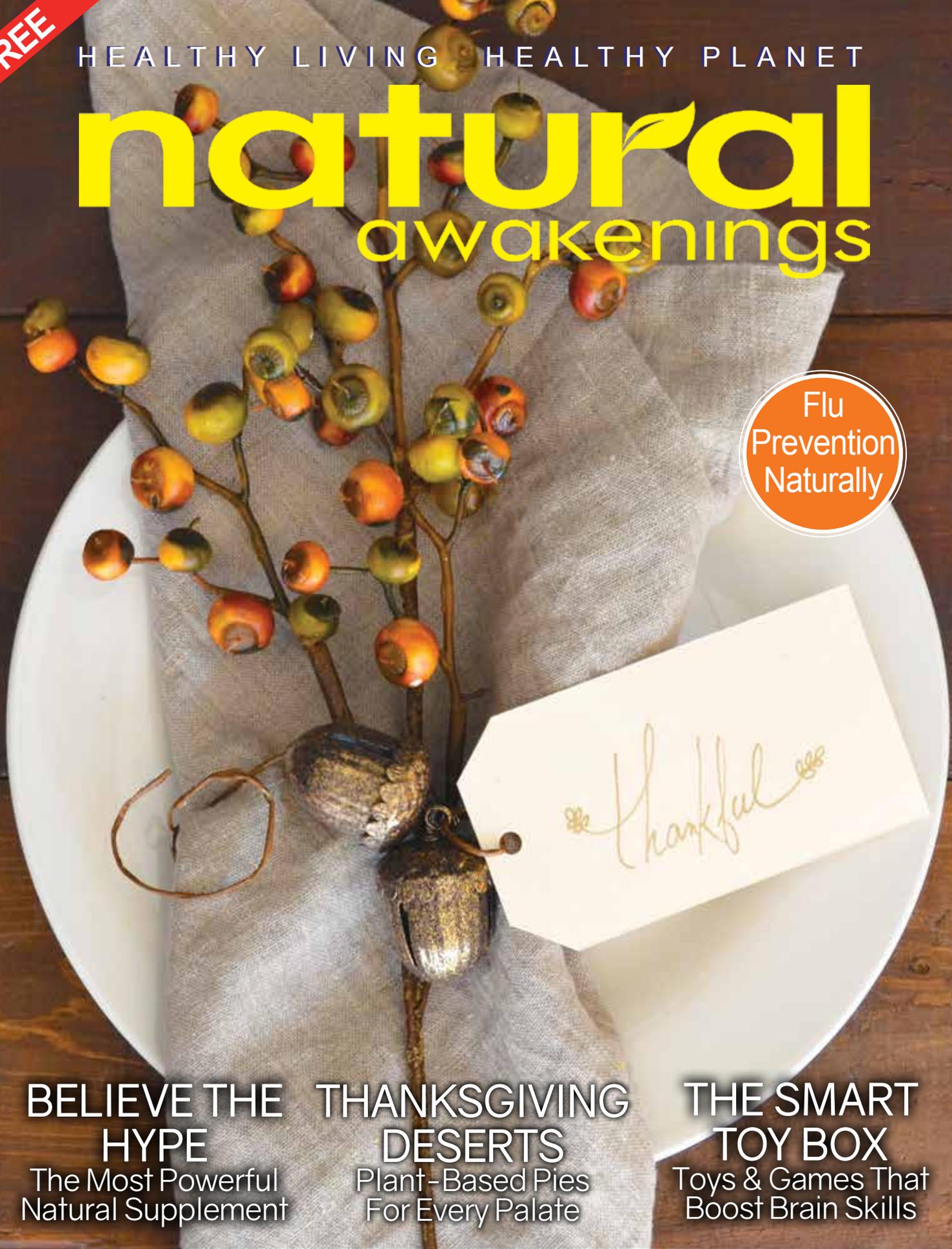


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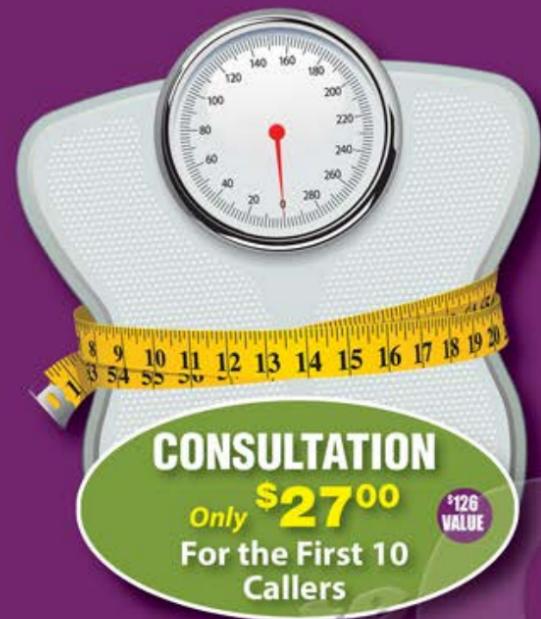
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.



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letter from publisher

Hello Friends



Sharon Shaffery

Happy Thanksgiving!

I love this time of year. I find pretty much everyone, generally in good humor. And for those who aren't, I am taking the advice of a post I saw on social media. It said "if you can't find a nice person, be a nice person". I really liked that, and remind myself to live it.

This time of year we are reminded to reflect on that for which we are grateful. And I feel so fortunate that my list is long and full of wonderful relationships. I was driving home yesterday and as I crested the hill in Beacon Hill Country Club and looked out over my favorite view of the harbor and NYC, I once again asked myself – how did I get so lucky

out of the 7 Billion + people on earth, to be born right here. I have visited almost every state in the union, and I truly feel - there is no place like home.

This was my first month working fulltime on the magazine and I have been using this time to meet with our practitioners and get to know everyone. I really don't think I have ever met a more wonderful group of people. Consistently the experience has been the same: kind, happy, dedicated to serve and help others feel better. Our community truly is the drop in the water that ripples out across the pond (so to speak), spreading peace, love and happiness to all hearts ready to receive it. And perhaps causing a moment of pause for those who are not there yet.

Warm wishes,



Sharon



news briefs

Introducing Wild and Free Painting



Imagine how it would feel to creatively express yourself without the pressure to perform, produce or succeed. Imagine how it would feel to be surrounded by a community of women without judgment, analysis or critique. Now, imagine how you would show up in all aspects of your life if you gave yourself the opportunity to feel supported in this way. If you are someone who aspires to live from a place of authenticity, would love the confidence that a community of complete acceptance can provide and believes in the transformative power of inner exploration, you are in the right place.

Wild and Free Painting, is an indulgent and nourishing Process Painting Art Studio for self-discovery, where we run weekly workshops and groups for women and teen girls with helpers who help.

Process Painting focuses on the act of painting itself and your experience while painting rather than focusing on the final art product. In the art studio there are no judgments made, no expectations, no analysis of your paintings, no model to follow and no critique. It's a quiet practice, with a meditative quality so we can turn inward and begin to understand what we are internally feeling.

Workshops: Join us in a Process Painting Workshops where you will release stress, quiet your mind and reconnect with your true self. All materials are always included.
Tues, Wed & Thurs, 10am-12pm. — Thurs evenings 4:30-6pm. — Teen Girls Group: 6:15-8:15pm

Elissa Arbeitman is the owner of Wild & Free painting. For more information, call 347.804.8249 or visit wildandfreepainting.com. 660 Tennent Road, Suite 206 Manalapan.

Free Workshop - Toxicity and Weight Loss

Are you suffering from weight loss resistance? Do you feel like you have tried every type of diet and detox and the weight just does not come off? Are you the type to lose the weight after a certain diet or detox and then you gain back the original weight or even pile on more pounds? Your body is screaming for help!

In this integrative workshop you'll learn how toxins effect your hormones and weight loss as well as two simple tests that let you know your toxicity levels. Find out why most diet plans and detoxification programs don't work and sometimes are even dangerous. Discover how to remove the interference and let your body begin to happily release fat and lose weight.

If you are still wondering what is the real reason why you still can't lose weight after all that you have done, you must attend this workshop! Workshop Date: Wed, November 14th at 7 pm

Workshop is led by Larisa Belote, Integrative Nutrition Health Coach at 4 Bridge Plaza Drive, Suite 5 in Manalapan, NJ. Registration Required. Call 732.490.5770 or email larisa@stepbystep-wellness.com



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The Art of Doing Nothing with Horses



Are you horse-curious and would like to get to know these magical beings in a natural setting? Perhaps you once rode but have become timid around horses and would like to return to the saddle. Or would you simply like to feel the deep calm and presence that comes from being around horses? If so, then this day is for you!

Come and learn the subtle language of horses, how horses feel energy, and learn to communicate with one another by doing nothing. With the help of intuitive horses and talented coaches who will facilitate your journey, you will not only learn about horses, but discover new aspects of you. For more info & registration: unbridledlifecoaching.com/events

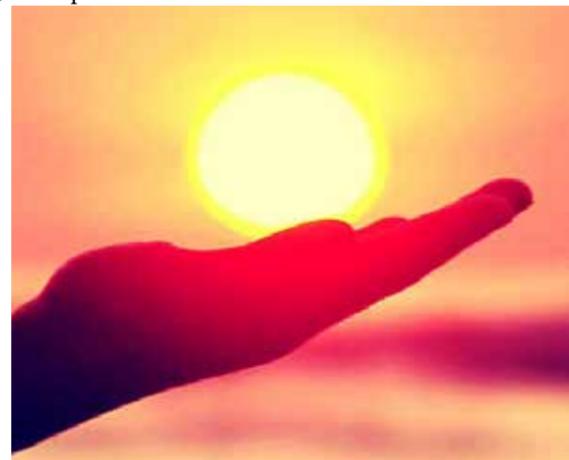
Price: \$50 each session. Saturday, November 17 (Rain Date: Sunday, November 18)
Morning session: 9:30am-noon Afternoon session: 1:30pm-4pm

Location: Tribrook Equestrian Center, 283 Long Swamp Rd, New Egypt, NJ. Phone: 908.217.7852

Beat Holiday Stress with Reiki

Being thankful is a highly effective way to balance our energy and to raise our personal vibration, leading to improved well-being through the attitude of gratitude. With the stress of the holidays approaching, it's important for each of us to take a little time to reflect on what we are thankful for.

Balancing our energy is something that we should do every day. When we are balanced, we choose the way we wish to process the incoming energy of the people around us. This helps us to determine what we hold onto and what we choose to release. The attitude of gratitude gives us the motivation to drain away the undesired energy that lowers our moods and reduces our physical wellness. Reiki is an effective tool that may assist



you in becoming balanced by releasing unwanted stress and pain to restore your energy and promote your own natural healing process.

Join one of our Reiki healing circles and share in the energy healing of the group (Thursdays – November 8nd and 22nd). You can also learn to practice Reiki on yourself and the people around you through one of our Reiki certification courses. Or, contact us to schedule your own Reiki session or psychic reading. Find your intention and love your well-being!

Jeff Carpenter is a certified Reiki Master, psychic and spirit medium, and he is the founder of Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Registration is required for these events and classes; please email dimensionsreiki@gmail.com or call 832.832.1036 to register. Register online at <http://dimensionsreiki.com/calendar>.

Discover Aṣṭāṅga at The Yoga Loft

Aṣṭāṅga yoga is a system of yoga containing original teachings on vinyasa (movement), drishti (gazing point), bandhas (energetic locks), mudras (gestures), and philosophy. Aṣṭāṅga yoga literally means “eight-limbed yoga,” as outlined by the sage Patanjali in the Yoga Sutras. The very definition of yoga is “controlling of the mind” - this opens the door to our



own spirit and our true nature. Asana practice is the only way to stabilize and calm the mind and to cleanse it of blockages, activating the physical, mental and spiritual renewal processes, which ultimately leads to freedom and happiness. Aṣṭāṅga yoga is beneficial for anyone interested, whether stiff or flexible, fit or unfit. Each person progresses at their own level and in their own time, listening to their body, breath and mind.

In this workshop, with Swetha Sannyasin Sat, Nov 17th 12:30-2p, we will cover in depth the eight limbs, or spiritual practices, that comprise the path of internal purification rules for practicing and etiquette breathing and building internal fire (agni) energy flow (prana) energy centers (chakras) energetic locks (bandhas) Vedic hymns (mantras) postures (asanas) and proper alignment.

The Yoga Loft is located at 462 Adelpia Rd., Freehold Please email info@theyogaloftnj.com or call/text 732-239-2333 to register \$25.

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Female Sensual Qigong Workshop

Qi is the vital life force that flows through every living thing. The practice of cultivating energy is called Qigong. Join Joyce Virani Sun Nov 18th 11:30a-1:30p and experience a new and unique form of this ancient Chinese energy practice using European essential oils, healing crystals and evocative music, leaving you feeling centered, connected, sensual and empowered. Soft, flowing easy to learn movements, guided meditation, breathing, visualization, vocalization and self-massage help you get out of your head and into your body, with all your senses.

Cost: \$40 Pre-registration is a must. Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach) Any questions or for more information please contact Lisa Matthews at 973.452.2828.

Advent at The Yoga Loft

The word "advent" simply means "coming" or "arrival". To participate in the advent season is to celebrate Christ's birth as well as to look forward to His second coming. The period of advent begins the 4th Sunday before Christmas and continues to Christmas day. We will be celebrating with some Gentle Yoga and Meditation.

The First Week: we will focus on HOPE. In the original language Hope had the feeling of certainty, something expected.

The Second Week: we will focus on PREPARATION, the act or process of making ready.

The Third Week: we will focus on FULFILLMENT, the achievement of something desired, promised, or predicted.

The Fourth Week: we will focus on CELEBRATION. The act of marking one's pleasure at an important event or occasion by engaging in enjoyable, typically social, activity.

Join Dianne Sundays from 6-7:30p. Nov 25th to Dec 16th.

The Yoga Loft is located at 462 Adelpia Rd., Freehold. Please e-mail info@theyogaloftrnj.com or call/text 732-239.2333 to register. \$80 for the series or \$25 drop in fee.



Gentle Yoga Class for Healthy Ageing

This gentle yoga practice incorporates breath work and some mind body techniques. Improving flexibility, circulation, strength, and balance while calming the effects of stress on your physical and emotional health. Gentle movement can help your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum. It also helps with injury prevention, improving joint motion and spine health. Maintaining the full range-of-motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older. You are as young as your spine is flexible. Flexible muscles can improve your daily performance. Flexibility tends to diminish as you get older, but you can regain and maintain it. This is a wonderful class for any age. Students will feel refreshed, rejuvenated and empowered by their practice.

This class is every: Monday 12-1pm & Thursday 11-11:45am and is offered by Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach) Any questions or for more information please contact Lisa Matthews at 973.452.2828.

FREE Workshop: Pain Solutions



When dealing with chronic conditions, including chronic pain (back & neck pain, joint pain, arthritis, fibromyalgia, headaches/migraines, etc.), it's important to focus on the root causes, which can be found in the interaction of genes, lifestyle, and environment.

If they are not optimal, it leads to imbalances, which culminate in increased inflammation and pain. Other than genes, how we eat, sleep, move, rest, and de-stress are all important factors in influencing our health, and... luckily for us - within our control.

Utilizing Functional Medicine approach - "Test, don't guess", we can gain a deeper understanding of the underlying causes of your health problems, such as food sensitivities (not allergies), hormonal imbalances, metabolic functions, etc., and find the healing opportunities.

To learn more, please join us on Thurs, Nov 15th, 7-8 pm. Due to limited space, please RSVP by contacting Ada Zak at 732.333.6680, or you can visit us online at www.OptimalHealthGuide.com

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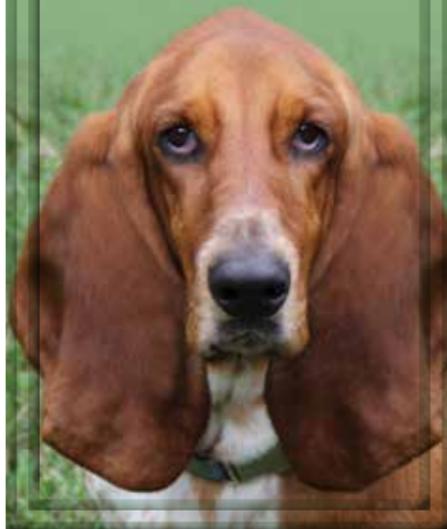
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Money can buy you a fine dog, but only love can make him wag his tail.

~Kinky Friedman



health briefs

Raw Fruit and Veggies Key to Mental Health

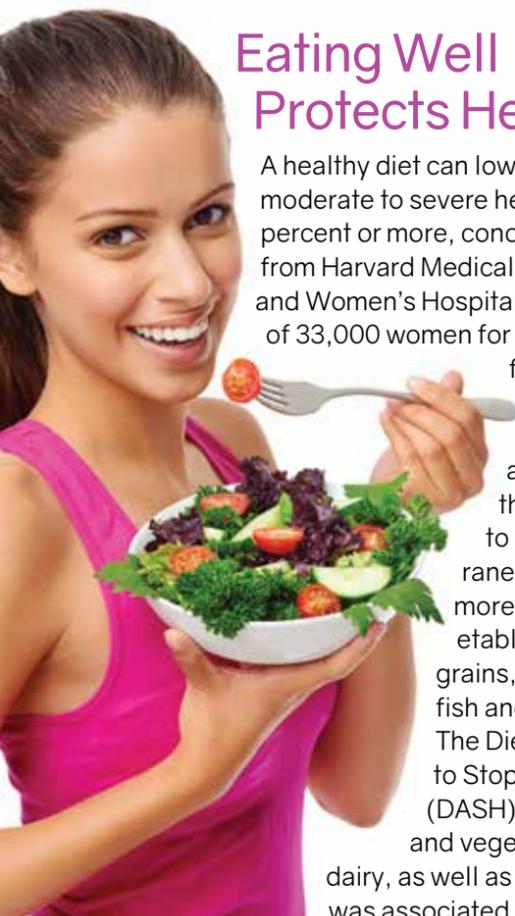
Raw fruit and vegetables are better for mental health than canned, cooked or otherwise processed produce, report researchers from New Zealand's University of Otago. Their survey of more than 400 young adults from their country and the U.S., published in *Frontiers in Psychology*, found a correlation between eating raw produce and measures of psychological well-being, positive mood and life satisfaction.

"The cooking and processing of produce likely limits the delivery of nutrients that are essential for optimal emotional functioning," says co-author Tamlin Conner, Ph.D. The top 10 raw foods for mental health are carrots, bananas, apples, dark leafy greens, grapefruit, lettuce, other citrus, berries, cucumbers and kiwis.



Eating Well Protects Hearing

A healthy diet can lower the risk of moderate to severe hearing loss by 30 percent or more, conclude researchers from Harvard Medical School's Brigham and Women's Hospital. Studying the diets of 33,000 women for 22 years, they found that hearing was better retained among those that ate closer to the Mediterranean Diet—with more fruits, vegetables, whole grains, legumes, nuts, fish and virgin olive oil. The Dietary Approaches to Stop Hypertension (DASH) diet, high in fruits and vegetables and low-fat dairy, as well as low in sodium, also was associated with better hearing.

