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natural awakenings

Time
For Spring
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CULTIVATING
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EVALUATING
YOUR WEIGHT
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The Power of
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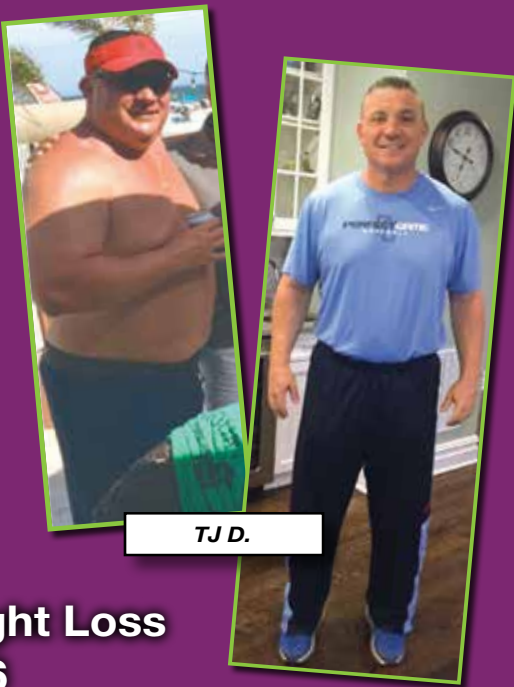
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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

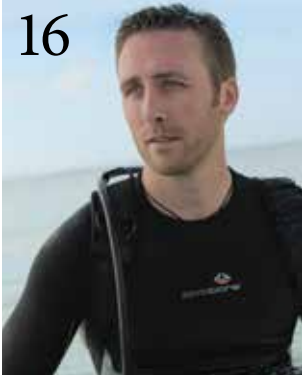


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letter from publisher

Hello Friends



Sharon Shaffery

Happy Springtime!!! We have a very exciting month ahead of us. The Wellness Expo at Georgian Court is on Sunday March 23rd, and the Heart of Oneness Holistic Expo is the following weekend on March 31st. Both events are certain to be a great time and we will be there – hoping you stop by our table to say hello 😊. In addition to these two fabulous opportunities to get your Zen on, our calendar is packed with more events than ever before, so be sure to check it out and try something new! Last month I tried Light Language Activation at the Yoga Loft, and I am definitely glad I did even though I had no idea what to expect.

March is always one of the most exciting months of the year for me. I can't wait to see all of my flowers again. The tulips and the crocuses are already starting to peek out of the ground, and it's almost time to plant the garlic. I have a habit of biting off more than I can chew – and my garden is no exception. By mid-summer it's generally overwhelming, but each year I plan a little better and sustain the tidy beauty a little longer. But springtime in my yard is magical, and I can't wait to soak it in.

Just before I sat down to write this letter, I read a great article in one of my favorite magazines – Inc. It was so good, I decided it would be worthwhile to share the highlights. I think Natural Awakenings has a unique audience, and we work hard to be happy and successful, so many of you will probably appreciate these lessons too! I pulled out key pieces, but if you google Marcel you can find and read the entire article.

9 Things Happy and Successful People Do That Most Wouldn't Bother

By Marcel Schwantes Founder and Chief Human Officer, Leadership From the Core

1. Place yourself in someone else's shoes.
2. Have an insatiable curiosity.
3. Find your true purpose.

Remind yourself frequently that the purpose of your life is not to work 10 hours per day, five days per week for 30 years, then retire to a golf course in Florida. Your true purpose should be to discover your calling and bask in the joy of the journey along the way, one step at a time. In the end, your legacy is left to these two questions:

•What impact did I make on the lives of others? •Whom did I serve and make better?

4. Practice patience.
5. Learn from wiser souls.
6. Pursue peace.
7. Build your self-awareness.
8. Be more spontaneous.
9. Accept the practice of failing forward

Good stuff! As always I want to thank everyone for your continued support. And if something looks interesting, or sounds like it could be helpful for you – please give it a try. I read a quote that I now have displayed in my kitchen “Time is running away like water” — Franz Bardon. And it is so true, so I have it there to remind myself, stop thinking about stuff and go do it! We hope to see you at the Expos, and we wish you an amazing March.

Warm wishes,

Sharon

news briefs

Heart of Oneness Holistic Expo

Experience The Heart of Oneness Holistic Expo on March 31st 10am-6pm at the Radisson Hotel in Freehold, NJ. Join us for this community event based in Monmouth County New Jersey, dedicated to Wellness, Spiritual Growth & the Conscious Evolution of Humanity. Their core essence & commitment is Building Community, Connecting Like Minded Souls, Expanding Awareness, Opening Hearts, Promoting Oneness & Supporting your Path.



Meet a very unique and beautiful group of Intuitive Readers, Reiki Practitioners, Sound Healers and Authors while sampling some of the finest Essential Oils, Gemstones and Crystal Jewelry. Further connect with our full panel of empowered leaders and teachers excited to share their wisdom and passion throughout the day by attending one of their inspiring presentations.

The Expo is proud to welcome Melissa Cubillas, internationally known Psychic Medium for a very special 2-hour intimate gallery as well as Katherine of Light, Light Language Practitioner & Channel offering a powerful galactic initiation and light activation. (Tickets for Melissa & Katherine are available & purchased separately on the website).

