromept.com) or call 973.509.8464.

**Friendship Circle with Patty** – 6-7pm at the Yoga Loft, 58 Main St, Farmingdale. Join Patty in this warm, supportive gathering to share, connect, and grow through meaningful conversations and activities. It's a space where trust, kindness, and mutual respect foster lasting connections, creating a sense of belonging and community. Our gathering will be focused on Energy. Please call/text 732-239-2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to join \$20

**Medium Gallery Readings with Cherise** – 7-8:30pm. 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. Hearing a message from a loved one 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) Cost: \$25pp

## FRIDAY, MARCH 29

**New Moon Crystal Bowl Meditation with Angie** – 12-1:30 pm at The Yoga Loft 58 Main St Farmingdale. Do you yearn for a deeper sense of calm, clarity and purpose? The afternoon will offer a gentle yoga practice, crystal bowl meditation and journaling, giving you a sense of clarity and calm to embrace this time of opportunity: A deeper connection to inner self and your aligned purpose and a renewed sense of energy and vitality Please call/text 732-239-2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to join \$40

**Stone Path Readings** – 1-7pm The art of Ancient stone readings can show you how your life has been through each phase and where you are heading. We



can use the stones to give insight for questions and situations you would like guidance for. Readings are available for individuals and couples. Life Path Readings are \$45 per person; In-Depth Readings are \$85 (up to 30 min). Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Gentle New Moon Flow Yoga** – 6:30-8pm. Join Waterspirit and yoga instructor Angel Tener for Gentle New Moon Flow Yoga. Both beginner and experienced participants will enjoy this class as we develop energy and balance. Flow through poses to promote strength, flexibility, and body awareness. Become empowered as Angel guides us through breathing and mindful movements. No experience necessary. Register here: <https://www.waterspirit.org/events-calendar/newmoonyogaspring2025>

## SUNDAY, MARCH 30

**Special Event: Akashic Records, Stone Path or Medium Reading** – 12-4pm, 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

## 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. Pre-registration 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.

**Affirmation Poems** – A Spiritual & Poetic Practice- 12-2pm. 347 Soul Collective, 39 W Front St., Keyport, NJ. Poet, Intuitive, and Alchemist, Chelsea Palermo, MFA, will guide you through an intuitive process, that includes guided meditation to attune your channel, poetry craft techniques to apply to your Affirmation Poems, and intuitive insights. Come into a held space where the wisdom you are ready to hear, write and behold, has permission to flow forth onto the page. Register@[www.chelseapalermo.com](http://www.chelseapalermo.com) or 347Soul Collective. Email: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com) Call: 732-646-6226. Cost: \$45.

**Meditation for Earth** – 12:15pm. Join Waterspirit's hybrid Meditation. In-person in the Sanctuary at Rumson Presbyterian Church 4 East River Rd. Rumson, NJ. Join our virtual meditation on our YouTube channel. Learn more at <http://www.waterspirit.org/meditationforearth>

## 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 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: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Ask us about private meditation sessions and Veteran Discounts. Cost: \$25

## THURSDAYS

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

**All-Levels Qigong Class taught by Shoshanna Katzman** – 5:30pm on Zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. This class contains students of all levels and is centered around the Qigong workout of Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy". Call or text 732.758.1800 or email or [info@healing4u.com](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 lon-

gevity! 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).

**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.

**We Write: Reflections, Meditations & Sound** – 11am- 1 pm. Come into a space of reflection, meditation and sound. Chelsea Palermo, MFA, will lead you through an energy healing meditation, then select a guided prompt from her We Write deck. Sit, reflect, and be in peace as you write, and explore your truth on the page. Chelsea will play singing bowls, and open the Akashic Records for the group to support wisdom and healing. Register @ [www.chelseapalermo.com](http://www.chelseapalermo.com) or [www.347soul.com](http://www.347soul.com). Email: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com)

## 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.

**347 Soul Collective Presents Poetry Reading & Open Mic** – Hosted by Chelsea Palermo & Aimee Senopole 39 W Front St. Keyport, NJ Visit: [347Soul.com](http://347Soul.com) for more information, or [www.chelseapalermo.com](http://www.chelseapalermo.com) Call: 732-646-6226 \$45-

## SUNDAYS

**Akashic Records Readings & Energy Healing Sessions** – 12-7 pm. 347 Soul Collective, 39 W Front St. Keyport, NJ. Come in for an Akashic Records Reading or a Reiki + Energy Healing Session with Chelsea Palermo, MFA. Reiki + Energy Healing Sessions include more advanced energy healing techniques, and be combined with Transformational Writing, and/ or PEMF BIO Mat Sessions. Walk-ins welcomed. Though online booking is preferred to reserve your spot. [www.chelseapalermo.com](http://www.chelseapalermo.com) Email: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com) Call: 732-646-6226

## SAVE THE DATES

### WEDNESDAY, APRIL 2, 16, 30

**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 [purpldragon.com](http://purpldragon.com).

### FRIDAY, APRIL 4, 18

### SATURDAYS, APRIL 5, 19

**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)

### TUESDAY, APRIL 9, MAY 27

**Gentle New Moon Flow Yoga** – Join Waterspirit and yoga instructor Angel Tener for Gentle New Moon Flow Yoga from 6:30 to 8pm. Both beginner and experienced participants will enjoy this class as we develop energy and balance. No experience necessary. Register here: <https://www.waterspirit.org/events-calendar/newmoonoyogaspring2025>

### SATURDAY, APRIL 19TH

**347 Soul Collective Presents** – Poetry Reading & Open Mic Hosted by Chelsea Palermo & Aimee Senopole 39 W Front St. Keyport, NJ Visit: [347Soul.com](http://347Soul.com) for more information, or [www.chelseapalermo.com](http://www.chelseapalermo.com) 732-646-6226. \$45





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

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**JEFF BALL, CFP, FINANCIAL ADVISOR**

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Jeffrey.ball@rbc.com or jeffballrbc.com



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

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Beth Aitken  
Instagram @beyond\_holistic\_healing  
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ALYSSA SIEGEL MSN,RN,FNP-C, CPEN  
1405 NJ 35, Suite 102  
Ocean, NJ 07712 732-314-1851



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



## RETAIL

### A YEAR AND A DAY MYSTICAL SHOPPE

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## REFLEXOLOGY

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



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.

## REIKI/ENERGY HEALING

### DORIAN CATTANI LLC

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



Dorian Cattani is a Reiki Master, Energy Healer and Meditation Teacher. She offers 1:1 Reiki sessions and Reiki for 2 in her studio in Asbury Park. Please see the Calendar of Events section for her Grief Circles and Reiki Circles

she offers once a month.



### CHELSEA PALERMO, MFA

5347 Soul Collective  
39 W Front Street, Keyport, NJ  
www.chelseapalermo.com  
732-646-6226 @IG chelseapalermo\_poet  
chelsea@chelseapalermo.com



Chelsea Palermo, MFA, is a poet, intuitive, & alchemist. She is Usui Reiki Master, Akashic Records Reader, Somatic Practitioner & beyond. Chelsea offers Akashic Records Readings, Energy Healing & Reiki Sessions, Transformational Writing Sessions & Group Healing Classes in her private healing practice at 347 Soul Collective and online. Visit her website for all offerings, upcoming Masterclasses and to book a session.

Additional services: dedications, weddings, funerals and house cleansings.

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info@theyogaloftnj.com 732-239-2333



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