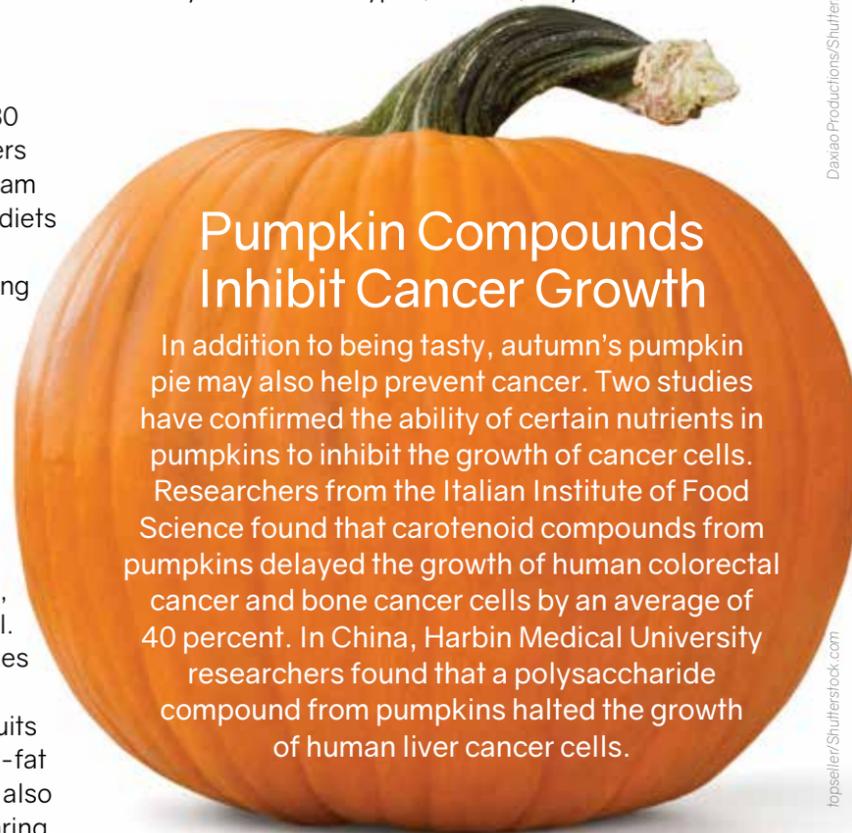


Breath and Urine Tests Detect Breast Cancer

Early-stage breast cancer can be accurately detected via a simple breath test and urine sample, report researchers at Ben-Gurion University of the Negev, in Israel. Using electronic nose sensors and gas-chromatography mass spectrometry to analyze breath and urine, respectively, they were able to identify biomarkers for breast cancer, the most commonly diagnosed cancer for women worldwide. "Our new approach... with inexpensive, commercially available processes, is non-invasive, accessible and may be easily implemented in a variety of settings," says study co-author Yehuda Zeiri, Ph.D.

Mammography, the common screening test for breast cancer, is typically 75 to 85 percent accurate, a figure that drops for full-bodied women and those with dense breast tissue. Dual-energy digital mammography is more accurate, but increases radiation exposure, and MRIs are more expensive.

The Israeli research, published in the journal *Computers in Biology and Medicine*, compared breath and urine samples taken from 85 women with breast cancer and 81 healthy women. The electronic e-nose device, picking up on a unique breath pattern, detected cancer cells accurately 95 percent of the time. The urine test proved 85 percent accurate. "With further study, it may also be possible to analyze exhaled breath and urine samples to identify other cancer types, as well," says Zeiri.



Pumpkin Compounds Inhibit Cancer Growth

In addition to being tasty, autumn's pumpkin pie may also help prevent cancer. Two studies have confirmed the ability of certain nutrients in pumpkins to inhibit the growth of cancer cells. Researchers from the Italian Institute of Food Science found that carotenoid compounds from pumpkins delayed the growth of human colorectal cancer and bone cancer cells by an average of 40 percent. In China, Harbin Medical University researchers found that a polysaccharide compound from pumpkins halted the growth of human liver cancer cells.

Air Pollution Harms Developing Brains



Fetal exposure to air pollution, even at levels considered safe by current standards, has been linked by Dutch researchers to thinning of the outer layer of a child's

brain and later cognitive difficulties. Following 783 children ages 6 through 10, the researchers concluded those brain abnormalities contributed in part to impulsiveness that could lead to addictive behavior and attention-deficit/hyperactivity disorder.

Aerobic Fitness Helps Prevent Word Loss

Tip-of-the-tongue word loss, an aggravation for many seniors and other adults, occurs less frequently in those with higher levels of aerobic fitness, regardless of age or vocabulary, reports a study of 56 men and women from the UK's University of Birmingham. Lead researcher Katrien Segaeert also clarified that tip-of-the-tongue word loss is not associated with memory loss—a common concern by those that often experience it.

Gut Bacteria Linked to Artery Health

A lack of diversity of gut bacteria is linked to hardening of the arteries, a new study concludes. By analyzing the gut microbiome and measuring the arterial stiffness of 617



middle-aged female twins, researchers from the University of Nottingham and King's College London found that those with a greater diversity of healthy bacteria had more flexible arteries.

The finding explains why women, young adults and others may suffer heart attacks without traditional risk factors such as smoking or obesity. It opens the door to reducing cardiovascular disease by targeting the microbiome through diet, probiotics and other supplements.



Eating Walnuts Boosts Gut Bacteria

Eating a handful of walnuts daily boosts certain types of healthy gut bacteria that appear to contribute to cardio, metabolic and gastrointestinal health, according to a study of 18 adults by University of Illinois scientists published in the *Journal of Nutrition*. The researchers found that eating walnuts increased species of healthy gut bacteria, while decreasing species of unhealthy bacteria. Eating walnuts also improved cholesterol levels.

Hostile Teachers Hamper Learning

Teachers that antagonize their students by belittling them, showing favoritism or criticizing their contributions can damage their learning potential, warns a new West Virginia University study of 472 undergraduates. Split into two groups, the students watched either a class taught by a teacher with antagonism or a standard lesson taught without antagonism, and then took a multiple-choice quiz.

Test scores were up to 5 percent lower for those that watched the antagonistic teacher because they disliked what they were being taught. They were also less likely to put forth as much effort and were unwilling to attend that teacher's future courses.

Really Natural Organic Labeling Evolves to Meet Challenges

Organic shoppers may see additional labeling on produce. More than a dozen farmers and scientists from around the country met to create the standards for an additional organic certification pilot program called the Real Organic Project (ROP), which they plan to initially introduce at 20 to 60 farms.

Under the current U.S. Department of Agriculture program, the organic label means that produce has been grown without synthetic substances or genetic engineering; it doesn't specify whether produce was grown in water or soil, which the new labeling would address.

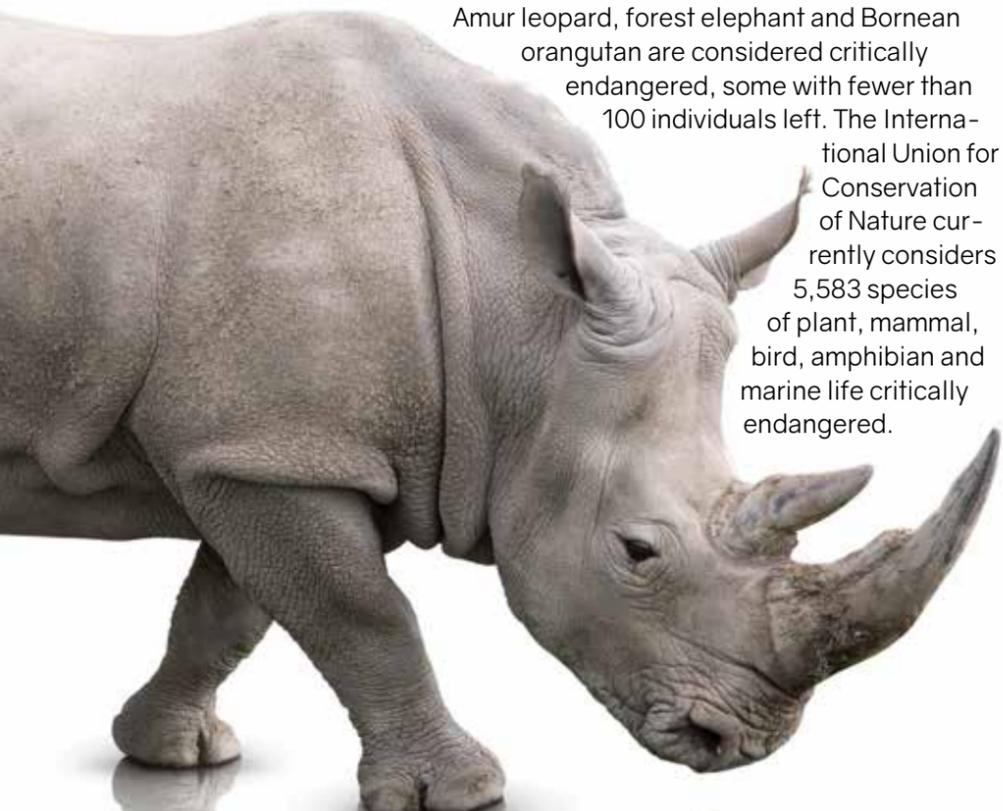


End Game

Extinctions of Threatened Species Continue

The death of the world's last male northern white rhino has rendered the species functionally extinct, which means the only hope of reviving the population is through *in vitro* fertilization. World Wildlife Fund head of campaigns Colin Butfield calls this a "uniquely bad situation." Two other animals, the vaquita, a very rare porpoise discovered in 1958, and the Javan rhino are facing the same fate. Many other species, including the Sumatran rhino, black rhino,

Amur leopard, forest elephant and Bornean orangutan are considered critically endangered, some with fewer than 100 individuals left. The International Union for Conservation of Nature currently considers 5,583 species of plant, mammal, bird, amphibian and marine life critically endangered.



Dumping Disincentive Big Bank Acts to Protect Oceans from Mine Waste

Citigroup is no longer financing mining projects that dump mine waste into the ocean. The move comes in response to pressure from the Ditch Ocean Dumping campaign, which calls on financial institutions to divest from any project or company that employs the practice. "Banks and financial institutions must actively take steps to ensure that they are not bankrolling the destruction of our oceans," says campaign coordinator Ellen Moore of Earthworks. Mine waste can contain up to three dozen dangerous chemicals, including arsenic, lead, mercury and cyanide. These metals accumulate in fish, and ultimately, the wildlife and people that eat them. The pollution contaminates drinking water, decimates ecosystems and destroys fisheries. While the outdated practice has been phased out in many parts of the world, new mining proposals in Papua New Guinea and Norway signal that such dumping is being ramped up, not phased out.



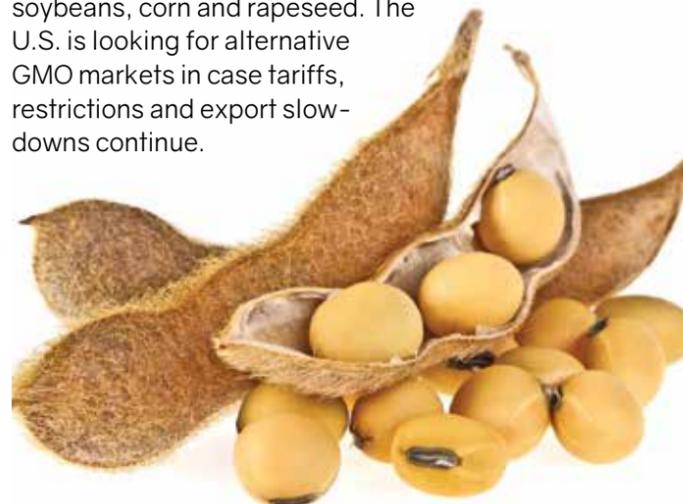
Teeny Town Tiny Houses Can Benefit Seniors

The University of Southern Indiana (USI) is building a small, modular home on its Evansville campus to demonstrate how the tiny housing model could make independent living accessible for people of all ages and abilities. It's part of a larger effort aimed

at creating a cultural transformation related to aging in a community. The home's small size is a selling point for people unable to maintain a larger dwelling as they age and help them remain independent. Dr. Bill Thomas, a geriatrician and national expert on aging partnering in the project, envisions a pod-like village of such "Minkas" with older people living within a community instead of being sequestered in nursing homes.

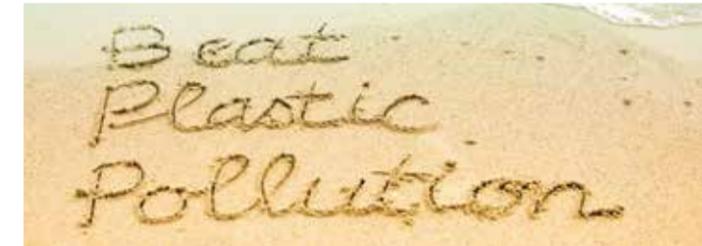
Soybean Slowdown Chinese GMO Regulations Dampen U.S. Exports

Even before recent disruption of U.S. trade with China through increased tariffs, China had made importing genetically modified (GMO) soybeans more difficult after a regulatory crackdown last December. The agricultural GMO regulation scheme strengthened the soybean approval process, leading to delays at Chinese ports. Certificates for certain GMO import crops granted by the Chinese Ministry of Agriculture have included cotton, soybeans, corn and rapeseed. The U.S. is looking for alternative GMO markets in case tariffs, restrictions and export slow-downs continue.



Plastic Pushback Countries Ban Single-Use Plastics

Bans on plastic consumption have been increasing globally for the last two years. Single-use plastics will be officially banned in the Bahamas by 2020, including plastic bags collected at the point of sale, straws, Styrofoam food containers and plastic utensils. Also, the



release of balloons in the air will be illegal. Puerto Rico, the U.S. Virgin Islands, Antigua and Barbuda have already banned single-use plastic products. In Kenya it's illegal to produce, sell or use plastic bags. Haiti has banned plastic bags and Styrofoam products. Belize moved to ban single-use plastics by April 2019. The UK has outlined a plan to eradicate plastic use completely by 2042.

The Clean Seas Campaign, launched in 2017 by the United Nations Environment Programme, aims to increase global public and corporate awareness of the critical need to reduce marine litter.



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Breathe Easier

Hamburg Gets Serious About Diesel Fumes

Hamburg, Germany's second-largest city, is experimenting with restricting diesel-powered vehicle access to portions of two major streets, with exemptions for new, cleaner models. Environmentalists and ecologically minded politicians celebrate the move as a breakthrough on the path to cleaner urban air. A German court ruled last February that cities have the right to prohibit dirty diesel vehicles, and local authorities in other cities are making plans to bring their roads into compliance with strict European Union emissions requirements. "Symbolically, it's a big step," says Manfred Braasch, a local leader of Friends of the Earth Germany. "This has been a diesel nation."



The federal German government is considering a comprehensive strategy designed to clean up heavy polluters among the nation's 15 million diesel cars via hardware retrofits like those mandated in the U.S.

Roundup Rebuke

Monsanto to Pay \$289 Million to Cancer Victim



A California jury has found Monsanto liable in a lawsuit filed by groundskeeper Dewayne Johnson, 46, a pest control manager for the Benicia Unified School District, in California, near San Francisco.

His was the first claim to go to trial alleging that Roundup and other glyphosate-based weed killers cause cancer. The company was ordered to pay \$289 million in damages—\$39 million compensatory and \$250 punitive. Monsanto, recently acquired as a unit of the German conglomerate Bayer, faces more than 5,000 similar lawsuits across the U.S.



eco tip

Rebirthing Books

New Life for Old Friends

Spread the wonders and joys of reading to others while conserving woodlands and other resources and keeping books out of landfills by donating them. Many outlets welcome books that may have been collecting dust at home, but can enrich the lives of others of all ages, both locally and worldwide.

- Many public libraries are supported by community volunteer "friends of" organizations that sell donated books at deep discounts to the public. Funds raised help underwrite host library programming.

- Along with selling new and used books online, BetterWorldBooks.com accepts book donations that support national and global literacy initiatives, including in Latin America and Africa.

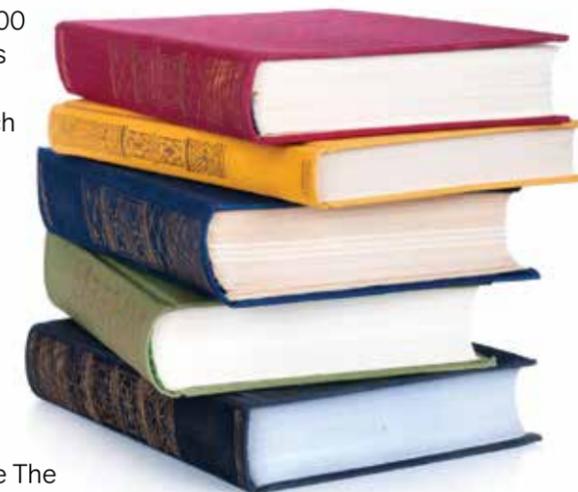
They recently forwarded 37,000 donated books to UK teachers and other educators, and also operate a senior book outreach program.

- Local chapters of national organizations like Girl Scouts, Kiwanis International, Rotary International and the General Federation of Women's Clubs frequently collect gently used children's books.

- Other donation sites include The Salvation Army, Goodwill, thrift shops and used and antique bookstores.

- BooksForSoldiers.com lists specific titles military members are requesting. BooksForAfrica.org has shipped 41 million books to Africa's 54 countries. BooksThroughBars.org supplies prison libraries, while BooksToPrisoners.net links books donated by the public to requests.

- Include unwanted books when



planning your next yard sale.

- Consider the novelty of regifting books. With the Christmas gift-giving season approaching, parents can bestow a Shakespeare play or Mark Twain tale that meant so much to them decades ago to their kids—including a card explaining its poignancy and significance. The gesture can even spark a greater interest in reading.

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An in depth look at CBD, the world's most powerful natural supplement

by Christopher Kotwicki, DC

There is a supplement taking the scientific and medical community by storm. Cannabidiol, more commonly known as CBD, is now a legal and prescription-free supplement in the United States and everyone wants to know what all the hype is about. CBD is one of the main constituents of cannabis and it has gained popularity due to its' astonishing medicinal properties. For thousands of years, herbalists, botanists, researchers, and physicians have observed the healing potential of the cannabis plant, but scientific research and medicinal use of the plant was restricted due to its' controversial legal classification. We now have a growing understanding of the medicinal uses of cannabis thanks to numerous studies and many of those studies have isolated one super compound that has seemingly unlimited potential. That compound is CBD.