Dimensions of Cleansing

With the approach of the warmer weather many people focus on Spring cleaning, clearing out the clutter in their homes and getting ready for guests and celebrations. But what about the energy in your home? Do things feel stagnant, anxious, or unwelcoming? Cleansing the energy fields of your house and family are just as important as keeping things physically clean.

The residual energy in a space can weigh down your family physically and emotionally. If you are feeling uncomfortable in your own home, let us come in and cleanse every room. We at Dimensions Reiki recommend clearing the energy in your house when you and your family go through major shifts in your own personal life, such as buying or selling a home, a divorce, continuing illnesses, and when things just don't feel “right” in your home. The “residue” left over from these stressful events and discussions can soak



into the walls, floors, and furniture of the space. Please contact us for a consultation to see how Dimensions can help get your home back to balance.

For more information, visit <http://thespiritrescuer.com>. Jeff Carpenter is a Reiki Master Teacher, psychic, spiritual cleanser, and psychic medium who owns Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Please email thespiritrescuer@gmail.com or call 732.832.1036 to schedule an appointment.

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harming self or the earth; and different types of movement, music, sound, and crystals to awaken your inner healing abilities.

Meet and learn from spiritual healing and energy therapy practitioners, acupuncturists, Chiropractors, physical therapists, and 50 plus local exhibitors. The day is entirely free, plus, you can win door prizes, participate in raffles, and take advantage of free 30 minute workshops throughout the day. The GCU Annual Wellness Expo is for everyone and for all ages. For more information, visit georgian.edu/event/wellness-expo/.

Learn Tai Chi: Empower Your Mind, Body & Spirit

We are pleased to announce two new beginner Tai Chi classes with Shoshanna Katzman at Red Bank Acupuncture & Wellness Center. Tai Chi reconnects the mind to the body, the conscious to the subconscious, and the individual to their environment. It is a powerfully healing exercise that improves physical fitness in a gentle yet effective way – commonly known as meditation through movement. With its circular movements, rhythmic breathing, and flowing postures, Tai Chi allows the full potential within each person to blossom.

Every Thursday 10-11am and every Saturday 9-10am. \$25 per class. 830 Broad St, Shrewsbury. To register, call 732.758.1800

Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist, Tai Chi and Qi-gong Instructor as well as director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for the past 30 years. Shoshanna is 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 more information be sure to visit www.healing4u.com and www.qigong4.us

FREE Workshop: DETOXIFICATION

Why DETOXIFICATION Is The Most Important Step In Improving Your Health!

"Spring Cleaning" is around the corner, and most people think about cleaning their houses, perhaps without realizing the importance of "Cleaning" or Detoxing their bodies as well.

Detoxing, in fact, should not just take place in spring, but on a regular basis. Many chronic illnesses such as Diabetes, Cardiovascular Diseases, Arthritis, Obesity, Autoimmune Diseases,



Don't Miss the 8th Annual Wellness Expo

Join Georgian Court University in its beautiful, historic Casino for their free 8th Annual Wellness Expo, Saturday March 23 from 11am-4pm. Meet a variety of wellness practitioners and vendors all at once! Explore a variety of interests, including organic, non-toxic means to nourish yourself and take care of the whole body; cleaning your house without

Allergies, Hypoglycemia, Osteoporosis, Neurological Diseases, COPD, Cancers - all have become prevalent in our aging society, but research shows that these are often due to nutrient deficiencies and ever-growing toxic load.

So, if you suffer from Chronic Fatigue, Weight Gain, Brain Fog, Anxiety, Low Energy, & Poor Sleep, this workshop's for you.

To learn more about understanding the role of toxins as they affect your health and holistic ways to address the toxicity, please join us on Wednesday, March 13th, 7-8 pm. Please register by calling Ada at 732.333.6680, and visit our website at www.OptimalHealth-Guide.com. Wemrock Professional Mall (sign at entrance), 501 Stillwells Corner Rd., Bldg. A (1st floor / Dr.Borgersen's office), Freehold, NJ.

You Are as Young as Your Spine Is Flexible



Monmouth Beach Yoga & Wellness offers a gentle yoga class for healthy aging suitable for all ages. This class 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 keep 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. Flexibility tends to diminish as you get older, but you can regain and maintain it. Students will feel refreshed, rejuvenated and empowered by their practice. Our Instructor Mary Christensen, who instructs this class, won the Best of Monmouth Yoga Instructor. We are extremely proud of her.

This class is every: Monday 12-1pm & Thursday 11-11:45am (36 Beach Road, Suite 10, Monmouth Beach) For more information please contact Lisa Matthews at 973.452.2828.

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Jacquelyn Hines, PT, DPT, MPT, C/NDT, CST
Doctor of Physical Therapy
Certified in Neuro-Developmental Treatment
Certified in CranioSacral Therapy

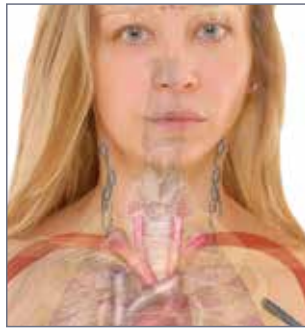


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FREE Workshop: Thyroid Health



Can THYROID Cause Problems Even When the Lab Results are "normal"? Hypothyroidism, or underactive Thyroid, is a silent epidemic in U.S. Many people have issues with losing weight, chronic fatigue, increased sensitivity to cold, constipation, muscle weakness, depression, anxiety, brain fog, thinning hair, joint pains, elevated blood cholesterol, dry skin, heart palpitations, irregular menstrual periods, etc., yet thyroid's dysfunction is often ruled out based on the Lab's "Normal" findings, the most common being TSH and T4.

However, from a Functional Medicine Practitioner perspective, especially when the client's symptoms are ongoing and bothersome, it's worthwhile to look deeper at Thyroid.

If you would like to learn more, please join us on Thursday, March 14th, from 7-8 pm in Freehold. For more details, please call Ada at 732.333.6680 to register for the upcoming Workshop, and visit our website at www.OptimalHealthGuide.com. Wemrock Professional Mall (sign at the entrance), 501 Stillwells Corner Rd., Bldg. A / Dr. Borgersen's office (1st floor), Freehold, NJ.

Everyone Needs to Stretch

Everyone needs to stretch and can learn to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. Stretching brings better flexibility which helps to improve your performance in physical activities. It can decrease your risk of injuries by helping your joints move through their full range of motion and enabling your muscles to work most effectively.

Stretching also increases blood flow to the muscle. Most of our stretch classes are done sitting or lying on your mat. We emphasize the deep stretch of all major muscles and connective tissues through a series of slow movements and breath awareness. The goal is to release tightness in your body, whether it's in your hips, shoulders, back, hamstrings or quads. We end all of our classes with a relaxing, resting pose to prepare your body and mind for inner peace. Stretch classes are offered daily, please check our calendar for times.

Drop ins are always welcome & we offer a new student special 3 classes for \$30 with no expiration date. Monmouth Beach Yoga & Wellness is located at 36 Beach Road, Suite 10, Monmouth Beach. Any questions please call Lisa Matthews at 973.452.2828.



Finding true Peace (by Forgiving Everyone)

Join a discussion on how to let go and move on at Monmouth Beach Yoga & Wellness on March 15th 7-9pm with Bhante Sujatha, a 30+ year Buddhist Monk. Buddha said "Forgive others not because they deserve forgiveness, but because you deserve peace". When we realize that to hold on to anger only causes us harm, it becomes more urgent to learn ways to cultivate compassion and extend forgiveness.

A common misunderstanding is the belief that once you forgive you are done. But, forgiveness requires daily renewal and vigilant effort. As with all things in this life, our feelings change moment by moment, so we have to work to forgive again and again every day, every moment.

Bhante is singularly focuses on adding more love in the world, and believes his purpose is not only to teach meditation, but also, "teaching people how to be happy." Bhante will offer a book signing opportunity after the workshop and his Cds will be available for purchase.

Please sign up to reserve your spot. Cost: \$35 early bird/\$40 day of. Monmouth Beach Yoga & Wellness is located at 36 Beach Rd, Suite 10, Monmouth Beach, 973.452.2828. www.mbyogaandwellness.com



The Energy of Numbers



Join us for The Energy of Numbers and What They Reveal About You at Monmouth Beach Yoga & Wellness on March 30th 12-2pm with your host Krista Lynn, Jewelry Designer and Creative Spiritual Workshop Facilitator. The ancient science of Numerology is the study of how the numerical vibrations affect us, universally and personally. Through the birth date, we will explore how they can reveal one's life path, personal year, inner strengths and future tendencies. We will also work with your name and find the Soul Urge,

The Secret Self and the Expression. Sound is the result of vibration - which is only another way of saying that every sound has a number behind it.

Based on your findings, each person will make their own mala bracelet (27 beads) made of wood and semi-precious stones. Each number is represented by a semi-precious stone to reflect the essence of its vibrations. A wonderful memory to remind you of the journey you explored at the workshop. Please bring a pen and journal to take notes.

Please sign up to reserve your spot. Cost: \$40 (all supplies included) Monmouth Beach Yoga & Wellness is located at 36 Beach Rd, Suite 10, Monmouth Beach, NJ, 973.452.2828. www.mbyogaandwellness.com

Wild and Free Painting



Join us for a Date to Create and give yourself the opportunity to rediscover your creative self-alongside other women without the pressure to perform, produce or succeed. Wild and Free

Painting is an indulgent and nourishing Process Painting Art Studio for self-care, personal growth and exploration. We focus on the act of painting itself and your experience while painting rather than the final art product. Experiencing this process helps women feel a deeper connection within themselves and in turn feel more satisfied and connected in all of their relationships.

This date is for you to say yes to your own self-care, to say yes to believing you are worth it and to say yes to knowing you are enough, just the way you are. Absolutely no prior art experience is necessary to enjoy the benefits of this process. ~

(\$40 Fee includes all materials and tools) Thursday, March 7th from 7:30-9:30pm. 660 Tennent Road, Suite 209, Manalapan, NJ www.wildandfreepainting.com Elissa earned a BFA in Graphic Design from The University of Michigan, holds a Masters degree in Art Therapy from New York University, is a Registered Board-Certified Art Therapist and Process Painting Facilitator

7 Week MAKEOVER Program

This past year I learned about a 7 Week Makeover Program, which changed my life! I lost 10 pounds in 8 weeks and was able to keep it off.

The Program utilizes fasting, ketosis and Diet Variation. In seven weeks, you will learn a dietary strategy that is right for your body, the key to burn stored fat and not just glucose and discover why toxins may be the reason you struggle to lose weight. You will get rid of bad cells and reset your DNA, activate stem cells, optimize hormones, heal the brain and the gut. Not only that, but you will start feeling better with renewed energy and lose unwanted weight.