Scientific research has found out how CBD has been able to help with a wide range of conditions from chronic pain to skin conditions. Our bodies regulate themselves through messages called chemical signals. One type of chemical signal is the cannabinoid. Our bodies make cannabinoids every second of every day and taking CBD orally increases your body's own production of cannabinoids. This is huge because cannabinoids affect nearly every

system in the body. Taking CBD orally helps your body regulate mood, sleep, appetite, pain, memory, coordination, inflammation, immunity, fertility, and cognition. CBD helps your body function optimally. It's like a supercharger for your body. One of the most well researched benefits of CBD is its' effect on pain and inflammation. CBD is a great way to help with both acute and chronic pain because it decreases inflammation and reduces the sensation of pain. CBD decreases inflammation naturally by fortifying your production of your own anti-inflammatory proteins. CBD has also been shown to have positive effects on some of the most difficult to treat pain like pain from fibromyalgia, multiple sclerosis, and cancer.

Cannabinoids and their receptors are highly concentrated in the central nervous system, the control center for the human body. When there is damage to the brain it can cause problems with cognition, movement, mood, and sleep. Conditions that affect the brain are difficult to treat because our body filters what can reach the brain. CBD passes this filter and is able to reach the brain, thus able to help people with neurological conditions. CBD is a potent anti-oxidant therefore it counteracts the effects of aging and damage to the body's organs, especially the brain. CBD is a

promising treatment for conditions like epilepsy, Parkinson's disease, anxiety, depression, and insomnia. Regardless of if the brain is over active or not active enough, CBD can help. It allows your body to adapt to stress and balances the chemical signals in the brain to restore proper function.

Not only should CBD be consumed but it should be applied topically. The American Academy of Dermatology now recommends topical CBD to help with conditions such as acne, psoriasis, and eczema. It decreases damage on the surface and in the deeper layers of the skin. CBD helps the skin because it is an anti-oxidant and anti-inflammatory. Whether it's sun damage, aging, painful irritations or ugly blemishes, adding CBD to your skin care regimen will make a big difference in both the health and appearance of your skin. Topical CBD also reduces muscle and joint pain where locally applied because it is absorbed and penetrates deep to the tissues below.

CBD can be consumed as an oral tincture or applied as a topical cream. When consuming the oral tincture, it is best to hold it under the tongue for over a minute prior to swallowing it. When applying it topically, wash the skin and use warm water first to maximize absorption. CBD is non-psychoactive, this means patients who use CBD do not experience the lethargic "high" often associated with recreational cannabis use. One should consult their physician prior to consuming CBD especially if taking prescription medication. Only purchase CBD from reputable sources such as a wellness or medical clinic to ensure you know what you are getting.

CBD is seemingly miraculous. If you have ever felt the "runner's high," the euphoric feeling after prolonged physical activity, you have felt the power of your cannabinoids and their effect on mood and pain. Studies have shown and continue to show the benefits of this powerful supplement. The benefits are robust both physically and mentally. CBD has even been shown

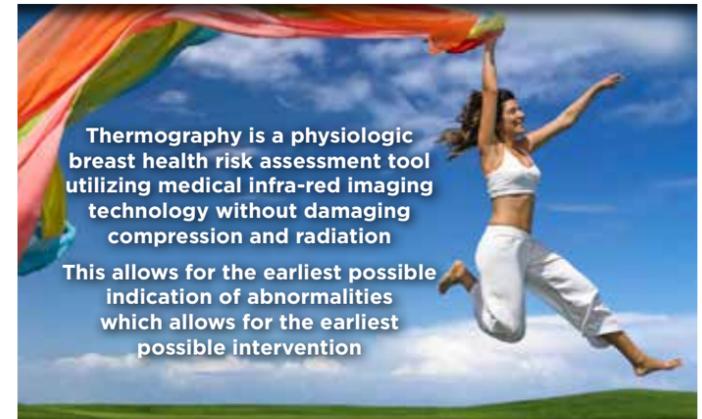


to reduce the growth and spread of cancer cells adding to the long growing list of conditions it can help. No matter what you're suffering from or what your health goals are, adding CBD both topically and orally can improve the body's own healing mechanisms.

Dr. Chris Kotwicki, DC earned his Bachelor's in Biology from Stockton University, and his Doctor of Chiropractic degree from The National University of Health Sciences in St. Petersburg, Florida. He is certified in Functional Taping for Musculoskeletal Injuries (FTMI) and Functional Soft Tissue (FST). He specializes in Instrument Assisted Soft Tissue Manipulation (IASTM) and utilizes the FAKTR technique which he learned from the developers. Dr. Chris is proficiency rated in Activator Methods and also utilizes Diversified, Thompson drop, and Sacro-Occipital Technique. Contact him at Soul Focus Wellness Center 732.935.1000 or visit SoulFocus.com.

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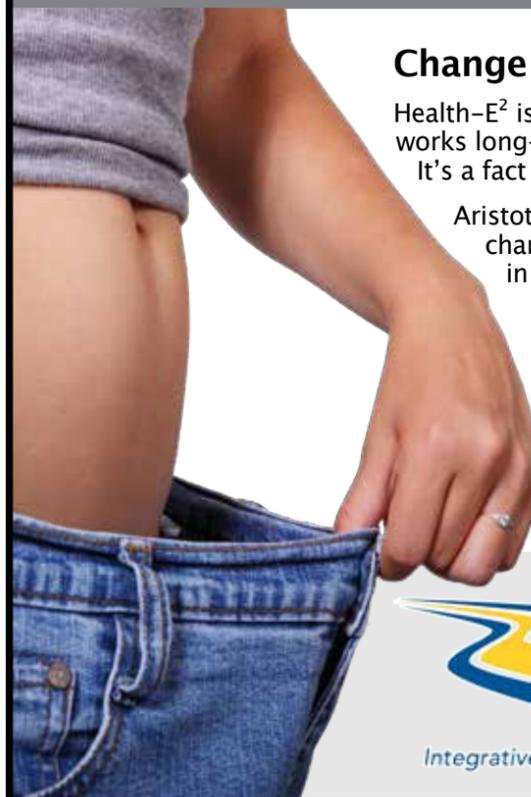
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Kristi Nelson on Why Gratefulness Brings Happiness

by April Thompson



Kristi Nelson has dedicated her career to leading, funding and strengthening organizations committed to progressive social and spiritual change. Today, at the helm of the Network for Grateful Living, she is helping awaken thousands of people around the world to the life-changing practice of gratefulness. Co-founded by Benedictine monk, teacher and author David Steindl-Rast, the network offers educational programs and practices that inspire and guide a commitment to grateful living, and spark the transformative power of personal and societal responsibility.

Earlier in her career, Nelson founded a values-based fundraising, consulting, training and leadership coaching company, working with groups such as the Institute for Jewish Spirituality, Buddhist Peace Fellowship and the Center for Contemplative Mind in Society. She also served in director-level positions for the Soul of Money Institute, Kripalu Center for Yoga and Health and the Center for Mindfulness in Medicine, Health Care, and Society.

Nelson lives in Western Massachusetts with her family, grateful to be surrounded by the wonders of the natural world and connected to a vibrant, loving and grateful global community.

Why is it helpful to differentiate between gratefulness, gratitude and thanksgiving?

Gratefulness is a proactive orientation to life that originates inside. You wake with a sense of thankful awareness for the gift of another day, of all the miraculous things your body did overnight to keep you alive and healthy and an all-encompassing sense of the great fullness of life.

Gratitude is more of a response to something going well; anything from receiving the perfect present to five green lights on the way home to beautiful weather. It can become an addictive pursuit to try to get life to deliver something positive again and again, whereas gratefulness emanates from a more unconditional core.

Thanksgiving bubbles up when we're so filled with a sense of gratefulness—that great fullness—that we overflow into finding ways to express thanks aloud and in actions, such as delivering praise or being of service.

In what way is happiness related to gratefulness?

The truth is that it's not happiness that makes us grateful, but gratefulness that makes us happy. We can have all the things that should make us happy, and that we wish would make us happy, but unless we feel grateful for what we have, it's likely nothing will truly make us happy. Happiness can be susceptible to outside circumstance, whereas gratefulness is an orientation we can more consistently maintain.

How do we cultivate gratefulness as a way of being, rather than an intermittent feeling?

It's a three-step process: stop, look and go. First, we pause to be present; slow down enough to notice all the things for which we can be grateful.

Second, we enlarge our perspective to take nothing for granted and acknowledge that life is short and uncertain, so we are grateful each day we wake up. This step is also about being aware of our privileges, starting with our ability to see, hear, move about and function. It keeps us aware, awake and alert.

Consider how we feel when electricity returns after an outage or when we can use our hand or foot after a cast comes off. Within minutes, we can forget how appreciative we were for those things, so we need to build reminders into our lives.

Third, we generate possibilities. Find ways to express appreciation or nurture something we care about by engaging in an actively grateful way. Even when we suffer hardship, shifting our awareness to notice whatever is sufficient, abundant and beautiful enables us to be grateful. This creates a ripple effect, bringing more reasons to be grateful. It's a radical way to live.

Which other qualities of life that people now seek give you hope?

It gives me hope when people seek contentment. Paradoxically, discontent gives me hope too, because when people recognize injustice and social biases, it pushes us to engage; to stand up and take note of what's not okay and needs to be changed.

Love also gives me hope, especially when individuals seek to love more generously, inclusively and compassionately. It brings me the most hope of all when I see people building bridges and stretching their own capacity to love beyond their comfort zone.

Connect with April Thompson, in Washington, D.C., at AprilWrites.com.

“All the Doctors said they couldn't help me...then I found it...”

Dear Friend,

That's exactly what Daryl said when we met him. You see, Daryl had a heavy piece of equipment fall on him 3 years ago. He broke his back, herniated discs and was left with severe pain and numbness in his hands and feet. His legs would spasm involuntarily which would knock him out of bed or cause him to fall often. None of the doctors could help. After a few months of Upper Cervical care in our office he is working, fishing and playing catch with his daughter.

Seventeen years ago something happened that changed my life forever, and in turn, changed many other lives, too.

In 2000, I was a first year student in chiropractic school. Having played high school football at Manalapan high school, I experienced a neck injury. But I was now in chiropractic school and I wasn't worried...I knew that I would receive chiropractic care and the pain would be gone in a matter of weeks.

I received traditional chiropractic care three times per week but it didn't help me. This led me to question my decision to become a chiropractor and I was even considering leaving chiropractic school for another profession. Even worse, I thought I was going to have to live like this forever.

That's when I took matters into my own hands (or God's) and that is when I found the answer. But I'll get back to that in a minute...

When someone asks me what it is that I do, I tell them that “I get sick people well, and I do it without drugs or surgery.” Often they give me a puzzled look. When they ask further, I tell them that I am an Upper Cervical Chiropractor, and it's the best job in the world.

Oh, back to my story. A fellow classmate of mine introduced me to an Upper Cervical Chiropractor that helped people suffering like me. The Doctor did an exam, took some films and then “adjusted” my spine. He didn't pop, crack or twist me but rather lightly removed pressure from my spine and nerves. The adjustment didn't hurt, it actually felt good. With the help of this gentle care, I immediately felt relief, and for the first time in years, I felt “right” again. I decided to stay in school and train under this doctor.

I owe my whole life to Upper Cervical Chiropractic. This experience made such a difference in my life that I vowed to help others through Upper Cervical care.

In 2003, I returned to New Jersey to open a practice that solely focuses on Upper Cervical chiropractic technique. Since then we've delivered over 140,000 spinal adjustments.

Now let's talk about Elissa, my beautiful wife. Since high school, she has utilized chiropractic as part of her wellness lifestyle. She especially found our gentle form of health care to help her through both of her pregnancies.



Jayde and Easton are my beautiful children that have been checked and adjusted from birth. It's strange how life is, because now people come to see me with their health problems, aches and pains.

Also they come to me with their headaches, migraines, chronic pain, Fibromyalgia, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, vertigo, numbness in limbs, athletic injuries such as post-concussion syndrome just to name a few.

Here's what my patients had to say:

If it wasn't for the staff at UCCM, God only knows where I would be. I had broken my ankle due to no feeling from my knee down, had digestive problems, numb hands, and three bulging discs. Their care for me put me back to work and I haven't missed a day. I would say they are by far the best... Thank You for all you have done for me. — Chuck H.

I was in extreme pain and unable to do the simplest things around the house. I thought my options were either back surgery or many expen-

sive drugs with unknown side effects. Not yet in my forties, I felt my livelihood was slipping away. After only two months of treatment with Upper Cervical I was able to garden, carry laundry baskets, and work without pain! I got my life back. — Dee C.

I used to have headaches every other day. I don't get these headaches anymore... — Del G.

Each day in my office, and in the offices of chiropractors around the world, miracles happen. And, we get to see them! Each day people thank me for “curing” them, and proclaim that I performed a “miracle” with them or their children. But, I don't take the credit. I can't. The body performs the real miracle, and when a chiropractor removes pressure from the nerve system, the body does what it knows how to do best... heal itself.

You Benefit from an Amazing Offer. Look, it shouldn't cost you an arm and a leg to correct your health. When you bring in this article, you will receive my entire new patient exam for \$37. That's with x-rays (if indicated), nerve testing and thermal imaging... the whole ball of wax. This exam would normally cost you up to \$410. But, please call right away because this offer expires on **Nov. 30th, 2018** and I don't want you to miss out. By law, this offer excludes Medicare/Medicaid/PIP patients.

Great care at a great fee. I'm a Magna Cum Laude graduate of Logan Chiropractic College, a published author and I am an active board member and instructor for the Upper Cervical method that we utilize in our office. I've been entrusted to take care of tiny babies to 90 year olds. For the past 14 years, I've been taking care of people from across the U.S.

My assistants Stacy, Tracy and Estefany are really great people. Our office is both friendly and warm and we try our best to make you feel at home. Our office is called Upper Cervical Chiropractic of Monmouth, LLC, 280 Route 9 North (Shop Rite Shopping Center) Marlboro, NJ. Our phone number is 732-617-9355. Call us today for an appointment We will do all we can to help you.

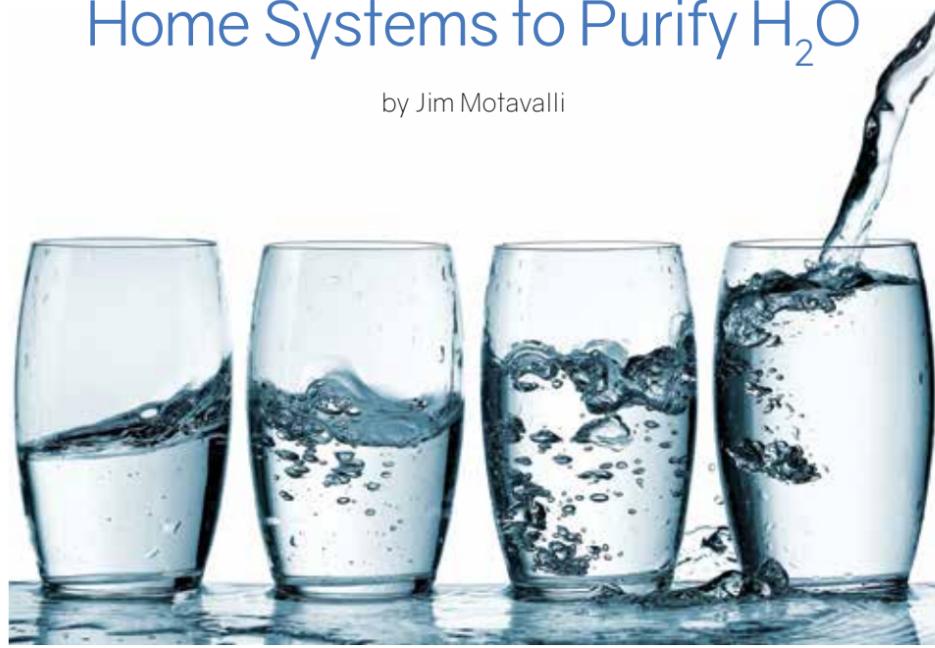
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SAFE DRINKING WATER

Home Systems to Purify H₂O

by Jim Motavalli



Americans trust bottled more than tap water, but that confidence might work better if reversed. The Environmental Working Group (EWG) notes that the U.S. Environmental Protection Agency (EPA) monitors tap water for more than 90 contaminants, and it must meet the strict standards of the Safe Drinking Water Act of 1974. Nationally distributed bottled water, under the jurisdiction of the U.S. Food and Drug Administration, isn't as carefully or frequently checked. A quarter of all bottled water is actually filtered tap water, reports the Natural Resources Defense Council (NRDC).

Concern about safe tap water is relatively recent—in the 1960s, for instance, people worried more about fluoridation than contamination. But since 1990, partly driven by bottled water ads, Gallup polls have shown tap water concerns rising; 63 percent of us now worry about our drinking water “a great deal”.

Bottled water is usually safe to drink, but isn't environmentally friendly. Plastic bottle production in the U.S. requires 17.6 million barrels of oil annually, reports the nonprofit Riverkeeper; plus the energy used to transport it to market, refrigerate

it and collect the empties equals filling the bottles a quarter full of oil. Then, 77 percent of discards end up in the landfill, the Earth Day Network reports.

Retail costs range from 89 cents a serving to \$8 a gallon for designer water, averaging \$1.11 a gallon, compared to .002 cents per gallon for tap water.

What's in Tap Water

Legitimate concerns about tap water exist, mostly because homes built before 1986 likely have lead in their pipes, solder and fixtures, possibly contaminating municipally sourced water. Well water is also susceptible to outside contamination from chemicals and microorganisms that must be monitored.

Because lead accumulates in stagnated water in pipes, run the water until it gets as cold as possible; up to two minutes if the taps haven't been turned on in six hours or more. Other chemicals found in tap water include low levels of chlorine, arsenic, nitrates, atrazine, perchlorate and pathogens, reports the NRDC. Pharmaceutical products can also get into tap water, warns the World Health Organization (WHO). A recent study from the EWG and Northeast-

ern University, in Boston, showed small quantities of toxic chemicals in tap water serving 15 million Americans in 27 states.

Filter Options

Filters can allay tap water worries from municipal or well supplies. Several types—tap-mounted, under-sink and pitchers—are effective and affordable, ranging from \$20 to \$300. Seek filters certified by the National Sanitation Foundation (NSF) testing agency that check for specific contaminants of concern.

NSF-42 coding certifies filters that improve water taste and remove both chlorine and particulate matter. NSF-53 is more stringent and requires removal of metals and harmful chemicals. The highest standard, NSF-401, covers filters that eliminate bacteria, pesticides/herbicides and residue from drugs like ibuprofen.

Activated carbon filters, which require regular replacement cartridges, remove large particles like sediment and silt. Reverse osmosis filters remove dissolved inorganic solids (including salts) by pushing tap water through a semi-permeable membrane. Ultraviolet water purification is effective at treating bacteria and viruses, but not contaminants such as chlorine, volatile organic compounds or heavy metals.

Charcoal pitcher filters are the most common, easiest to use and least expensive, although cartridges add to the cost and are only effective for about 40 gallons each. To save money, DIY products allow individuals to refill used cartridges with new activated charcoal. Filter pitchers need to be cleaned regularly because the charcoal can leak, producing mildew, calcium and grime.