This 7 Week Makeover Group Program begins on March 19th at 8:30 pm and is only a \$250 investment. Information you learn will be invaluable and the tools you will take with you can be used for a lifetime. Group program has 4 people minimum and 8 people maximum.

Larisa Belote, CHHC, AADP, Integrative Nutrition Health Coach is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Contact Larisa for more information about the 7 Week Makeover Program at 732.490.5770 or email larisa@stepbystep-wellness.com



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Empowering Others through Energy & Self-Awareness

Join Sarah Stevenson at The Yoga Loft, 462 Adelphia Rd Freehold March 30th 12:30-4:30pm \$60.00 (3 –CEU's and/or Professional Development Hours)



As teachers we learn early on that the climate of the room is profoundly affected by the energies that each individual brings to class. And most certainly our own state of being. We hold the space of those who were led to us because of our energy, our teaching, and our uniqueness which is no

accident. The universe has brought that individual into our care.

Throughout this three-hour workshop, we will explore mindful awareness practices that will enhance our practice as teachers, school teachers, and parents. Discovering the layers of Self that can color who we are as teachers is powerful. Once discovered, we will then begin to cleanse and bring awareness to the room as a whole. Reading the energies of the room and tailoring our lessons accordingly is a powerful tool. We will allow mindfulness and self-awareness practices to begin to guide us there.

Please call/text 732.239.2333 or email info@theyogaloftnj.com to register. Register early as this workshop will fill up quickly.

Spring Equinox & Full Moon Gathering

Flower Crown Weaving and Fire Ceremony at The Yoga Loft, 462 Adelphia Rd, Freehold. March 22nd, 7-8:30pm with Sunshine Kate and Dee \$35 (includes supplies).

Join us as we celebrate the Spring Equinox, the time of renewal, rebirth of nature, and the awakening of our own creativity, energy, and passion. Our gathering will be devoted to celebrating and planting seeds for what we want to bloom in the upcoming season of vitality. This gathering is a time of healing, our journeys, celebration of the seasons and connection with each other. Women have been gathering under the Full Moon since the beginning of time to celebrate and connect with the divine energy that flows through the stars, the Earth and our bodies.

We will weave our own flower crowns and then send our in-



tentions out through a fire ceremony under the Full Moon. This moon is known as the Worm Moon (when the earthworms start to emerge after a long winter's rest).

Please call/text 732.239.2333 or email info@theyogaloftnj.com to register. Space is limited to 12.

Treating Allergies for Adults and Children

There is no one more determined or passionate as a mom on a mission to find a treatment for her child's food allergies. There is hope!

A.R.T. Allergy Release Technique® is an integrative methodology that focuses on building and strengthening the body's immune system, so it functions optimally with the goal of eliminating allergic responses. The immune system can become overloaded for many reasons, such as microorganisms, environmental toxins, and immunizations which triggers an immune response to harmless foods and substances. A.R.T. also identifies five trigger allergens and has various tools to support the anxiety response.

A.R.T. has been featured on the Dr. Oz show, and Children's Hospital Boston is currently conducting a retrospective study on the A.R.T. process to prove its success. In addition to treating allergies; ART® can also treat: Lactose Intolerance, Oral Allergy Syndrome, Chemical sensitivities, Heavy metal sensitivities, Digestion problems, skin issues, Lyme Disease, Chronic fatigue, rheumatoid arthritis, PANDAS, & Eosinophilic esophagitis.

Carol Dimitriades is an A.R.T. Allergy Release Technique® Practitioner for children and adults & a Board-Certified Nutrition Health Coach; and is conveniently located in Eatontown, NJ. For more information visit holisticdestiny.com, email carol.holisticdestiny@gmail.com or contact Carol at 201.321.8020.



Grand Opening – A Year & A Day Mystical Shoppe

Join us for our Grand Opening event on Saturday, March 23rd! Opening at 12pm with a Free Drumming Circle to bring in the good energy. We are also offering Psychic Readings and Healing sessions, discounts on merchandise throughout the day and more!

A Year and a Day Mystical Shoppe is more than just a metaphysical store. We offer spiritual advice and counseling, Reiki Workshops and attunements. We have ongoing weekly meditation groups, workshops and special events. Private sessions are also available.

We believe in the power of community and would love to be a part of yours as we seek and explore our divine selves. The

shifts that occur when hearts open within a space of unconditional love allow us all to expand into something far greater than ourselves. Our focus and commitment is to provide not only a space, but knowledge, understanding, love and healing so that transformation can occur within the hearts and souls of all. A Year and a Day Mystical Shoppe is family owned and operated and we love to expand our soul family! We are located at 413 Bond Street, Asbury Park, NJ. For more information call 848.217.2371, email Ayearandadaymysticalshoppe@yahoo.com or visit us at Ayearandadaymysticalshoppe.com



Qigong for Good Health – Spring Classes

Beginning April 2, with Maxine Forster Guenther, M.A., Certified as an Instructor of Integral Qigong since 2002. Spring is a time for new growth & new beginnings. Join us as a beginner or return to deepen your Qigong practice. All are welcome!

Qigong is an ancient Chinese healing modality, traced back more than 5,000 years. Qigong practice includes a series of gentle meditative movements engaging breath and mind focus. Reported results include improved posture, relief of muscular tension and pain, stronger immunity, reduced stress, deeper and fuller quality breathing, improved energy and stamina, and a greater overall sense of wellbeing. The practice is easy to learn and welcomes students with all levels of ability.



The 9 Week Spring Series begins Tues, April 2. TWO 1-Hour classes for 9 Tuesdays, at 1pm or 2:30pm in The Earth Room at the Unitarian Universalist Meeting House, 1475 West Front Street, Lincroft, NJ. \$90. for 9 sessions. For a partner in the same household, the 2nd person's fee is \$45. College student's fee is \$45. If you cannot afford the cost of the series, please e-mail Maxine to request adjustment in the fee. Qigongomi@yahoo.com

For more information about these classes, Qigong, and your instructor, please visit www.qigongforgoodhealth.org You may also e-mail Maxine at Qigongomi@yahoo.com. These amazing classes do fill. You may sign up online.

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Meditation and Music Slow Cellular Aging



Meditating or listening to classical music altered biomarkers associated with cellular aging and Alzheimer's disease in adults experiencing memory loss, according to a recent West Virginia University study. The 60 participants had subjective cognitive decline, including forgetting familiar names and losing objects, a condition that may be a preclinical stage of Alzheimer's. For 12 minutes a day, they either listened to instrumental classical music or did a kirtan kriya meditation involving chanting, visualization and finger poses. After three months, all subjects had increases in a key beta amyloid peptide protective from Alzheimer's, as well as better memory, mood, sleep and quality of life, while the meditation group experienced significantly better improvements. Activity in two chromosomal markers of cellular aging—telomere length and telomerase activity—increased for both groups, especially among those that practiced more frequently or started with lower cognitive scores. The improved biomarkers were maintained or even strengthened three months after the study ended.

Lemon Balm Lowers Blood Pressure, Reduces LDL

Lemon balm (*Melissa officinalis*), a soothing herb from the mint family, can significantly improve the condition of patients with chronic stable angina, reports a recent study in the *Journal of Herbal Medicine*. Researchers at Iran's Ahvaz Jundishapur University of Medical Sciences tested 80 patients with the condition, which involves chest pain linked to a lack of blood flow to the heart. The patients were given three one-gram doses a day of lemon balm powder or a placebo. After two months, the



patients given the lemon balm had significant reductions of "bad" low-density cholesterol (LDL), both systolic and diastolic blood pressure, and increased work-out capacity, a measure of heart function.

Vegetables and Orange Juice Protect Memory

A Harvard study was conducted on the diets of nearly 28,000 male health professionals spanning two decades between their 50s and 70s and published by the American Academy of Neurology. It found those that drank orange juice and ate leafy greens, berries and dark orange and red vegetables suffered significantly less memory loss than others. Subjects reported every four years and were examined for both thinking and memory skills. Those that ate about six servings of vegetables a day were a third less likely to develop poor thinking skills than those consuming two servings; those that drank orange juice every day were half as likely to develop poor thinking skills as those drinking one serving per month. Men that ate larger amounts of fruits and vegetables 20 years earlier were less likely to develop similar problems, whether or not they kept eating larger amounts of fruits and vegetables later.

Herbs Make Worthy Prebiotics

Ginger, black pepper and holy basil, mainstays in traditional medicines as anti-inflammatories, also contain significant prebiotic potential that could help gut health, report researchers from India's National Institute of Nutrition, in Hyderabad. Holy basil (*Ocimum sanctum*) and ginger (*Zingiber officinale*) showed significantly higher prebiotic activity, especially of *Lactobacillus* and *Bifidobacterium* species, when compared to the well-known prebiotic fructooligosaccharide (FOS). Black pepper (*Piper Nigrum*) had prebiotic effects similar to FOS.



Light Pollution Disturbs Sleep



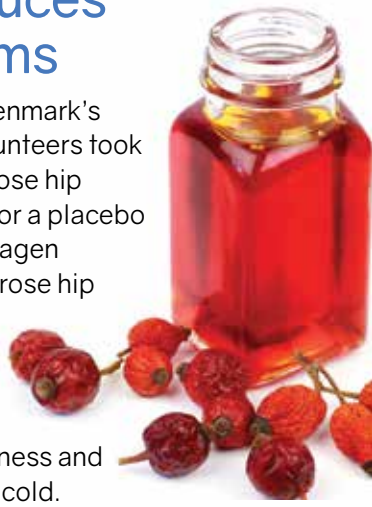
Being exposed to high levels of artificial outdoor light at night contributes to insomnia and greater use of sleeping pills, reports a new study from South Korea's Seoul National University College of Medicine. The researchers studied the records of 52,027 people without diagnosed sleep disorders—60 percent of them women—and correlated their sleeping pill use with their residential location relative to artificial outdoor light intensity. The brighter the outdoor lighting, the more likely were sleep issues and the greater and more frequent use of sleeping pills. The study joins other research that has shown that artificial nighttime lighting—outdoors and indoors—disrupts circadian rhythms, potentially leading to such metabolic and chronic diseases and conditions as cancer, diabetes, obesity and depression.

Pine Bark Soothes Prostate

Benign prostate hypertrophy (BPH), a condition that affects half of men older than 60, is related to increased prostate gland size and a reduced flow of urine from the bladder. To test the effectiveness of the pine bark extract Pycnogenol on BPH, researchers from Italy's D'Annunzio University divided 75 men with the condition into three groups: One was given 150 milligrams a day of Pycnogenol, another received standard non-drug management and the third was given conventional drug treatment. The researchers found that urination frequency, urgency, intermittency and nighttime occurrences significantly improved after 60 days of treatment among the pine bark extract group.