Faucet-mounted models are easy to install and can be switched easily from filtered to unfiltered water (e.g., for wash-



ing up). Under-sink filters and cartridges are effective for up to 200 gallons, but more challenging to install. Connecting to refrigerators and ice makers makes installation more complex, and leakage can be an issue; countertop filters take up space, but are less likely to clog.

Consumer Reports says reverse osmosis filters are effective at removing contaminants, but can operate slowly, consume cabinet space, need periodic cleaning with bleach and create three to five gallons of wastewater for every gallon filtered.

WHO indicates that conventional municipal water treatment processes can remove about half of the compounds associated with pharmaceutical drugs. Advanced treatment like reverse osmosis and nanofiltration can be more efficient, removing up to 99 percent of large pharmaceutical molecules.

The first step is a water test. Some state and local health departments offer free test kits and they are also sold at hardware stores. Certified laboratories test tap water samples, with information often available from the local water provider.

Find a state-by-state list of certified labs plus program contacts at Tinyurl.com/DrinkingWaterCertificationInfo. The EPA Safe Water Hotline is 800-426-4791.

Jim Motavalli, of Fairfield, CT, is an author, freelance journalist and speaker specializing in clean automotive and other environmental topics. Connect at JimMotavalli.com.

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FIVE ELEMENT ACUPUNCTURE ROLFING/STRUCTURAL INTEGRATION

The 2018 Smart Mom's Toy Box

10 Award-Winning Toys and Games that Boost Brain Skills – under \$30!

by Michael Ginsberg



Buying toys for your kids isn't as simple as it used to be, as many of today's children and teens are adding the newest smartphones high-tech gadgets and video games to their lists faster than you can swipe your credit card.

For many parents, buying toys can feel like simply stockpiling more useless junk that will sit in the toybox until it's time to gather pieces for donations. But what if there was a compromise? What if you chose games and toys that are fun for your kids, but also boost cognitive skills, like memory, auditory and visual processing, attention, logic & reasoning, and processing speed? We're talking about award-winning games that have a track record of appealing both bored kids and parents who are trying to build strong brains

LearningRx (www.learningrx.com), the world's largest brain training company, has put together its annual list of brain-building games for the 2018 Smart Mom's Toy Box. These pieces have been named best in class because kids love them and they build cognitive skills. Best of all, they're all under \$30!

1. Tall Tales (\$29.95)

This story-telling board game offers five ways to play with 24 story cards, 50 game pieces and a story bag.
Ages: 4+ Cognitive skills: attention, creativity, logic & reasoning, visual processing. Awards: 2016 Scholastic Parent & Child Gold Star Toy Award, PAL Award, Tillywig Toy Award Winner for Best Family Fun

2. Brain Freeze (\$24.95)

Make guesses, record answers and eliminate variables until you can guess your opponent's secret sweet treat.
Ages: 5+ Cognitive Skills: logic & reasoning, memory, strategy, deduction. Awards: 2016 Tillywig Toy Award Winner

3. Disruptus (\$24.95)

Play this game of "disruptive thinking" in a competitive or non-competitive format.
Ages: 10+ — Cognitive skills: creativity, visual processing, logic. Awards: Creative Child Magazine's Game of the Year Award, Dr. Toy's 10 Best Games Award

4. Fish Stix (\$15.19)

Ages: 6+ — Match fish sticks and count fish then watch the board grow! Cognitive skills: strategy, visual processing, attention

Awards: Parents' Choice Gold Award, Dr. Toy's 10 Best Games Awards

5. My First Piano Book (\$19.99)

Ages: 3+ — Get your toddler started on a love of music with this interactive and portable book-sized piano! Cognitive skills: attention, logical thinking, creativity, memory. Awards: Mom's Choice Gold Medal, 2017 Tillywig Best Creative Fun Award Winner

6. Splash! (\$19.99)

Ages: 6+ — Grab a dolphin before it disappears in this colorful, fun game that shares facts about our ocean friends. Cognitive skills: attention, processing speed, visual processing. Awards: Parents' Choice Award, San Francisco Chronicle Best Family Game, Sesame Street Parents Top Toys Award, Dr. Toy 100 Best, Tillywig Best Family Fun Award

7. Maze Racers (\$24.95)

Ages: 8+ — Using magnetic strips, players compete to build on two metallic boards to build the most creative maze possible before swapping mazes to race. Cognitive skills: visual processing, logic, creativity, planning. Awards: "Games that Make You Smart" Award, Dr. Toy award

8. Outer Space

Glow-in-the-Dark Puzzle (\$10.61)
Ages: 5+ — This glow-in-the-dark puzzle has 100 pieces and measures 18" by 12". Cognitive skills: attention, visual processing. Awards: Family Choice Award, Tillywig Winter Award

9. Quirkle Travel Game (\$14.95)

Ages: 6+ — Build lines by matching titles based on either color or shape to score points. Cognitive skills: strategy, visual processing, attention, planning. Awards: Parents' Choice Award, Mensa Select National Competition Winner

10. Tic Tac Whoa!! (\$12.95)

Ages: 7+ — Play fun variations on the classic game of strategy. Cognitive skills:



strategy, planning. Awards: 2017 Oppenheim Toy Portfolio Gold Seal Award Winner, 2017 national Parenting Product Awards, National Parenting Center Seal of Approval Winner, Holiday 2016

Ready to head to the store (or online!) to do your holiday shopping? Take this list, or download a free Games for Skills Chart at www.unlock-theeinsteinside.com

Michael Ginsberg is the owner of the LearningRx cognitive training centers in Marlboro and Red Bank, NJ. LearningRx, headquartered in Colorado Springs, Colorado, is the largest one-on-one brain training organization in the world. LearningRx has helped more than 100,000 individuals and families sharpen their cognitive skills to help them think faster, learn easier, and perform better. Their on-site programs partner every client with a personal brain trainer to keep clients engaged, accountable, and on-task—a key advantage over online-only brain exercises. Their pioneering methods have been used in clinical settings for 35 years and have been verified as beneficial in peer-reviewed research papers and journals. To learn more about LearningRx visit www.learningrx.com.

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Nurturing Creative Kids

Hobbies Engage and Grow Healthy Kids

by Marlaina Donato

Unplugging with creative and fun activities fosters skills that can last a lifetime. Studies published by the National Endowment for the Arts Office of Research & Analysis show that participating in performing and visual arts enhances children's social skills and emotional processing, builds confidence and improves academic aptitude.

"Not every child needs to play a team sport. Team experiences such as working

with peers toward a goal, learning to win and lose gracefully and to get along with others can also be learned through the arts," explains Antonella D'Aloia, a developmental and expressive art teacher with The Whole Child, in Upton, Massachusetts.

"Both crafts and expressive artistic creation have huge benefits because they're usually seen as nonthreatening activities, especially for kids with anxiety or on the autism spectrum. Art offers a safe place in

which they can hone new responses to difficult feelings."

Earth-Based Self-Expression

Weaving, scrapbooking, making friendship bracelets and other art projects involving organic or re-usable materials can demonstrate sustainability while teaching children how to follow directions, cultivate patience and strategize. Healthy cooking classes are a creatively engaging avenue for

youths to learn about connections between a healthy Earth and maintaining personal health. Expressing themselves through the visual arts, drama and dance promotes problem-solving and innovation, as does joining a science or Lego club.

"It doesn't have to cost a lot of money to try new things," stresses D'Aloia. "Go to local school concerts, plays and art exhibits. Look for public art near by. Local libraries often offer great activities for kids."

Mindful Investments

Instilling mindfulness in children can be both fruitful and far-reaching. "Origami—the Japanese art of paper folding without cuts or glue—is a quintessential hobby for centeredness. The act of folding paper is so engrossing that one is very present and in the moment," says Kathleen Sheridan, origami master and founder of Origami and You, in St. Paul, Minnesota. "Origami stimulates both sides of the brain and helps to build self-esteem. Most of all, it's fun, portable and inexpensive."

Fostering imagination and using the written word through journaling or storytelling nourishes a child's inner world. "Creating a short story requires divergent thinking; young writers use their imaginations to generate unique ideas for characters, settings, plots and conflicts. We help them think deeply, write authentically and respect the perspectives of others, while learning to create and share their own stories and experiences," explains Kimberly O'Connor, young writers program director at Lighthouse Writers Workshops, in Denver, Colorado.

"Expressing the exact shape of an iris or the sound of a cricket, for example, requires intense curiosity and attention, two qualities that can serve children and teens indefinitely," she explains. Such skills can help students anywhere—in the classroom,

on the sports field and later, when they begin to search for and find jobs.

According to Stanford University research published in the *Annals of the New York Academy of Sciences*, learning an instrument helps to improve children's reading skills, especially those struggling with dyslexia and other learning challenges. Researchers at the German Institute for Economic Research revealed that learning music amplifies cognitive and non-cognitive skills twice as much as engaging in sports, dance or theater arts.

The Wellbeing Project, in Great Britain, has inspired activities such as sewing to benefit well-being. According to research published in the *Journal of Public Health*, quilting boosts cognitive ability, emotional equilibrium and creativity. Introducing life skills and hobbies that nourish selfhood can be one of our greatest gifts to the next generation.

D'Aloia remarks, "Helping children to express who they are, rather than who we expect them to be,



Links to More Discoveries

Crafting a Green World: The Home for Green Crafts and Materials, CraftingAGreenWorld.com

YouTube all-level instructional videos from OrigamiSpirit.com, Tinyurl.com/OrigamiInstruction

YouTube intermediate-level origami videos from Jeremy Shafer, Tinyurl.com/JeremyShaferOrigami

From juggling to calligraphy, broad-spectrum activity ideas, Tinyurl.com/50Non-SportsActivities

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Marlaina Donato is a multimedia artist and freelance writer who authors books related to the fields of alternative health and spirituality. Connect at MarlainaDonato.com.





Natural Flu Prevention

by Marjorie Catone, BSN, RN, CCRN-CSC

Peak flu season began in October and typically can run through May. With advertisements popping up everywhere for a flu shot, we know it is right around the corner. However, what happened to basic prevention such as handwashing? Our bodies were designed with a smart immune system and as long as we keep our bodies healthy, we will not get the flu. Nevertheless, if you do, you will be one step ahead of the rest and your symptoms will last shorter than those who are unhealthy or who received a flu vaccine. According to the CDC, last year's flu shot, like many other years, was only 36% effective. Here are some tips and guidelines to prepare for the winter and keep you and your family healthy this coming flu season.

1 Boost your immune system by eating organic when you can. Organic produce contains fewer pesticides, no preservatives and is GMO free. If produce and groceries get too expensive, refer to the Environmental Working Group website (EWG) at www.ewg.org for the Dirty Dozen and Clean Fifteen guidelines. The Dirty Dozen is a list of produce with the highest pesticide residue and EWG recommends choosing organic with these. The Clean 15 is a list of produce with the lowest pesticide residue

so you can choose conventional. The same goes for meat. Choosing certified organic, grass-fed, free-range meat and poultry will not only positively affect your health but the environment as well.

2 Get enough sleep. Research and MRI studies have proven that effective sleep helps our bodies detox and flush out toxins. A good night's sleep literally clears the mind. 7-9 hours of sleep is recommended. If you are not getting enough sleep, make it a priority because sleep problems lead to inflammation and chronic disease.

3 Stock up on vitamins!
• Vitamin D: Most people work 9am-5pm, which are the peak hours of sunlight. When we do go outside, most slather themselves in sunscreen to protect against the harmful rays of the sun. However, research has found that 70% of Americans are deficient in Vitamin D. Makes you wonder. When the cooler months approach, the duration of sun decreases and studies have shown that there is a strong correlation between low vitamin D levels and influenza. If you cannot get at least 30 minutes per day of sunlight, add a daily supplement. The Institute of Medicine recommends a dose of 400 IU for children

under 12 months of age, 600 IU for ages 1-70 and 800 IU for ages 70 and above.
• Vitamin C: Vitamin C is a powerful antioxidant, meaning it can help protect the body from the damage of free radicals. It protects cellular health, reduces the effects of aging and boosts the immune system. Studies also show that without adequate vitamin C the lining of blood vessels and membranes of cells deteriorate. Vitamin C is a water-soluble vitamin and our bodies do not make it on their own. Therefore, we must consume vitamin C rich foods through our diet. The least expensive and most-studied type of vitamin C is ascorbic acid powder. It's a good idea to keep a big bottle in the house for when the first signs of illness approach and add it to your water throughout the day. For more information and dosages, follow Dr. Suzanne Humphries.

4 Remove toxins from your home.
Toxins and chemicals are poisons to your body's immune system. Food, as well as personal care and household cleaning products can be detrimental to your health. Cleaning products are usually the biggest culprit. Other products such as non-stick cookware, air fresheners, plastic food containers, cosmetics and antiperspirants could be making you sick. Purchasing healthier products or making your own are healthier alternatives. The simplest "DIY" all-purpose cleaner is just equal parts water and white vinegar mixed together in a spray bottle! It's simple to make, cheap and won't make you sick! If making household products isn't your thing, you can refer to the EWG website for beauty and cleaning product guidelines and recommendations.

5 Get moving! Research has shown that exercise stimulates the release of chemicals in the brain, reducing the detrimental effects of stress and eliminating depression. It also increases mood, improves sleep, memory and brainpower. Exercise is therefore essential for our health. The American College of Sports Medicine recommends 150 minutes of moderate to vigorous exercise per week. Strength training 2-3 times per week and stretching are added bonuses. If you can't get to a gym, no problem!



It's a great time of year to step outside, go for a walk, get moving and enjoy the beautiful scenery. Some is better than none.

It is true that viruses and bacteria are all around us. However, it starts with you. By taking control of your body and building a healthy immune system, we can prevent ill-

ness and keep our families and children healthy this flu season. As mentioned above, handwashing, an organic diet, sleep, exercise, vitamins and removing toxins from our homes will help keep everyone healthy. Should you get sick, remember to drink plenty of water and stay hydrated with hot herbal teas and warm lemon water-the heat helps boost the immune system and a variety of herbs can help fight infection. Remember the flu is a virus and highly contagious. Try to avoid the hospital if you can but always call your healthcare provider for questions regarding your health. Wishing you and your family a healthy and flu-free season!

Marjorie Catone, BSN, RN, CCRN-CSC, is an Integrative Nurse Health Coach at Hackensack Meridian Integrative Health & Medicine. To learn about events and classes, or to schedule a consultation please call 732.263.7999 or visit HackensackMeridianHealth.org/IntegrativeMedicine.

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CHICKEN NUGGET is the epitome of love and forgiveness. Picked up by our animal control officers, Chicken was tied to a dumpster in very rough shape. It took a lot of care and love but he's made amazing strides and is ready to find his forever home. About 5 years old, he knows his commands and is picture perfect on his overnight visits with his volunteer friends.



HERMIT CRAB is about 3 years young and loves meeting new people. She enjoys being petted, held and rubbed and would love to be in a home with lots of love. She walks a little funny due to a small birth defect, so she probably won't be jumping around too much. Good with other cats or on her own.

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SPARROW is a 5-year-old guy who came in as a stray with a microchip, but unfortunately the chip was not registered correctly. We have posted his photo everywhere to try and reunite this beautiful boy and we have had no luck. He is very sweet, stunning and very personable! Will you be his lucky new home?



FLORA arrived at the shelter June of 2018. She is an 8-year-old Shar Pei who is dog and cat friendly! She has a gentle demeanor which makes you easily fall in love. She is playful but mellow, loves walks and would make a wonderful addition to any home. Come meet Flora and be prepared to be swept off your feet!



Tails of Hope
732-660-8440



ONYX is a beautiful 10-month old Border Collie mix with lots of energy and loves to run and play. She will need some training and is very food motivated. She plays ball but hasn't learned to bring it back yet, and loves water. She can be a very loving dog but will need a family with experience.



BERNADETTE is a sweet 4-month old kitten looking for her forever home. She loves to play with her kitten friends or play just by herself. She loves to be held and get all the loving she can. Every kitten deserves there forever let's hope Bernie can find hers.



Supercharge Your Immune System

Natural Ways to Stay Healthy

by Kathleen Barnes

Like many other health conditions, challenges to our immune systems are on the rise. The U.S. Centers for Disease Control and Prevention (CDC) estimates that 26.5 million adults and kids have asthma, 50 million have allergies and up to 20 percent get the flu each year. Catching a cold is common, with U.S. adults generally coping with two or three a year and children about twice as many.

As many as 50 million Americans suffer from autoimmune diseases like rheumatoid arthritis, celiac and lupus, costing \$100 billion a year to treat, which is nearly twice the amount spent on cancer care, according to the American Autoimmune Related Diseases Association. Initial statistics released 20 years ago estimated that 9 million Americans had autoimmune diseases; a five-fold increase since then illustrates the magnitude of the problem.

People that are free of some degree of immune system dysfunction are relatively uncommon.

Identified Culprits

“We are absolutely seeing a rise in immune disorders,” says Michael T. Murray, a doctor of naturopathy in Lyons, Colorado, and author of *Chronic Candidiasis: Your Natural Guide to Healing with Diet, Vitamins, Minerals, Herbs, Exercise and Other Natural Methods*. “Many factors are responsible for the increase.” He cites the most notable as the widespread use of antibiotics and pesticides; dietary factors, including too much sugar; decreased intake of essential vitamins and minerals; overconsumption of calories in general; lifestyle factors like not getting enough sleep or exercise; excessive alcohol; stress; and exposure to cigarette smoke.

“The microbiome—the bacterial structure that supports a strong immune system—is largely inherited from the mother during a vaginal birth,” says Sayer Ji, of Miami, Florida, founder of *GreenMedInfo.com*, sponsor of the 2017 Immune Defense Summit and a member of the National Health Federation’s board of governors. “The rising number of Caesarean sections, at nearly one-third of all U.S. births, up from 18 percent in 1997, deprives infants of those naturally occurring bacteria, and can result in immune deficiencies at an early age.”

Low-level chronic stress of the kind that occurs in everyday modern life is a leading underlying factor in immune system compromise, says natural health and healing expert Dr. Deepak Chopra, of Carlsbad, California, author of *The Healing Self: A Revolutionary New Plan to Supercharge Your Immunity and Stay Well for Life*. Along with emotional stress, he points to any kind of inner or outer challenge that pulls us off center.

Everyone experiences some stress every day; when unrelieved, it’s been widely shown to have a huge negative impact on our health. “Imbalance can be negative or positive, and so can stress,” says Chopra. “Winning the lottery is just as stressful as going through a divorce. So the challenge isn’t to achieve static balance, but to successfully thrive in stressful surroundings.”

Internal Communiqués

Medical science now generally agrees that the greatest part of the immune system resides in the gut. “We need those trillions of bacteria that live in the digestive tract. Without them, we are unable to defend ourselves from all types of assaults, including the autoimmune diseases, in which the body turns upon itself,” says Ji.

“The immune system lines the large and small intestines,” says Dr. Susan Blum, of Rye Brook, New York, author of *The Immune System Recovery Plan: A Doctor’s 4-Step Program to Treat Autoimmune Disease*. “The microbes in the gut lining speak to the immune system. Anything that alters the microbes in negative ways—like antibiotics or viral illness, among others—can also negatively alter the immune system.”