Rose Hip Reduces Cold Symptoms

During the six months of Denmark's frigid winter, 107 study volunteers took either two grams of liquid rose hip (marketed as Hyben Vital) or a placebo daily. University of Copenhagen researchers found that the rose hip group experienced 18 percent fewer colds, as well as significantly fewer symptoms such as coughing, headache, muscle stiffness and fatigue when they did get a cold.



Spring Decluttering Many Benefits of Reorganizing



Spring is the season of renewal, and on the home front, that means cleaning, organizing and reducing clutter. While we apply natural, eco-friendly cleaning agents, the act of moving items around offers the opportunity to rearrange or eliminate some of them, providing a fresh look and a sense of comfort, order and control.

To clear clutter, Christa O'Leary (ChristaOleary.com), founder and CEO of Home in Harmony Lifestyle, based in Boston, and author of *Home in Harmony: Designing an Inspired Life*, suggests that decluttering is best accomplished in small chunks every day to allay feeling overwhelmed, with the help of someone "who knows you have made the commitment and will hold you accountable." She says stacks of paper and folders "zap your energy and mojo" and take away from productivity and efficiency, along with testing the patience of family members.

O'Leary's website offers tips that provide simple solutions for tackling such areas as magazine stacks and cluttered closets. She relates that a mom recently emailed her to say that her 7-year-old daughter did it as well, and "made a cute, adorable space."

MotherEarthLiving.com suggests first compiling a to-do list and enlisting someone to help with the physical and psychological aspects of the task at hand: letting go of items that can be donated to charitable organizations and thrift shops, where they can benefit someone else; and being creative in storing seasonal clothing, extra towels or decorations in old military-style trunks, stacks of vintage suitcases or under beds.

Along with making the bedroom more visually appealing, removing items and materials can also create a tranquil setting for a more restful night's sleep. RealSimple.com suggests getting rid of old pillows that may be filling up with dust, germs and bacteria; spare bedsheets that we never use; knickknacks that clutter the bedside table and all traces of food and beverages.

Poles Apart

Earth's Extremities on the Edge

The North Pole and South Pole each have unique, pristine environments, virtually untouched by civilization, but a pair of federal studies cast doubt upon their future status. The National Oceanic and Atmospheric Administration (NOAA), in a study based on satellite data, warned that ancient glaciers in West Antarctica, thought to be more stable than those to the east, are "waking up" and beginning to dump ice into the sea, which could further contribute to rising sea levels.



A second NOAA study reported that glaciers at the top of the world are also thawing, melting and breaking down. According to that document, the Arctic is undergoing a period of "record and near-record warmth, unlike any period on record." Lead Arctic NOAA researcher Emily Osborne announced at a major geoscience conference, "The Arctic is experiencing the most unprecedented transition in human history."

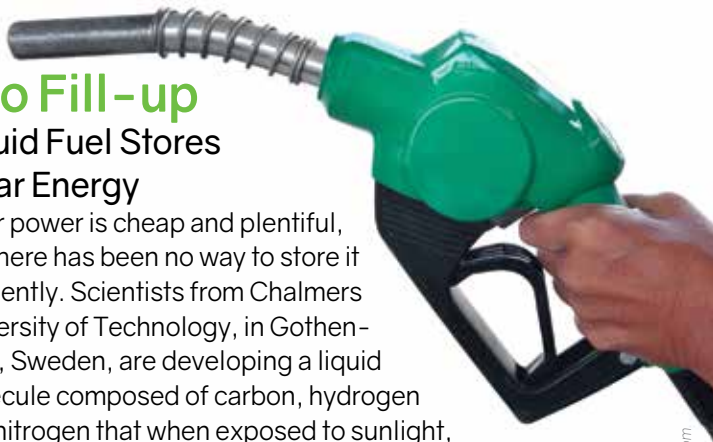


Wave This Planet Earth Has a Flag

A new project by Oskar Pernefeldt, a graduate student at Beckmans College of Design, in Stockholm, Sweden, has designed a new flag for the entire planet to be used worldwide in a move toward unity. Its minimalist design shows seven rings intertwined on a deep, sea-blue background, forming a flower in the middle. Simple and contemporary, the flag evokes the Earth's natural beauty. "The blue field represents water, which is essential for life," writes Pernefeldt. "The flower's outer rings form a circle which could be seen as a symbol of Earth as a planet, and the blue surface could represent the universe." The flag has yet to be adopted by any official government agencies.

Eco Fill-up Liquid Fuel Stores Solar Energy

Solar power is cheap and plentiful, but there has been no way to store it efficiently. Scientists from Chalmers University of Technology, in Gothenberg, Sweden, are developing a liquid molecule composed of carbon, hydrogen and nitrogen that when exposed to sunlight, rearranges the bonds between its atoms into an energized new isomer. In this way, energy from the sun is captured between the isomer's strong chemical bonds and stays there even when the molecule cools down to room temperature. When the energy is needed, the fluid is drawn through a catalyst that returns the molecule to its original form, releasing energy as heat. "The energy in this isomer can now be stored for up to 18 years," says Chalmers University nanomaterials scientist Kasper Moth-Poulsen. "And when we come to extract the energy and use it, we get a warmth increase, which is greater than we dared hope for." The hope is that this warmth can be used for domestic heating systems, powering a building's water heater, dishwasher, clothes dryer and more. The scientists claim the fluid can now hold 250 watt-hours of energy per kilogram, double the energy capacity of Tesla's Powerwall batteries. Moth-Poulsen believes the technology could be available for commercial use within 10 years.



Fake Foliage Bionic Leaf Tops Plants in Photosynthesis

Bionic Leaf 2.0, a new, artificial photosynthesis system developed by a team headed by Harvard University scientists, takes in carbon dioxide, water and sunshine to create a sugary fuel. Solar energy splits up a water molecule, and bacteria turn hydrogen and carbon dioxide into liquid fuel, mainly isopropanol, which could be used someday to power a car. An improvement on their prior effort a year earlier, the new system has a catalyst made of cobalt and phosphorus, increasing the efficiency of the reaction to 10 percent. Normal photosynthesis in plants is just 1 percent efficient at converting solar energy to biomass. This technology has the potential to bring another type of solar energy to the planet, especially in the developing world.



Transcendental Meditations Near-Death Experiences Can Be Learned



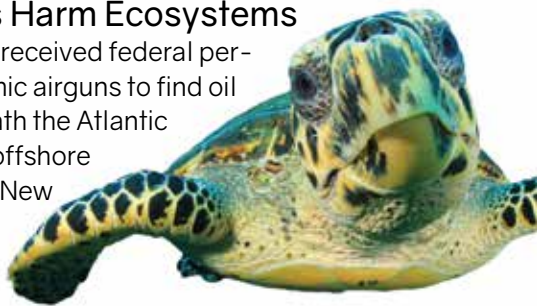
"Meditation-Induced Near-Death Experiences: a 3-Year Longitudinal Study," published in *Mindfulness*, concludes that some Buddhist meditation practitioners can willfully induce near-death experiences (NDE). These profound psychological events typically occur in people close to actual or perceived death. The ability to willfully induce such experiences could help scientists better understand the phenomenon, which has been difficult to research. "The practice of using meditation to gain a better understanding of death is longstanding, particularly in Buddhism, where ancient texts exist to help spiritual practitioners prepare for or gain insight into the process of dying," says study author William Van Gordon, of the University of Derby, in England. "Unlike regular near-death experiences, [12] participants were consciously aware of experiencing the meditation-induced NDE and retained control over its content and duration. Also, compared to regular forms of meditation, the meditation-induced NDE led to a five-fold increase in mystical experiences and a four-fold increase in feelings of non-attachment," explains Van Gordon.

Techno Timber Artificial Wood Resists Fire and Water

A new, lightweight synthetic wood has been created that is as strong as wood, but without its traditional vulnerability to fire and water, as reported by Shu-Hong Yu, a materials chemist at the University of Science and Technology of China, in Hefei, and the author of a study published in *Science Advances*. It's made of polymer resin and chitosan, a sugar polymer derived from the shells of shrimp and crabs. Adding human-made or natural fibers to the mix could also help. The new material does not require years to grow and repels water; samples soaked in water and a strong acid bath for 30 days scarcely weakened, while balsa wood lost two-thirds of its strength and 40 percent of its crush resistance. The new material is also difficult to ignite, and stopped burning when it was removed from the flame. Its porosity creates an air-trapping capacity that could make it suitable as an insulation for buildings, but eco-friendly alternatives to the polymer resins are needed to broaden interest in its utility.

Shocking Development Oceanic Blasts Harm Ecosystems

Oil companies have received federal permission to use seismic airguns to find oil and gas deep beneath the Atlantic Ocean floor during offshore oil exploration from New England to Florida. Repeated every 10 seconds, 24 hours a day, for days and weeks at a time, the airguns are so loud that they disturb, injure or kill marine mammals, sea turtles and other wildlife, harm commercial fisheries and disrupt coastal economies. The proposed testing could injure 138,000 whales and dolphins and disturb millions more, according to government estimates. Impacts include temporary and permanent hearing loss, disruption of mating and feeding, beach stranding and deaths. Whales and dolphins rely on their hearing to find food, communicate and reproduce. Airgun blasts can kill fish eggs and larvae, and scare away fish from important habitats. Catch rates of cod and haddock declined by 40-to-80 percent for thousands of miles following seismic surveys. Nonprofit environmental watchdog Oceana is working to halt the use of the devices and stop the expansion of dangerous offshore drilling that follows the seismic testing.



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Philippe Cousteau on the POWER OF WONDER AND LEGACY

by Randy Kambic

Philippe Cousteau Jr., the 39-year-old grandson of legendary under-sea explorer Jacques Cousteau, is continuing a rich family legacy of sharing the wonders of the natural world with a global audience. A diver, conservationist and environmental activist, the younger Cousteau has also become an inspirational speaker, writer, social entrepreneur and producer of myriad television and film projects.

Now in his fifth season of hosting the Emmy-nominated series *Xploration Awesome Planet*, which airs on a number of outlets, Cousteau and his wife, Ashlan, also co-host the popular Travel Channel series *Caribbean Pirate Treasure*, a water-borne odyssey that explores pirate legends, shipwrecks and the lore of lost treasures.



How did your grandfather inspire you?

He was a captain in the French Navy during World War II when he and an engineer invented scuba diving. It revolutionized humanity in many ways because until then, we were limited in our ability to explore the ocean. He then went on to help create underwater cameras and lights and the means to do storytelling about this wonderful world that he was exploring. It was the first time for millions of people around the world to get a glimpse of what lived in the ocean.