Unavoidable Toxin

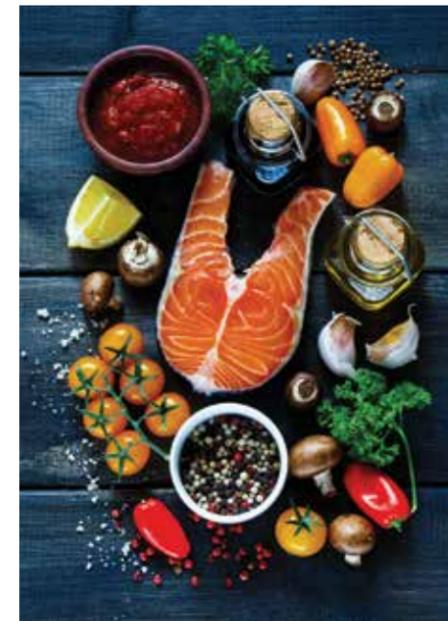
We can’t avoid the toxic exposure that underlies much of the immune dysfunction we are experiencing today, says Wendy Myers, a functional diagnostic nutritionist in Los Angeles, California, and author of *Limitless Energy: How to Detox Toxic Metals to End Exhaustion and Chronic Fatigue*. “Toxins, especially heavy metals like lead and mercury, are in the air, water and soil. Since we can’t escape them, we need to know how they are affecting us and work to neutralize them.”

Experts agree that immune challenges can be neutralized and overcome with the right diet and lifestyle, stress management and appropriate supplements to restore and maintain the whole system balance needed to flourish in a world of our own making that stresses us on every level.

The Right Food

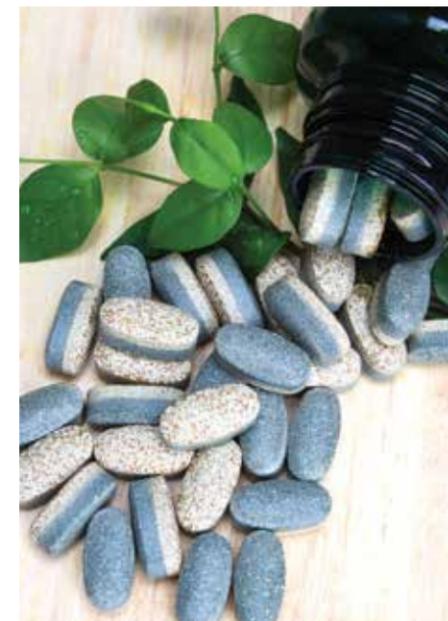
Eliminating wheat and dairy can end half of current immune system dysfunction through helping to repair the microbiome and healing the immune system, Ji believes. As one example, “If my mom had known I was allergic to cow’s milk when I was a child, I wouldn’t have suffered for 20 years with bronchial asthma,” he says.

An anti-inflammatory diet also speeds gut healing and strengthens the immune system, says Blum. Highlights of her program for a basic clean-up include



eliminating anything white (sugar and all products made with flour); eating quality fats (cold-pressed vegetable oils, nuts and seeds); protein (grass-fed beef, organic and free-range poultry, wild game and wild-caught fish); organic fruits and vegetables as much as possible and fermented foods daily; limiting and preferably eliminating dairy; and reading labels and banishing additives, chemicals and processed foods.

According to CDC statistics, almost everyone has some level of immune dysfunction, so this clean-up diet will benefit most of us, Blum says. After a basic regimen of three weeks or longer, she recommends exploring an elimination and



challenge diet in which gluten, dairy, corn, soy and eggs are all eliminated for three weeks. People with arthritis should also eliminate nightshades like tomatoes and potatoes. “Then add back in the eliminated foods one at a time and carefully note the body’s reaction. It’s not that hard to get a clear picture of what aggravates inflammation such as arthritis pain,” Blum says.

The Right Supplements

Multivitamins: “High-quality vitamin and mineral supplements are foundational to immune health,” Murray says. “Vitamins C, E and B and selenium are especially important.”

Digestive enzymes: “Digestive enzymes are key to restoring gut health, and thereby healing the immune system. They’re useful in reducing immune-mediated inflammation in autoimmune disorders,” Murray explains.

Australian research from the Garvan Institute of Medical Research confirms that supporting the immune system helps heal inflammation and autoimmune diseases. Instead, these are commonly treated with immune system suppressants that leave the patient with diminished resistance to other diseases.

Raw foods, especially pineapple and papaya, are good sources of digestive enzymes. They’re also available as supplements.

Prebiotics and probiotics: Prebiotics, plant fibers that ferment in the colon helping to increase desirable bacteria in the gut, and probiotics, live beneficial bacteria, help restore balance in the microbiome, effectively feeding and strengthening the immune system. Myers suggests that declining levels of friendly bacteria in the gut may actually mark the onset of chronic degenerative disease.

Vitamin D: Several studies, including one from Israel, have shown that people with the highest vitamin D levels have the lowest number of upper respiratory infections. “To ensure optimal vitamin D status, many health advocates, myself included, are recently advocating daily dosages of 2,000 to 5,000 international units (IU), even in apparently healthy adults,” Murray says.

Beta glucan: Beta glucans are polysaccharides; soluble fiber naturally occurring in the cell walls of grains, bacteria, yeast, algae and fungi. Natural sources include oats, barley, seaweed, and shitake and reishi mushrooms. In supplements, look for products extracted by fermentation if grain or yeast is a concern. These sugars are known to help prevent and shorten durations of colds and flu and provide relief for allergies and sinus congestion, and may help regulate an overactive immune response in cases of autoimmune disorders.

Both internal and external factors can affect us all the way to the cellular level. Chopra says, "You are talking to your genes all the time, and what you say affects every cell in your body. Through lifestyle choices, you can make healing decisions rather than damaging ones."

Kathleen Barnes is the author of numerous natural health books including The Calcium Lie: What Your Doctor Still Doesn't Know, with Dr. Robert Thompson. Connect at KathleenBarnes.com.

Flu Shot or Not

The effectiveness and safety of flu shots has long been questioned. At best, the U.S. Centers for Disease Control and Prevention reckons that the flu vaccine is 60 percent effective and less so for those older than 65. Plus, it admits it will have zero effect if scientists wrongly project which strains will be prevalent in the coming year. Having a strong immune system is the best bet to prevent flu, says Sayer Ji, founder of *GreenMedInfo.com*.

Further protection can be found in vitamin D, says Naturopathic Doctor Michael T. Murray. He notes, "It may prove to be more effective and less costly than conventional flu shots."

If a cold or flu strikes, Murray suggests zinc lozenges. For coughs, German research from the Department of Integrative Gastroenterology at the Kliniken Essen-Mitte shows that a South African medicinal plant, *Pelargonium*

sidoides, commonly known as *Umckloab* (an ingredient in Umcka ColdCare) is especially effective in treating coughs caused by colds, bronchitis and sinusitis.



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The hidden health menace in “organic” foods

by Ennis Murphy



Vegetable oils are some of the most misunderstood and over-recommended foods in the health community. You’ve probably heard these referred to as “heart-healthy” oils. They are anything but!!

Canola oil, soybean oil, corn oil, sunflower oil, and safflower oil are found in the majority of processed foods, even the ones labeled organic. What makes these oils so unhealthy is the process used to extract the oils from the seeds. To extract the oil manufacturers use a very high-heat harsh chemical process that completely destroys any healthy aspect of the seeds and alters their composition which makes the resulting oil toxic to your body’s cells.

Since these oils are chemically produced it’s really not surprising that they contain harmful chemicals. Most vegetable oils and their products contain BHA (butylated hydroxyanisole) and BHT (butylated toluene) which have artificial antioxidants that keep food from oxidizing or spoiling too quickly. Maybe that’s why they can sit on supermarket shelves for months.

These chemicals have been shown to produce potential cancer causing compounds in the body and have also been linked to liver/kidney damage, immune problems, infertility and sterility, high cholesterol levels, and behavioral problems in children.

Conduct your own survey and go to the “organic” salad dressing section of your supermarket.

You’ll find that in every single bottle, vegetable oil will be the second largest ingredient in the dressing.

If you’re going to have a salad, use your own homemade dressing. Olive oil (which is healthy) and vinegar. BTW—the U.S. Government (U.S.D.A) still recommends vegetable oils as heart-healthy. Never take health advice from the government!

Ennis Murphy is a Certified Integrative Nutrition Health Coach. To learn more about his practice and approach to overall health please visit tworiverhealth.com



photo by Stephen Blanceff

Our Pick of Plant Pie Recipes

Vegan Pecan-Date Pie Crust

The crust takes minutes to make and then press into a pie pan.

Yields: One nine-inch pie crust

1½ cups pitted dates, preferably Medjool, coarsely chopped
1½ cups chopped pecans
¼ tsp sea salt
2 tsp coconut oil

Soak the dates in hot water for 10 minutes.

Remove the dates from the water and pat dry.

Place the dates, pecans and salt in the bowl of a food processor and blend until the mixture sticks together.

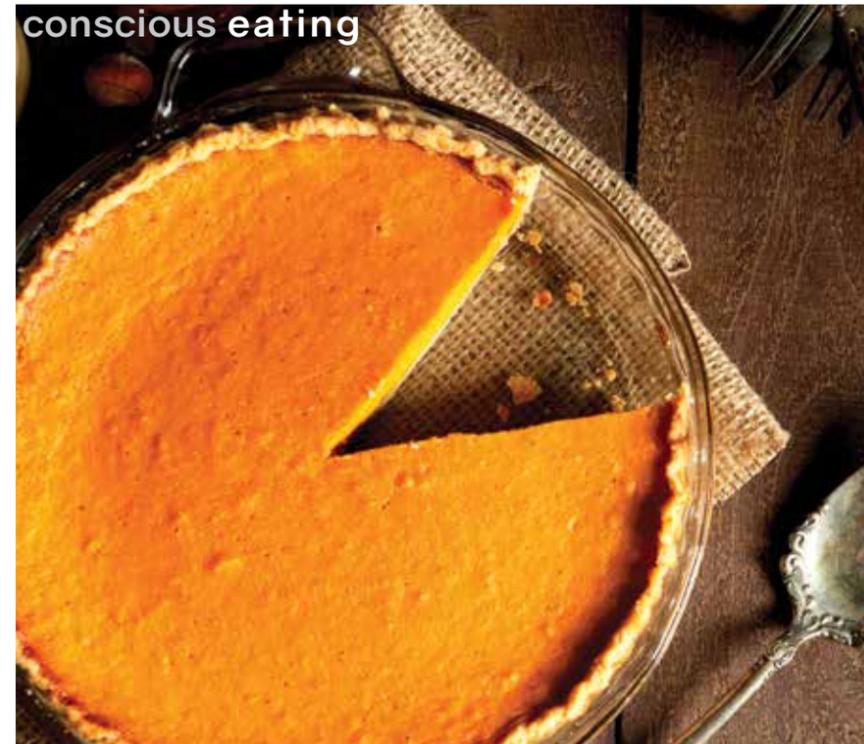
Lightly oil the bottom and sides of a 9-inch pie or springform pan.

Press the date mixture into the bottom and up the sides of the prepared pan.

Cover and refrigerate until ready to use.

Adapted from a recipe by Nava Atlas, of Hudson Valley, NY, vegan cookbook author of Vegan Express: 160 Fast, Easy, & Tasty Plant-Based Recipes.

Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.



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THANKSGIVING DESSERTS

Plant-Based Pies for Every Palate

by Judith Fertig

Gratitude for the bounty in our lives has been a constant in every American Thanksgiving since the Pilgrims’ first celebration at Plymouth Plantation. What has changed is the menu.

Many holiday hosts today wish to be inclusive and respect everyone’s increasingly restrictive dietary needs. A few dishes that offer naturally gluten-free, paleo and plant-based options never go amiss, especially when we’re talking pie.

It’s easy to make a plant-based pie—think pumpkin, sweet potato and chocolate. As a bonus, many vegan pies can be made ahead and actually taste better the next day.

The Crust

A mellow nut crust might be the best way to go; pecans or almonds, sweetened with dates, crumbled in the food processor and pressed into a pie pan. It’s deliciously easy and can be made the day before, always a plus at holiday time. Gluten-free vanilla, chocolate or gingersnap cookie crumbs, mixed with a little

coconut oil pressed into the pan, can serve as an alternative to nuts.

The Filling

The freshest filling makes the freshest-tasting pie. Winter vegetables such as squash, small sugar or pie pumpkins or sweet potatoes can be baked in the oven and puréed in the food processor days ahead of time. Or, make the purées weeks ahead and freeze them, ready to thaw for a recipe.

Award-winning cookbook author Deborah Madison, author of *Seasonal Fruit Desserts: From Orchard, Farm, and Market*, in Galisteo, New Mexico, preheats her oven to 375° F. “Cut the squash in half, the pumpkins into quarters, scrape out the seeds and brush the cut surfaces with a vegetable oil such as sunflower or safflower,” she suggests.

“Place the squash or pumpkins cut-side-down on a sheet pan. Prick sweet potatoes all over with a fork. Bake the vegetables until tender, about 40 minutes,” says Madison. When baked, scoop out the flesh, discard the rinds or skin and purée the flesh in a food processor. About two cups of purée equals a 15-ounce can of pumpkin, sweet potato or butternut squash. Pies made with fresh purées will have a lighter color and flavor.

Madison says she prefers natural sweeteners. “Honey and maple syrup are so dynamic—they’re more like foods in their own right than just sweeteners.” Maple and date sugars give pies a deep, caramelized flavor.

Always taste test during preparation, recommends Alissa Saenz, of Phoenixville, Pennsylvania, who blogs at *ConnoisseurVeg.com*. She loves a big dose of chai spices and little dose of sweetener in her Vegan Chai-Spiced Sweet

Potato Pie. But pie is personal. “I recommend tasting your batter to decide if you’d prefer a little more or less of each,” she says.

Finishing Touches

An ethereal cloud of coconut whipped cream can taste just as delicious as the dairy version, says vegan baker and cookbook author Fran Costigan, of Philadelphia, Pennsylvania.

She refrigerates a 14-ounce can of unsweetened, full-fat coconut milk for at least 24 hours. After opening it, she spoons out only the solid coconut cream into a chilled bowl, saving the remaining liquid coconut milk for another use. She whips the coconut cream with an electric mixer until fluffy, adding a natural sweetener and vanilla extract if desired. It all makes for a perfectly healthy plant pie.

The author and excellent pie maker is Judith Fertig who writes award-winning cookbooks plus foodie fiction from Overland Park, KS (JudithFertig.com).



How Not to Get Fat over the Holidays

by Dr. David Rendelstein

Is there anything better than the holiday season and its traditions? Christmas trees, Santa, Hanukkah Menorahs, Pilgrims, Turkey, Lights, Cake, Candy, Diabetes, Depression, Heart attacks, Obesity. Oh, my! Yes, the holidays are wonderful, but they're not perfect. They are downright terrible for our health. In fact, according to a recent study, "The number of cardiac deaths is higher on Dec. 25 than on any other day of the year, second highest on Dec. 26, and third highest on Jan. 1."

Our most cherished holiday tradition, it seems, is not family or football or presents under the tree. It's overindulging. Overindulging is as tempting and revered an American pastime as exists, but it involves consequences and it requires us to delude ourselves into either ignoring or pushing off those consequences until next year. One study showed that 51% of all weight gained for all people throughout the year occurs during the holiday season!

Who wants to wake up on New Year's Day sluggish and overweight? Why make a resolution because a ball drops? Why not

head into the new year on a new, healthy path or, at the very least, without having gained more weight and less health? It can be done. Here is a simple 3 step plan about how to do it.

1) Rest

Did you know that it is virtually impossible to burn fat if you do not get proper rest? Or that 73% of American adults polled do not get at least 8 hours of sleep per night? Travel, parties and shopping at odd hours (black Friday) can magnify this issue. You must make it a priority to get proper rest if you are to deal with...

2) Holiday stress

Stress releases cortisol, the dreaded hormone that contributes to dangerous belly fat- which releases more cortisol and so on and so on. When did we decide that the "most wonderful time of the year" should be the most stress inducing time of the year? It seems that the anxiety of the holidays is caused, first and foremost, by a

simple lack of perspective.

The holidays have somehow become about consumerism and appearances and, at least for some, that means accruing debt and overwhelm in an effort to keep up with the Joneses. Decide what it is you're trying to achieve this holiday season. Get clear on it. Whatever you decide will be your guide.

If you decide what you want is to connect with God and your family, then that will be your focus and it will dictate your levels of joy and stress and the decisions you make. Clarity and perspective alone can go a long way towards relieving the anxiety of the holidays.

3) Plan and prepare

Cookies and cakes will be delivered to your office. Guests will bring all kinds of metabolism slowing, artery busting treats to your home and your waistline will not be the first thing on the mind of your host when you sit down for holiday meals. Count on it! If you are going to be healthy

during the holidays, you must plan and prepare for it.

It may be considered poor manners to call ahead and inquire what's on the menu, but it's better than being a statistic. Let's take it a step further, you're probably going to bring some type of food item for holiday dinners and parties, how about bringing over a fruit or vegetable plate?

During holiday meals, plan to eat a single plate of food. Load it up with veggies, some good protein and good, healthy fats and, if you must go back for seconds and thirds, take only vegetables. When you are full, leave the table! Go watch the game or play with the kids but, whatever you do, do not sit there and test your will against all those delicacies!

The holiday season, like every other time of year, is what you make of it. Cherish the season but don't be a victim of it. Remember who you are and what it is you're trying to achieve. And, if not indulging in excess sounds to you like deprivation, get someone to support you in your healthful goals and choose to "deprive"

Cherish the season but don't be a victim of it.

yourself of extra pounds and future illness. Happy, and healthy, Holidays!

Dr. David Rendelstein offer an all-natural, fully-customized scientific approach to fat burning, weight loss and improved health, with offices in Cranford, Marlboro and Toms River. For more information, call 908.325.5192.



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5 Element Acupuncture and Total Health

by David Frome, PT, LAc.

When you think of your health, do you think of a nagging backache, indigestion or frequent sinus infections that necessitate you to call in sick way too often? Anxiety? Depression?

We all have the desire to be cured of our problems. Through the course of a lifetime, everyone experiences health issues. Regardless of whether it is migraines, bel-lyaches, or backaches it is common to feel that life would be so much more enjoyable without these annoying and worrisome discomforts. Health anxiety often shifts with physical symptoms. The ailments that occupied our thoughts and distracted us a decade ago, may have been replaced by new issues that seem to be more pressing and serious.

Our health need not be measured solely by the absence of symptoms, rather by how we are progressing throughout our lives. Physical health is important, but it is only a part of the picture. Total health is a composite, comprised of many mental, physical and spiritual factors.

The phrases: “holistic health” and “body, mind and spirit” have become popular in our culture. Yet people still tend to identify with the ailments and diagnoses that their doctors give them. While in the short run symptomatic approaches such as

the use of medications and surgery can be a stopgap and at times be lifesaving, it is critical for our wellbeing and longevity to foster health with noninvasive nature based medicine. This includes energetic and manual techniques such as massage and acupuncture.

Five Element Acupuncture is a specific style of acupuncture that encompasses a complex system of examination, diagnosis and treatment. Patients typically come in for the treatment of a physical problem. It could be a headache, a reproductive issue or chronic pain. Many come with structural issues that affect their posture, alignment and movement. Some come with neurological problems including cerebral palsy, neuropathy or Parkinson’s. While these issues are what brings them through the door, there are often more profound underlying weaknesses that fuel these symptoms and undermine their progress in life. It is the practitioner’s

intention to uncover these underlying factors and treat them.

The first appointment typically includes a comprehensive interview, examination and evaluation. The practitioner will want to know about the past, the important intersections in the patient’s journey and how it’s been for them to navigate life’s challenges. The physical history is important as well, but only part of the picture. The practitioner wants to know what makes them tick, what motivates them, and is interested in their hopes and dreams.

While listening to their story, the practitioner is looking for clues about their constitution. This understanding is referred to by Five Element Acupuncturists as the “causative factor.” At the time of birth, every human being receives a unique energetic balance or relationship between



sign of great struggle and a pattern of immobility.

In health, energy flows evenly through the system. Each meridian and organ is sharing the responsibility of keeping us well.

Our human health is intimately related to nature and it’s cycles of change. Every day, each meridian enjoys a two-hour peak on the Chinese clock. At the end of each two-hour segment, the energy transfers from one meridian to the next. Do you wake up each night at 3AM? You could have an energetic block between the liver and lung meridian. As the seasons change, the body also goes through a cycle of change. Do you become ill each year in late summer as autumn approaches? You may be struggling with the transition from fire to earth. The Five Element Acupuncturist removes energetic blocks, eases transitions and reestablishes a smooth balanced flow of Qi.

A way of life that honors the whole person does not segment the body, mind and heart. Five Element Acupuncture engages the whole person and in doing so reaches for total health.

the elements. The practitioner will search for the one element that reflects both their greatest strengths and weaknesses.

The meridians are the energetic guardians of our health. Each meridian has particular responsibilities in keeping us well. When the meridian system is healthy, energy flows freely. When a meridian falls out of balance, its energy can become excessive or inadequate. Meridians can also become blocked – the energy does not flow through them – a

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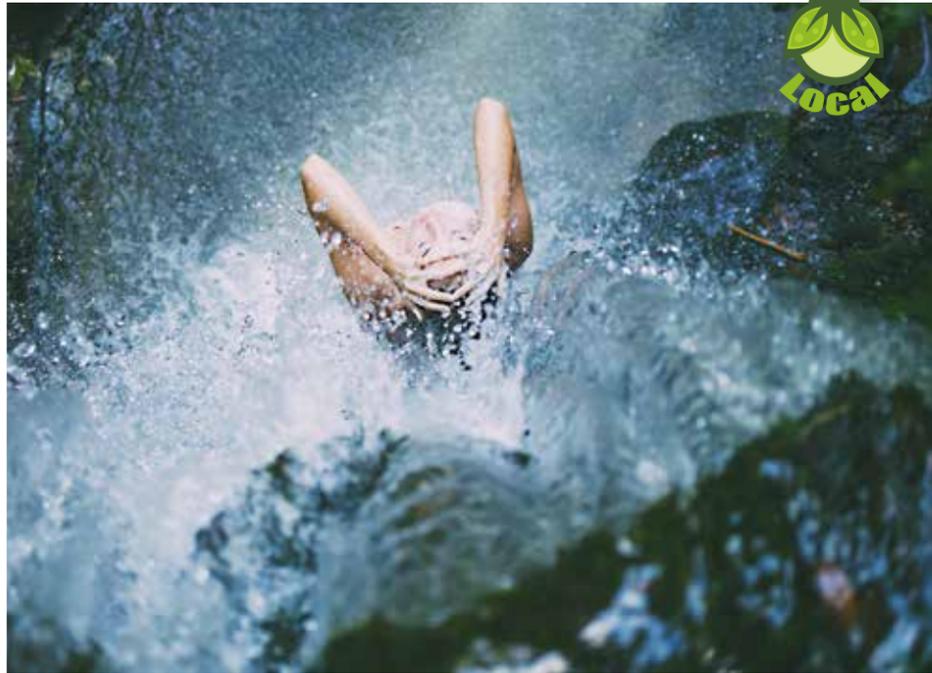
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Lymph Matters: The Benefits of Lymphatic Drainage

by Vanessa Drew



The lymphatic system touches almost every part of your body with a complicated network of fluid-filled nodes, vessels, glands and organs. Although we don't feel or see it, the lymph is one of the most important systems in the human body. It is a key detoxification pathway, tackling environmental toxins as well as body waste.

The lymphatic system works by carrying these toxins away from body tissues and into the bloodstream. It is important to keep the fluids of these systems moving properly to ensure that oxygen and other nutrients reach the tissues through the circulatory system, and for the wastes to be carried away from the tissues through the lymphatic system.

Your lymphatic system can easily become sluggish, especially when it becomes

overwhelmed with toxic debris. Factors leading to lymph congestion are poor nutrition, injuries, constipation, environmental toxins, lack of exercise, stress, hormone imbalances and the normal aging process.

A clogged lymphatic flow not only leads to impaired immunity and disease, but the development of cellulite (lymph lumps), edema (fluid retention), chronic pain and fatty deposits. It can also be a root cause of chronic sinusitis; swollen glands, ankles and eyes; eczema; arthritis; upper respiratory, sinus and ear infections; throat problems; colds; tonsillitis; bronchitis and pneumonia.

The lymphatic system has no pump (like the heart) to carry waste from the lymph glands out of the body. It relies on the relaxation and the contraction of the muscles and joints to move it. Bio-Electric

Lymphatic Drainage (BELD) is an accelerated method of moving stagnant, sticky lymphatic fluid out of the body through natural channels.

BELD therapy uses a light beam generator, which emits a stream of photons (negative ions). These are known for their antibacterial and antimicrobial properties. This light beam with a heartbeat pulsation improves the flow in blood and lymph, while simultaneously loosening waste from cells. The hands-on lymphatic drainage technique combination is slow, subtle, and gently sweeping movements, mimicking the natural rhythmic pumping of the lymphatic system.

It is a gentle, noninvasive procedure combined with gentle manual lymph drainage and is faster and more complete than manual techniques used alone. The session can be relaxing like a soothing massage, allowing the body to go into the parasympathetic healing mode.

The result is the breaking up of the blockages in the lymph system through the re-polarization of proteins. When the polarity of the blockage is reversed, the material slowly erodes and flows out through natural system channels, and the lymph system is now free to perform its normal cleansing functions. It is recommended to follow your BELD session with an ionic foot detox, infrared sauna session or colon hydrotherapy session for best results.

Benefits of Bio-Electric Lymphatic Drainage include reduction in swelling, detoxification of the body, regeneration of tissue, reduction in the symptoms of chronic pain and fibromyalgia, improvement of venous conditions, relief of chronic fatigue, sinusitis, acne and allergies, helps with headaches, relief of some forms of constipation, insomnia relief, improved fertility, alleviation of cellulite and stress relief. Don't forget about your lymphatic system. When the lymph is working well, we stay healthy; and if we're ill, it helps us to get healthy again.

Vanessa Galati-Drew is the founder of Cleansing Concepts, an exclusive detoxification facility with a new location at the Galleria in Red Bank, NJ. For more information, visit www.cleansingconceptsworld.com.

inspiration

ABUNDANT LIVING 10 Practices Open Doors

by Dennis Merritt Jones

Practices designed to enrich life with purpose and meaning yield empowering results for anyone that takes them to heart. Whether striving for a new job, higher salary, stronger relationships or spiritual acceleration, these "rules of the road" offer inspired guidance to free thinking and enlarge possibilities beyond anything we've ever imagined.

Be one with life: Belief in our oneness with "more than enough" sets us free to receive.

Be aware we live in an expanding universe: The creative life force of the universe constantly conspires for our good as we consciously participate in the process.

Be accountable for individual consciousness: How we perceive ourself and our world defines our experience. Changing our point of view can change everything.

Be focused: Establish and maintain a disciplined mind, focusing on what's right with life rather than what's wrong.

Be in the flow: The law of circulation manifests as either a cornucopia of more than enough or a vortex of not enough, depending on how freely energy flows through us. Remember that we are the gatekeeper that directs the flow.

Be passionate: Honoring our passions sets us free from the tyranny of a joyless life. Unearthing and living what creates joy, love and peace brings the gift of our authentic self to the party called life.

Be blessed: To be blessed and know it is to affirm that we are a whole person, with nothing missing. Sharing our abundance becomes our daily norm. This state of being blesses our world.

Be of service: When we serve others selflessly, we are recognizing that they matter. When someone knows they matter, they are intrinsically guided to demonstrate it in ways that serve others... and the circle is complete.

Be courageous: Boldly move beyond false limits to horizons that call us to new levels of self-expression and fulfillment, often in collaboration with a spirited community.

Be a catalyst for good: Such actions connect us directly to the secret of creating an abundant life—our innate oneness with the universe.

Dennis Merritt Jones, D.D., of St. Petersburg Beach, FL, speaks and writes books on human potential and spirituality. His latest, The Art of Abundance, is the source of this essay. Connect via DennisMerrittJones.com.

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Chinese Medicine for Bladder Health

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

Chinese medicine has been an effective treatment for urinary symptoms such as frequency or lack of bladder control (incontinence) for thousands of years. Urinary incontinence is diagnosed as either stress incontinence, which occurs during exertion or sneezing and is attributed to weak pelvic floor muscles. Or as urge incontinence, which involves contraction of the pelvic floor muscles that puts pressure on the bladder. It is common for an individual to have a combination of both.

These conditions have the potential to significantly impair quality of life. Social stigma, embarrassment, lack of confidence and worry are common issues. And can lead to a lack of physical activity, isolation and even depression. Many individuals are so ashamed about this condition that they hide it from their physician - even though they are the first that should be consulted.

There is much to be gained from an integrated Western and Eastern approach for treating this health issue. Clinical research trials have found acupuncture to be successful in the treatment of stress incontinence and Overactive Bladder Syndrome, which causes a sudden urge to urinate and may lead to urge incontinence. Deputy Director at the US National Center for

Complementary and Integrative Medicine David Shurtleff states: "The research on acupuncture for stress incontinence suggests that acupuncture could be a reasonable and low-risk approach to try before attempting riskier, more invasive treatment such as surgery."

Attention needs to be focused on strengthening the pelvic floor muscles. Standard medicine has typically recommended Kegel exercises, which are a good place to begin depending on necessity. However, there are other methods for strengthening this area of the body for both men and women, which involves what is known as neuromuscular reeducation and myofascial release techniques. Fortunately, there are physical therapists that specialize in this treatment approach. The Chinese exercises of tai chi and qigong are additionally helpful for strengthening the pelvic floor muscles.

Acupuncture focuses on opening energies of the lower spine and sacrum while working with the underlying energetic cause. According to Chinese medicine, urinary issues most commonly stem from weakness in the qi (vital energy) of the kidney, which is said "to govern water." This means that the energetics of this organ system is responsible for metabolism of

water and urination as well as filtering urine. Kidney qi is further said to hold urine within the bladder - explaining its connection to an overactive bladder condition. This is particularly the case during the winter months as it is the season related to the energetics of the kidneys and bladder. Furthermore, acupuncture builds blood to nourish overall health and specifically to the bladder area. And it reduces inflammation, strengthens adrenals, balances hormones and calms the nervous system - all which play a role in regulation of urination.

Treatment may take some time to see results as energies need to be built up, so it is important to be patient with the process. It also depends on the length of time that one has experienced this problem combined with an individual's constitution and potential for healing. Strengthening of additional organ systems such as the spleen, lungs and liver may be necessary to obtain desired results. Dietary recommendations and/or weight management is also essential.

A food such as walnuts can be eaten to prevent incontinence through strengthening kidney essence. They can be eaten raw or added while preparing your oatmeal. Walnuts also help to prevent cough, which is helpful with stress incontinence that happens with coughing.

Other dietary recommendations include limiting or eliminating caffeine, alcohol, sugar substitutes and refined sugar. Stress reduction techniques and nutritional supplements are helpful. These include antioxidants such as vitamin C, vitamin E and alpha-lipoic acid as well as anti-inflammatories such as bromelain, quercetin and turmeric. Cranberry is a possible remedy due to its ability to prevent infection and inflammation of the urinary tract. Omega 3-fatty acids, probiotics and the Western herbs saw palmetto and uva ursi are recommended. Specific Chinese herbs help to strengthen the energetics of a particular organ system, increase circulation,

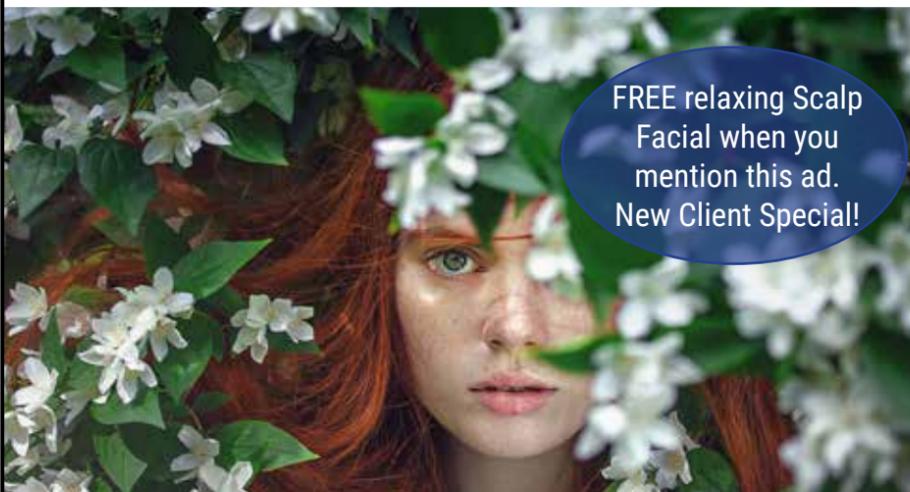
eliminate chronic inflammation, clear low grade infection and support tissue growth. It is best to consult an acupuncturist that is highly trained and certified in Chinese herbal medicine, rather than choosing an herbal formula on one's own.

Chinese medicine treatment is an individualized approach that works with a person as a whole. In doing so, it focuses on alleviation of symptoms along with addressing the root energetic cause. Although it is essential to keep prevention and early treatment in mind, improvement happens quicker and easier when Eastern and Western techniques are combined.

Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist, Tai Chi and Qigong Instructor as well as director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ approaching 30 years. She is the author of Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy and co-author of Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness. For information visit www.healing4u.com and www.qigong4.us.

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Ease Repetitive Strain Injuries

Targeted Exercises Lower Risk of Injury

by Marlaina Donato

Weekend athletes, office workers and hobbyists greatly benefit from a balanced array of regular exercises as a preventive measure against injury.

In our technological age, repetitive strain injury (RSI) is all too common, and anyone using a computer daily can be at risk. Sedentary lifestyles help set the stage for injury.

RSI is classified as a cumulative trauma disorder that can affect muscles, tendons and nerves of not only the forearm and hand, but also the neck and shoulders. Symptoms may include pain, weakness, numbness or compromised motor control. Carpal tunnel syndrome is just one example.

“Repetitive injuries occur by executing the same motions over and over again with little or no variation, and become syndromes when they occur frequently or chronically,” says Brian Lebo, a strength and conditioning coach and director of the Athletic Performance Training Center, in North Royalton, Ohio.

RSI Risk Factors

Poor posture, faulty movement technique and lack of periodic breaks from activities can play a major role in developing any form of RSI. “I find that people that maintain a balanced exercise routine tend to do the best in jobs that apply repetitive stresses. People that sit at a desk need core strengthening, flexibility work in the hips, wrists and hands, and work on the neck flexors of the cervical spine,” says Felipe J. Mares, a physical therapist and owner of PT First Physical Therapy and Rehabilitation, in Albuquerque, New Mexico. “People that exercise on a daily basis, regardless of their job, hold up better at work. There’s a lot of stored equity in muscle tissue and strength that comes in handy.”

Lebo elaborates, “Exercise is critical for improving quality of life for people that suffer from repetitive injuries or RSI because it provides variation from repetitive movement, strengthens muscle and connective tissue, stabilizes joints and improves the body’s response to physical stress. For people with desk jobs, I recommend taking 10 min-

utes to get up every hour on the hour and move around. Focus on mobility.”

Weekend Warriors

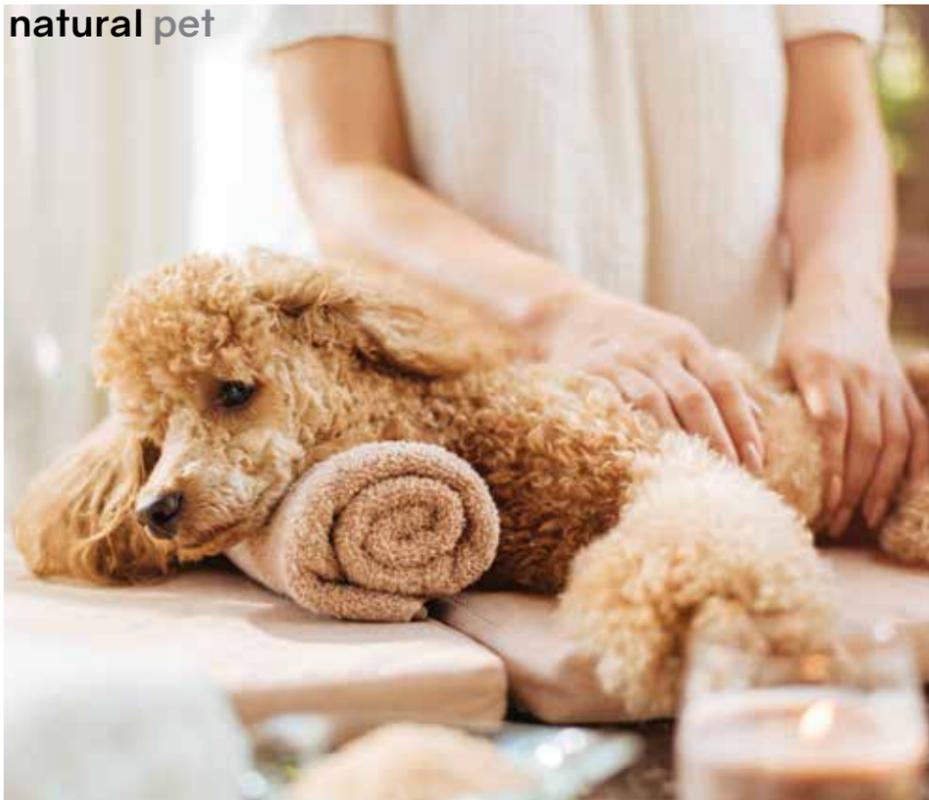
The impulse to get outside, engage in a sport or push through limitations on weekends can lead to injury if exercising is not also part of the work week. “Do something on weekdays to support your weekend activity to prepare and strengthen your body specifically for it,” says Lebo. “For recreational athletes, I recommend performing some type of strength training to support the demands and movement patterns of your activity. For tendinitis or inflammation of the tendons—the most common type of repetitive injury—exercise can reverse or minimize injury following appropriate rest, together with physical therapy when indicated.”

Basic strength training, maintaining a healthy weight and staying hydrated all help prevent injury and decrease the risk of reoccurrence. “Repetitive injuries that I see often are iliotibial band syndrome, patellofemoral syndrome, lower back pain and rotator cuff injuries. The main cause of these is overuse, faulty alignment and muscle compensation,” says Brooke Taylor, a functional training expert and owner of Taylored Fitness NY Ltd., in New York City.

“Functional training engages the body in multiplanar movements that simulate everyday motions. This forces the body to work as one unit, as opposed to isolating various body parts. The beauty is that with a well-designed program, you leave no muscle untouched. Functional training is beneficial for everyone, and one hour of training a day can make a huge difference. Get out and explore different activities and work opposing muscles. Make all parts of the body work as one,” counsels Taylor.

Whether injuries occur at the desk, on the soccer field or not at all, keeping the body fit is key. Mares reminds us that exercise is like sleep—something we all need and cannot avoid, saying, “Exercise is the great equalizer in life.”

Marlaina Donato is a freelance writer and authors books related to the fields of alternative health and spirituality. Connect at MarlainaDonato.com.



Give Rover a Rubdown Massage Keeps a Dog at Peak Health

by Karen Shaw Becker

Animals have performed massage on themselves or others since the dawn of time through natural grooming behaviors,” reports the Northwest School of Animal Massage, in Vashon, Washington. “Any animal’s quality of life can be enhanced with massage.”

Therapeutic Massage Results

“Maintenance massage is great for helping your pet stay at their peak level of health for as long as possible. It’s also a great tool for monitoring and early detection,” says Kim Tews, a certified small animal massage practitioner located near Portland, Oregon.

Jonathan Rudinger, a registered nurse, licensed massage therapist and authority on canine massage in Ann Arbor, Michigan, explains that massage supports oxygen exchange, helping animals to breathe more deeply, and even encourages coughing to loosen phlegm and debris in the lungs.

Increasing both blood and lymphatic circulation is another benefit. “Manual lymphatic drainage massage is a good immune booster, and benefits pets of all breeds and ages,” says Tews. Massage shortens post-operative recovery time for pets and helps decrease inflammation and pain while lowering blood pressure and working to normalize breathing patterns and digestion.

For dogs with arthritis, Rudinger says that massage works to increase the natural fluids within the dog’s body, along with improving lymph and blood circulation and hormone and energy flow. When it comes to sporting events and intense recreation, massage can be used to increase blood flow to muscles beforehand and reduce muscle soreness afterward.

Massage is a comfort for beloved dogs receiving treatment for a terminal illness or palliative care. The practice can also reduce the need for pain medication, decrease

metabolic end products in tissues, ease constipation and feelings of anxiety and isolation, and instill greater peace.

Behavioral Results

Massage therapist Michelle Rivera with the Healing Oasis Wellness Center, in Sturtevant, Wisconsin, remarks in the journal *Integrative Veterinary Care*, “It was in China that I learned that many behavioral problems can also be alleviated or eliminated with the addition of massage therapy. In my own practice, the majority of issues I successfully work with using massage are behavior problems and seizures.”

Highly sensitive animals may find that therapeutic massage makes being touched more tolerable. Rudinger explains that it can clear physiological energy blocks. His approach with dogs is to work on the stomach energy meridian, which flows down around the mouth, down both sides of the midline and underneath the abdominal side of the body. It ends up around the anus, beneath the animal’s tail.

As the meridian is associated with the emotional brain or limbic system, working on this area is particularly useful for dogs that are fear-biters, food- or dog-aggressive, have separation anxiety or problems with their gastrointestinal tract.

Generally speaking, dog massage can be a useful tool for stress relief and relaxation.

Find the Right Expert

An integrative veterinarian can provide advice and recommend an experienced area canine massage therapist to treat an animal’s specific need. At-home or in-clinic sessions may last from 30 to 80 minutes.

Having a family member massage a pet can add calming and bonding benefits, especially in palliative care. A workshop or continuing education course will teach basic to advanced hands-on massage skills. Offering the benefits of therapeutic massage to a dog is one of the greatest gifts we can give to support their happiness and quality of life. It can also work wonders for cats.

Karen Becker, a doctor of veterinary medicine, is a proactive, integrative practitioner who consults internationally and writes for Mercola Healthy Pets (HealthyPets.Mercola.com).



by Sandra Murphy

Although the method of massage and results can be similar to that for dogs, cats have their own rules about how they are touched. “Every massage must be individualized,” says Katie Mehrstens, owner of The Right Spot Pet Massage, near Chicago, and a nationally certified small animal massage therapist. “Cats are typically more sensitive to touch than dogs, and can become overstimulated. I am hyperaware

of the cat’s reactions, and often give them more breaks to avoid stress,” she says. “If your cat doesn’t like to be touched, you just haven’t figured out the best moves yet,” advises Maryjean Ballner, a massage therapist in Santa Barbara, California. “Common mistakes include rubbing, instead of caressing, and going too fast. Felines get the reputation they’re difficult. Pay attention to the basics.”

“Although many bones and muscles in cats and dogs have the same names and locations, they may not be identical in physical appearance or function,” Mehrstens says. “A cat’s skeleton is slender, with lean, fluid muscles designed for leaping distances with stealth and agility. They’re likely to experience less wear and tear on joints than dogs.”

Ballner offers tips to let the cat be the teacher as to what works best:

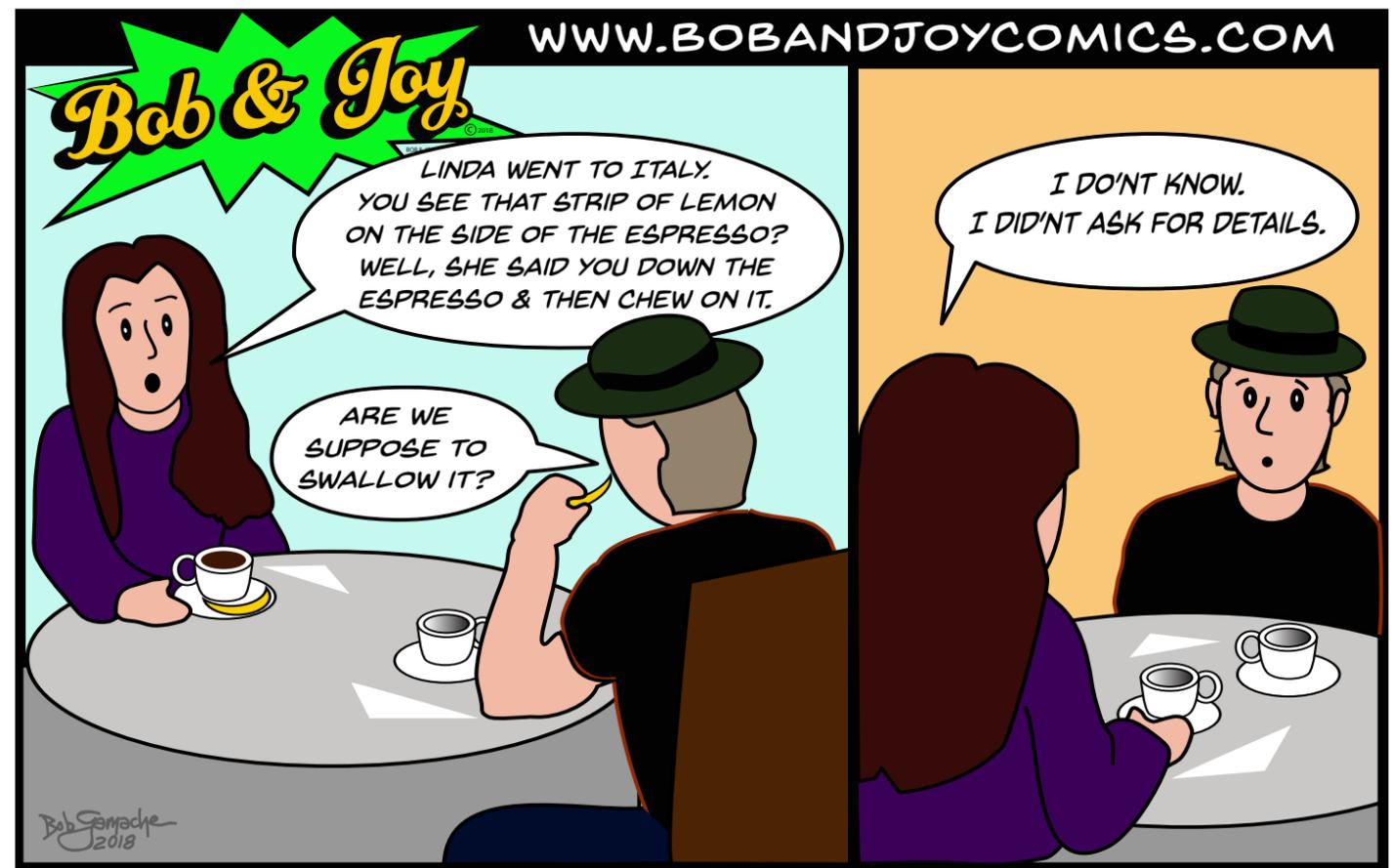
- Get down to their level.
- Approach at the cat’s shoulder height,

- not the top of the head.
- Caress using full palms, not just fingertips. Slower is safe, enjoyable and desirable.
- Caress under the chin and around the cheeks using finger pads and full palms or the flat area between the knuckles.
- Focus totally on the cat for four minutes. Make it routine.
- Voice soft, soothing, low-tone phrases—not baby talk; maybe repeating, “Oh, you good boy, good boy.”

Susi Rosinski, a certified feline, canine and equine massage therapist and owner of Ancient Far East Healing Arts, in Tonawanda, New York, offers, “Most of my [feline] clients have joint pain or back mobility difficulties. Working on legs and joints after they’re fully relaxed helps them, as well as being safer for me, as I slowly add pressure to the areas where they need it most.”

“For four minutes a day, cat massage is therapeutic, whether it’s for you or the cat,” says Ballner.

Connect with freelance writer Sandra Murphy at StLouisFreelanceWriter@mindspring.com.



Eco-Packaging Progress Report

Innovative Uses of Pulp, Paper and Mushrooms

by Avery Mack

Manufacturers need to protect their products from damage and theft, and also want them to stand out on retail shelves. A common result has been hard-to-open containers relying on excessive cardboard and plastic. Today, more manufacturers are responding to consumer requests for less packaging, making it easier on both people and the planet.

Whether shopping online or in a local store, more eco-friendly options are available and they're worth seeking out.

In grocery stores, look for cellophane packaging made from corn, wheat or potatoes that replaces traditional plastic packaging used for candy, spices, nuts, produce and bath products. Cellulose, made from sustainably harvested wood pulp, one of nature's most abundant materials, makes for a sturdy bio- and marine-degradable bag that is suitable for home composting. Resistant to oil, fat and grease, it is also microwavable and oven-safe at low temperatures.

Fenugreen uses antibacterial, antifungal spices infused into a tea that is soaked into clean, biodegradable FreshPaper. It works in conjunction with store packaging or storage containers to keep bread, fruit, vegetables and cheese fresh. Kavita Shukla, founder and CEO, says, "Each paper lasts about a month. A distinct, maple-like scent says the paper is actively working to keep food fresh two to four times longer than usual, preventing food waste due to spoilage."

Quinn Snacks' revolutionary Pure Pop Bag of microwave popcorn contains no genetically modified corn, synthetic chemicals or plastic coatings, so unlike other brands, its packaging is compostable and biodegradable. Consumers add the included salt and spices after the popping, allowing the addition of natural ingredients while maintaining the integrity of the food's natural oil and flavor.

Food carry-out used to mean polystyrene (Styrofoam) containers, but now consumers have the safer option of pulp products that break down completely in backyard compost heaps or through commercial recycling. The pulp comes from North American-sourced hardwoods, which reduces its travel footprint and supports environmentally aware suppliers.

Mycelium, another Styrofoam substitute, uses mushroom roots as glue to hold together other sustainable, compostable agriculture byproducts like corn stalks. The result creates shipping materials that cradle wine bottles, computers and other fragile items to prevent breakage.

In beauty products, look for refillable glass jars. While glass is endlessly recyclable, it carries a large carbon footprint. Glass is heavy and must be transported, sometimes out of state, to reach a treatment plant. Furnaces capable of melting glass containers must run nonstop at about 2,600 degrees Fahrenheit. Taking the time to refill glass jars saves energy and prevents greenhouse gas emissions.

Some personal products such as deodorant are available in paper push-up tubes. Standard plastic tubes can be difficult to empty completely and are sometimes made of more than one type of plastic, which makes them non-recyclable.

Eco-friendly packaging can be especially challenging for small businesses. Katherine Dexter, owner of Wild House Body Care, in College Station, Texas, says, "I needed a green product that was oil-proof and waterproof. One of the best I've found for wrapping solid lotion bars is an unbleached, soy waxed paper. It works as effectively as paraffin-coated waxed paper and is 100 percent biodegradable." She uses sustainable and natural materials for all of her product packaging.

As part of the adult coloring book craze, Najeeb Kahn, founder of the Monthly Coloring Club, noticed books were shipped shrink-wrapped, so the club has switched to compostable and recycled rigid cardboard mailers.

Online mattress sales have increased from a 5 percent market share in 2016 to 10 percent in 2017, thanks to money-back guarantees, free in-home trials and innovative compressed mattress-in-a-box delivery. A mattress is squashed to fit in a box measuring 18 by 44 inches; about the size of a medium file cabinet. One person can easily carry it up stairs or around corners. Released from the box, the foam mattress expands to normal size in eight to 12 hours. The cardboard package can be reused or recycled.

Email manufacturers to either congratulate them on better choices or complain about excess. Each purchase voices an opinion. Let's make it count.

Connect with the freelance writer via AveryMack@mindspring.com.

calendar of events

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



Dawn Schale
Heart Advocate Coach Csir-HACC & Radio Host

SATURDAY, NOVEMBER 3

Meditative Sound Circle at The Yoga Loft 12:30-2pm with Chris Rolke. We will use drums, rattles, and other forms of percussion to create an environment which promotes stress relief, relaxation, and rejuvenation. No experience is necessary. Participants will be guided through group drumming; partnered sound healing, crystals and a guided meditation. Please bring a drum, rattle, or other form of percussion. Rattles are available upon request but supplies are limited. Please email info@theyogalofnj.com or call/text 732.239.2333. \$25. 462 Adelpia Rd., Freehold.

SAT & SUN, NOVEMBER 3 & 4

Energy Medicine 101 & 102 - Learn a 5 minute daily routine that will help improve your energy, how to stay grounded, effects of stress on your energies & how to lessen its effects, how to protect your Aura, pain releasing techniques, energy testing on yourself and others. Each class is full of practice, practice, practice, and ends with each participant experiencing an EEM mini-session that balances and calms their energy. Ask about CEs. Sponsored by Georgian Court University 9a-5p. Advance registration & fee a must. Siobhan@NextStepStrategiesLLC.com or call 609.752.1048

SUNDAY, NOVEMBER 4

Reiki Combined Levels I and II Certification 10am-3pm. Begin your spiritual journey with energy healing in this class that will certify you as a Reiki Practitioner! \$260.00 per person. Dimensions Reiki, 169 Main Street, Suite 105, Matawan. 732.832.1036. dimensionsreiki.com/calendar

THURSDAY, NOVEMBER 8

Reiki Healing Circle 7:30pm-9pm. Join a group of Reiki practitioners and like-minded members to cleanse your Chakras and your energy field, and then receive your own healing! \$10.00 per person. Dimensions Reiki, 169 Main Street, Suite 105, Matawan. 732.832.1036. dimensionsreiki.com/calendar

SATURDAY, NOVEMBER 10

Introduction to Spirit Guides 1-4pm. Meet your spiritual helpers that are ready to work with you! \$50.00 per person. Dimensions Reiki, 169 Main Street, Suite 105, Matawan. 732.832.1036. dimensionsreiki.com/calendar

Hips & Thighs 10a-12p at The Yoga Loft, 462 Adelpia Rd, Freehold, with Nanny Kathleen. Looking to open the hips and thighs or work on postures you don't always get to in your regular yoga class? In this workshop we'll begin with an emphasis on warming up, through stretching and a great deal of attention being focused on healthy joints. This workshop is intended to nurture your soul, focusing on self-acceptance, and opening our hearts to ourselves and others. Please e-mail info@theyogalofnj.com call/text 732.239.2333 to register for this workshop. \$25.

The Attitude of Gratitude - Make your own Gratitude Board 12-2pm Join Krista Lynn, Jewelry Designer and Creative Spiritual Workshop Facilitator as she guides you through a creative and empowering workshop where you Make your own Gratitude Board. Gratitude has been described as the most transformative force in the universe. One of the best ways to achieve and maintain an enduring positive, healing and empowering outlook is to create a Gratitude Board. A Gratitude Board is like a vision board about people, places, experiences and things that make you feel grateful and appreciative. We will explore, discover and create a daily gratitude practice which will support you in creating more balance and having less stress in your life. \$40/pp - all supplies included. Visit mbyogaandwellness.com for more info and to register.

WEDNESDAY, NOVEMBER 14

Free Workshop - Toxicity and Weight Loss 7pm. In this integrative workshop you'll learn how toxins effect your hormones and weight loss as well as two simple tests that let you know your toxicity levels. Find out why most diet plans and detoxification programs don't work and sometimes are even dangerous. Discover how to remove the interference and let your body begin to happily release fat and lose weight. If you are still wondering what is the Real reason why you still can't lose weight after all that you have done, you must attend this workshop! Workshop is led by Larisa Belote, Integrative Nutrition Health Coach at 4 Bridge Plaza Drive, Suite 5 in Manalapan, NJ. Registration Required. Call 732.490.5770 or email larisa@stepbystepwellness.com



THURSDAY, NOVEMBER 15

PAIN Solutions - Free Workshop. 7-8 pm Utilizing Functional Medicine approach, Test - don't Guess, we can gain a deeper understanding of the underlying causes of your chronic pain, such as food sensitivities (not allergies), hormonal imbalances, metabolic functions, etc., and find the healing opportunities. To learn more, please join us. Due to limited space, please RSVP Ada Zak at 732.333.6680, or you can email us at www.OptimalHealthGuide.com. Wemrock Professional Mall, 501 Stillwells Corner Rd., Bldg. A, 1st floor / Dr. Borgersen's office, Freehold.

FRIDAY, NOVEMBER 16

Angel Communication Workshop 7-8:30pm at The Yoga Loft, 462 Adelpia Rd, Freehold. with Katie Grace. Your Angels are ready and willing to bring you daily messages that can help with all areas of life and love. Tune up your intuitive apparatus so that you can hear and use the profound guidance offered to you from the Angelic Realm. Using Angel Cards in a group setting, we will practice receiving messages for ourselves and others. You will learn to discern the voice of the Angels and drown out the voice of the Inner Critic, leading to more grace and ease in everyday life. You will come away feeling uplifted and peaceful, with a profound connection to your personal messengers from God, the Angels. Learn to Speak Angel! Please call or text 732.239.2333 or e-mail info@theyogalofnj.com to register \$25.

SATURDAY, NOVEMBER 17

The Art of Doing Nothing with Horses (Rain Date: Sunday, November 18) Morning session: 9:30am-noon, Afternoon session: 1:30pm-4pm. Are you horse-curious and would like to get to know these magical beings in a natural setting? Or would you simply like to feel the deep calm and presence that comes from being around horses? If so, then this day is for you! Come and learn the subtle language of horses, how horses feel energy, and learn to communicate with one another by doing nothing. With the help of intuitive horses and talented coaches who will facilitate your journey, you will not only learn about horses, but discover new aspects of YOU! More info & registration: unbridledlifecoaching.com/events Price: \$50 each session. Tribrook Equestrian Center, 283 Long Swamp Rd, New Egypt. 908.217.7852

SUNDAY, NOVEMBER 18

Private Angel Readings, 11:30-2pm at The Yoga Loft, 462 Adelpia Rd. Freehold with Katie Grace. If you need guidance you can trust, book a half-hour session with Katie Grace can help you connect with the Angelic Realm and your Higher Self to help you express greater love, wisdom and power in all facets of your life. An Angelic overview can help

you see a higher vision for your life, allowing you to make wise decisions aligned with your soul's purpose. Seeking clarity about your soul's mission? Eager for guidance about your home, family, love life or career? Schedule your Angel Readings with Rev. Katie Grace, Interfaith Minister you will receive trustworthy, uplifting, personal advice aligned with your higher purpose. Please call or text 732.239.2333 or e-mail info@theyogalofnj.com to schedule your private \$35.

Introduction to Psychic Development 1-5pm. Tap into your own intuitive abilities, and learn techniques to give psychic readings! \$95.00 per person. Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. 732.832.1036 dimensionsreiki.com/calendar.

SATURDAY, NOVEMBER 24TH

A Restorative Exploration 12:30-2:30pm at The Yoga Loft, 462 Adelpia Rd Freehold, with Claire. The explanation of Restorative is usually something like...the body is supported in postures that are held for longer periods of time, using props (blankets, blocks and bolsters) to find comfort in each pose. It is a practice designed to relax the mind, body and spirit and bring it back to its natural balance. Completely true! There's also another practice of Restorative that helps you better understand the many aspects of asana/posture, enables you to explore it deeper within yourself and offers a comfortable introduction to the most challenging poses. Join Claire for this journey into Restorative and explore all it has to offer you. \$25.

SUNDAY, NOVEMBER 25

Workshop: Grounding Your Energy 1-3pm. If you constantly feel or take on the energy of family and friends around you, learn techniques on how to ground yourself and restore the balance of your energy field! \$75 per person. Dimensions Reiki, 169 Main Street, Suite 105, Matawan. 732.832.1036. dimensionsreiki.com/calendar.

FRIDAY, NOVEMBER 30

Crystal Bowls 7-8pm at The Yoga Loft, 426 Adelpia Rd, Freehold with Billi Jo Murphy. Join Billi Jo Murphy, Reiki Master and Intuitive Life Coach for an evening of healing, balancing and relaxation with the pure tones of the quartz crystal "singing" bowls. The crystal bowls are sound healing instruments that take you on a vibratory journey into a deep meditative state. You will sit or lie in a comfortable position as I play the crystal bowls. Each bowl is tuned to one of the 7 Chakras to help facilitate alignment, balance, and healing of each energy center. Effects may include and are not limited to: reduced stress and anxiety, greater clarity and focus, an overall sense of peace and higher states of consciousness. Please call or text 732.239.2333 or e-mail info@theyogalofnj.com to register \$20.



on going events

NOTE: All calendar events must be received via email by the 10th of the month and adhere to our guidelines. Email NAcalendar@NaturalAwakenings.com for guidelines and to submit entries. No phone calls or faxes, please. Or visit swfl.naturalawakeningsmag.com/advertising to submit online.

monday

FREE EVENT-Metta Meditation Circle in Belmar 11a-12p Join Roseann Petropoulos for Metta Meditation. This is a form of meditation that spreads goodness to the world. Collectively we set our own intention and allow it to flow to others. Meditation benefits everyone, whether you are new to meditation or have been practicing for a while, gathering with others will enhance your practice. A meditation practice can, improve all body & brain functions, relieves stress more efficiently, increase attention span & creativity, promotes feelings of connection to others. May all beings live Happy and Free. Belmar Community Center 7th Ave & D St. To register visit www.Belmarwellness.com or call 732.894.3197.



The Qigong workout you will experience is based on Shoshanna's book and DVD "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy." Check out www.healing4u.com or call 732.758.1800 for more information.

Wild and Free Painting, 10am-12pm is an indulgent and nourishing Process Painting Art Studio for self-discovery, where we run weekly workshops and groups for women, helpers who help and teen girls. Join us in a Process Painting Workshops where you will release stress, quiet your mind and reconnect with your true self. All materials are always included. 660 Tennent Road, Suite 206 Manalapan, NJ. First time painter \$40. Call or text 347.804.8249.

thursday

Wild and Free Painting, 10am-12pm is an indulgent and nourishing Process Painting Art Studio for self-discovery, where we run weekly workshops and groups for women, helpers who help and teen girls. Join us in a Process Painting Workshops where you will release stress, quiet your mind and reconnect with your true self. All materials are always included. Thursday evenings 4:30-6pm Teen Girls Group. 6:15-8:15pm Open to all. 660 Tennent Road, Suite 206 Manalapan. First time painter \$40. Call or text 347.804.8249.

T'ai Chi Class for Beginners taught by Shoshanna Katzman 9am every Thursday morning at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Tai Chi is traditionally known as "meditation through movement." The form you will learn is the Guang Ping Tai Chi form for which Shoshanna is a 6th generation lineage holder. It is a Yang Style comprised of flowing movements that promote energy, balance, serenity, grounding, strength as well as mind, body, spirit wholeness. Simply call before coming so we can give you more specifics. Check out www.healing4u.com or call 732.758.1800 for more information.

tuesday

Wild and Free Painting, 10am-12pm is an indulgent and nourishing Process Painting Art Studio for self-discovery, where we run weekly workshops and groups for women, helpers who help and teen girls. Join us in a Process Painting Workshops where you will release stress, quiet your mind and reconnect with your true self. All materials are always included. 660 Tennent Road, Suite 206 Manalapan. First time painter \$40. Call or text 347.804.8249

wednesday

Qigong Class taught by Shoshanna Katzman 6pm every Wednesday evening at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Beginners are welcome! Simply call before coming so we can give you more specifics. Suitable for all ages and abilities! Qigong is a form of Chinese exercise characterized by gentle, flowing movement practiced to enhance health & longevity. The movements are done to integrate body and mind, strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation.



save the dates

SUNDAY, DECEMBER 2

Energy Angels, Psychics and Crystals 12 to 4-more info will be available shortly on our web site www.theyogalofnj.com

community resource guide

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in the Community Resource Guide email NAadvertising@NaturalAwakenings.com to request our media kit.

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Christine Taliercio, M.S.,C.A., L.ac., D.ac. is a certified acupuncturist, licensed in NJ by the Board of Medical Examiners, a certified Diplomate in Acupuncture by the N.C.C.A.O.M., and the owner of Acupuncture Works LLC. Taliercio is trained in treating infertility, smoking, anxiety, and depression.

She uses a dry-needling technique to treat pain. She incorporates other modalities like electrical stimulation, ceramic mineral heat lamps, infrared light therapy, and essential oils. Breathing in the scent of certain oils enhances your treatment and well-being. It's all natural, and very effective. Suffer no more - call me today! .

BIOFEEDBACK/STRESS MANAGEMENT THERAPIST

LAUREN A. SALANI, LCSW, BCB

Senior Fellow, Advanced Board Certified in Biofeedback by the BCIA, Biofeedback Certification International Alliance, Member of Association for Applied Psychophysiology and Biofeedback. Biofeedback and Stress Relief 107 Monmouth Road, Suite 104, West Long Branch, NJ 07764. 732-542-2638 Info@LifestylesMedical.com



Why am I always anxious?, Why wont the pain stop?, What's wrong with my body? Do these questions sound familiar? If your answer is yes, then biofeedback therapy may be for you. Your next questions probably will be; "What is biofeedback?"

and "How can it help me?" Stress and pain build when the body tries to respond to the busy demands of life in ways that put a disruptive burden on the system. To help a person relieve this stress and pain, patients come to my office to relax and calm while sensors on their body send their own biological data back to them through a computer monitor with soothing sounds and images. Coaching can also enhance the experience. A person actually learns how to regulate their own muscular, vascular, nervous, gastrointestinal, cardiac, and respiratory systems towards optimal health. These

techniques are effective in reducing tension and migraine headache, high blood pressure, back and neck pain, mood and anxiety disorders, and irritable bowel syndrome. Biofeedback is a natural treatment that may be used alone or in conjunction with other medical treatments and medications. And, moving in the direction of health feels good! If you are interested in biofeedback to reduce stress and pain, please call my welcoming office for more information and set up an appointment .

CHIROPRACTIC

DR. JULIE PAGE

Page Chiropractic & Wellness Center
51 Memorial Pkwy, Atlantic Highlands, NJ
PageWellness.com
732-291-5575



Dr. Julie Page is the founder of Page Wellness Center located in Atlantic Highlands NJ. She has been in practice for over 15 years and continues to excel in her fields of Chiropractic and body work. Dr. Page uses many modalities that are at the forefront

of sports medicine; including Kinesio Taping, Graston Method, and Fascial Manipulation (Stecco Method). More recently she has been certified in Ashiatsu and Ashi-Thai body techniques which she incorporates into her already well rounded practice. .

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Dr. Arbeitman has recently authored his first book, *The Gift of Hope: The Path to Healing through Upper Cervical Chiropractic*. The Upper Cervical doctor uses mathematics, geometry and physics to gently realign the upper neck. The procedure employs precise measurements and a gentle adjustment is administered. There is no cracking, popping or twisting with the Upper Cervical procedure. Once the spine is in a corrected position, relief for many of the most severe and chronic conditions may be achieved: Herniated discs, pinched nerves, chronic neck and back pain, sciatica, trigeminal neuralgia, fibromyalgia, migraines and headaches. If you've tried everything else without success, contact Dr. Arbeitman and see how Upper Cervical may change your life.

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Salim is the rare accountant who believes small businesses are the foundation of our economy and is dedicated to helping them attain financial health and security. He is author of the popular book "Straight Talk About Small Business Success In New Jersey." Get your free copy by calling (732)566-3660. (Limited quantities).

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Break old habits, Develop new rituals, Visual your life as you want it to be. Know it in your minds-eye, Feel it in your actions. Roseann is a Wellness coach, certified in Hypnotherapy, Past Life Regression, Neuro-Linguistics, Tree Reading and Reiki Master. A private session combines various modalities with the vibrational energy of the client to allow healing and well-being. Roseann specializes in Stress Coping Skills, Weight Management, Smoking Cessation and Recovery Re-Enforcement. Roseann offers private session and group meditation circles. Membership includes: National Guild of Hypnotists and Monmouth/Ocean Reiki Group. For more information call for a Free phone consultation.

LEADERSHIP CONSULTANT

DLG CONSULTING

DonnaLyn Giegerich MBA CIC RYT
Red Bank NJ
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LI/DonnaLynGiegerich. 732-547-0894



Leadership Consultant: Integrated leaders prioritize presenting well to brand build. Hone your impact skills or business development skills with private coaching, workshops or webinars. Join us seasonally @YogaOnTheLake-SummerSeries on FB. Add to our mailing list at DonnaLynSpeaks@gmail.com to be part of our global advocacy.

INTUITIVE BUSINESS & EMPOWERMENT COACH

MBA, Integrative Healing Arts Practitioner
600 Main St, Avon by the Sea, NJ 07717
732.551.6491
mariafontana.com



I'm a Lightworker, Entrepreneur and published author, with expertise in the cozy business concept, "Small is the new Big" and my passion is helping ambitious women become the best version of themselves, while discovering their own innate beauty, power and potential to thrive in a passionate, purpose-filled life and business. You hold the power to thrive and be happy deep down in your soul, trust me.



MASSAGE

SANCTUARY MASSAGE

Sally Kurth LMT,APP
1130 Highway 34, Suite 2E
Matawan, NJ 07747
732.241.1255
Sallysatori@gmail.com



Feeling overwhelmed, stressed or rundown? Polarity and Massage can help! Massage can relieve sore and tired muscles and improve circulation. Polarity therapy can increase your energy and bring more balance to you and your life. As a Polarity and Massage therapist I am trained in a variety of different modalities. Call or visit my web site to schedule an appointment for either or both of these therapeutic methods. I am also a Young Living Essential Oils distributor. Ask if you'd like to learn more about the many uses for these Ancient Oils.

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www.naturalwatersystems.com
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Blue Dolphin specializes in Non-Chlorine pool & spa conversions and whole-house water filtration, softening, and structuring systems. We also offer pool safety covers/fences, heaters, etc. Chlorine is one of the most toxic chemicals on Earth

yet everyone is swimming in it. Please feel free to call, ask any questions, and share your concerns. We welcome the opportunity to teach people how to swim without chlorine and practice all-natural pool care. Here's to an amazing 2018 Summer season and here's to your health and wellness!

POSITIVE PSYCHOLOGY PRACTITIONER

GEMMA HEALTH COACH, LLC

Gemma Nastasi, CAPP, CHNC
298 Broad Street, Red Bank, NJ 07701
732-245-2556, GemmaHealthCoach.Com
Facebook.com/GemmaHolisticHealthCoachcom



I am a Certified Holistic Nutrition Coach, Positive Psychology Practitioner, Certified Coach and the Author of a book, "The Positive Psychology Diet: 21 Days to a Happier and Healthier Life" My life's purpose is to help others increase their happiness and well-being by using the tools of positive psychology and nutrition coaching. You are what you eat and what you think. Is your negative mind chatter stopping you from

achieving your goals? Learn how to use the tools of positive psychology and the scientifically proven methods to achieve happiness and well-being. Call to set up a complimentary phone session. 732-245-2556. Individual Sessions, Groups and Workshops.

PSYCHIC READINGS MEDIUMSHIP

MOONSTRUCK

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



Pamela is a spiritual intuitive/medium who has been guiding many individuals and groups for the past 20 years. She offers private sessions and is passionate about teaching you how to bring your life from ordinary to extraordinary. She practices astrology, numerology, and Tarot and is a member of the American Federation of astrologers. She conducts classes, workshops, and seminars in person and online. Follow Pam on LinkedIn Facebook and Twitter. Call for your appointment today to get clarity, direction, and inspiration on how to move ahead and live your life.

RETAIL

SHANGRI LA FARM, LLC

1055 Maxim Southard Road
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Phone/Text 732-901-8777



Experience life on the farm. We offer daily, weekend or weeklong stays. Spend your time planting, harvesting, and eating the food you grow and care for. You will have a peaceful time in nature, relax outdoors, sit around a bonfire, eat organic food and learn some new skills or just read a book or take a walk or play some music. Leave all of your stress and worries and problems outside the gates for a while and just be. Plant some seeds and grow your own life at Shangri La Farm.

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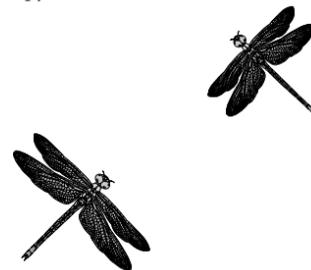
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Monmouth Beach Yoga & Wellness has been voted the best in Monmouth County by Monmouth Health & Life Best of Monmouth County readers' choice awards 5 years in a row & the Best of Asbury Park Press readers' choice in 2015, best of New Jersey Monthly 2017 & 5 stars from Kidgooroo. At MONMOUTH BEACH YOGA & WELLNESS we believe "YOGA IS FOR EVERYONE" regardless of age, limitations & injuries. We offer OVER 40 CLASSES A WEEK FOR ALL LEVELS. Our Mission is to provide a variety of fitness modalities that are therapeutic, fun & practical. We have weights, bands & props that allow you to use your body to stretch & strengthen to challenge both your body & mind. We offer classes aimed at developing strength, balance, coordination & flexibility, while being in a supportive, healing, safe & non-competitive environment. We are committed to offering students inspiring classes as well as a whole yogic lifestyle. Come in and check us out, you will be glad you did. Yoga, fitness and retail therapy at its finest.



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Tula Yoga has recently been voted Best Yoga Studio by Monmouth Health & Life Magazine 2017! Tula Yoga is a total health and wellness studio offering Yoga, Barre, Hot Yoga, Aerial Yoga, Pilates, Meditation, and Reiki classes all in one location. We also offer a comprehensive 200 & 300 Hour Yoga Teacher Training course twice a year, monthly workshops, and continuing education for teachers. At Tula Yoga, our mission is to create an environment where you can experience balance and relaxation in the midst of your busy life. We welcome people of all ages, sizes, shapes, and ability. Our goal at Tula Yoga is to provide an exceptional Yoga experience in a supportive and fun atmosphere that promotes growth and community for our students. We offer New Student Specials: \$25 for one week or \$70 for your first month! Please call or check our website with any questions! We look forward to guiding you on this journey of transformation. www.TulaYogaNJ.com.

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Fee for classifieds is \$1 per word \per month. To place listing, email content to NAcclassifieds@naturalawakeningsmag.com. Deadline is the 10th of the month.

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Mary's Mouth-watering Brussel Sprouts

- 1lb Brussel Sprouts - Ends Trimmed and Cut in Half Lengthwise
- 2 TBS Extra Virgin Olive Oil
- 1 CUP Thinly Sliced Shallots
- 2 Garlic Cloves Minced
- 1 TBS White Balsamic Vinegar (a splash)

Heat a large stainless steel skillet over medium-high heat. Add oil to pan; swirl to coat. Add shallots; sauté 3 minutes or until almost tender, stirring occasionally. Add Brussel Sprouts, flat side down, sauté for 5-7minutes (until golden brown) add garlic; sauté 30 seconds, stirring constantly. Add balsamic vinegar; cover and allow to steam until desired tenderness, stirring once or twice. Sprinkle with salt and pepper; toss and serve.

Approximately 135 Calories
Makes approximately 4 servings,
3/4 C each



Copper device stops a cold naturally



New research: Copper stops colds if used early.

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to kill a virus. Touch it with copper. Researchers at labs and universities agree, copper is "antimicrobial." It kills microbes, such as viruses and bacteria, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell, destroying it in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. Some hospitals tried copper for surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold

went away completely." It worked again every time he felt a cold coming on and he hasn't had a cold since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me

last holidays," she said. "The kids had colds going around, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper may even stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

People have used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds, cuts, or lesions to combat infections.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.



Sinus trouble, stuffiness, cold sores.

It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become

resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code NATA5.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

Buy once, use forever.

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