Ted Turner called him the “father of the environmental movement” because over time, his stories led him to a deeper understanding of the changes that were happening in the oceans and inspired him to embark on a journey not just of exploration, but of conservation. Growing up with that legacy, I was very much inspired by his work. My father was also a big part of the early Cousteau Society, and was a major driver in the early days of the conservation ethic.

How did covering the 2010 BP oil disaster for news organizations and being among the first to dive into the historic spill shape your world view?

It was a transformative experience for me, and for the country. It was a much-needed reminder of the consequences of our addiction to oil. Seeing the spill firsthand was a horrific experience. While I was already engaged and committed to conservation, it really helped [me] to double down on the urgency that I feel on these issues, because I saw not only what it did to the



environment, but what it did to the communities that rely on the environment—the fishermen, the tourism operators, other people. They were all shattered and devastated by that spill. It was a powerful reminder that when we talk about conservation, we are really talking about building a world where humans can thrive as much as nature.

What are your goals in reaching out to the next generation?

A focus on environmental education is something we’ve always been doing. EarthEcho International has become one of the leading environmental education groups in the U.S. My grandfather always recognized that young people are key to building society’s ethos of environmental sustainability. We have to start with young people to grow constituencies of the older people to understand and be able to connect the dots and to care about it.

Xploration Awesome Planet is targeted to the teen and tween audience, and we also have a lot of adults that watch it. It’s a great example of a program that’s all about inspiring people to not just be a passive observer of the world around them, but to be an active participant, to get engaged.

How can parents build upon the foundational message of environmental responsibility?

They can treat their kids like the hearts and minds of these issues and recognize that they are more than vessels to be filled

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with information. We try to encourage them to be treated like they are agents of change, that they are creative, and give them the latitude, trust and empowerment to come up with their own ideas, to look at the world, be informed and inspired, so they can say, “Oh wow. This is an issue I really care about, and I am going to do something about it.”

Randy Kambic, of Estero, Florida, is a freelance writer and editor.



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The average American eats about 17-20 times a day. Wouldn't you say that statement is ridiculous?! As ridiculous as it may sound, it is true! Let's say you eat 3 big meals a day or for some people who believe it's better to eat smaller meals, eat 5-6 meals a day. On top of that you have several snacks throughout the day like nuts, granola bars, fruits, and etc.

Then you have to have a couple of drinks like soft drinks, juices, flavored water, alcohol and etc. Each time you put something in your mouth that requires digestion and a release of insulin, you are having a meal. It does not matter if it is small or big, it is still considered a meal. This type of eating is detrimental to your health!

When you eat your body has to perform many functions which takes a good amount of time depending on the contents. It has to assimilate food, digest food and process food starting from your mouth and eventually ending up in the colon. When you are constantly eating, your body is constantly working. There is no rest. There is no time for your body to repair and heal itself. The body is just trying to survive. When the body is not digesting food, it has all that time and energy to heal and do miracles in your body. Many studies show that more frequent snacking and eating speeds up aging, increases inflammation and doesn't work for long term weight loss. The only thing that works is eating less often!

Eating less often sounds like fasting. Fasting is a very old ritual to boost health that is found in religions all over the world and is rooted in natural ancestral cycles of feast and famine. Before we had grocery stores, restaurants, and even food delivery services, there were often times when there was very little to no food (famine). Other times after a successful harvest, forage,

Don't eat less. Eat less often. The key to weight loss & longevity.

by Larisa Belote



or hunt there was an abundance of food (feast). Even animal wisdom harnesses the power of fasting- like dogs, that will intuitively stop eating when they are sick.

Fasting can have incredible benefits not only for health but also for longevity. Here are some incredible health and longevity benefits that are attained by fasting: Autophagy, a boost in Stem Cells, Hormone Optimization, Increased Insulin Sensitivity, Reset of Microbiome, Decrease in Inflammation and much more.

Intermittent Fasting (or IF) to boost health has gained popularity in more recent years. It is the art of restricted time eating. Instead of counting calories or restricting what types of foods you eat, the entire "diet" relies on when you eat or don't

eat. Its wisdom dates back to our ancestors from the stone age. Apart from periods of feast and famine, our ancestors' lives were also heavily dictated by the rising and setting of the sun; activities like eating naturally happened during day time. Our exposure to light, food, and movement are the main tenets that inform and program our circadian rhythm. This internal rhythm



influences everything from sleep-wake cycles, hormone release, eating habits and digestion, body temperature, and other important bodily functions.¹ Intermittent fasting plays a role in giving the body an adequate period of rest from digestion, enabling it to not only heal, but to thrive.

There are many different styles of fasting that range from multiple days water-only fasts, to bone broth fasts, to alternate day fasting... but Intermittent Fasting itself is incredibly simple. Take part in a particular restricted eating window, preferably eat 2 meals (and no snacking).

This is not starvation, nor deprivation. You're not eating less, you're eating less often. When you do eat, you eat delicious, healthy foods until you feel satisfied. You won't have to fear healthy fats, grass-fed meats, organic vegetables, or strategic amounts of healthy carbs. You abstain from eating for a window of time (determined by you and your practitioner based on many factors) to allow your body to burn its own fat, and then eat until you are full.

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will work best for you.

Larisa Belote, INHC, AADP, Integrative Nutrition Health Coach is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Contact Larisa to set up an appointment today to determine what Intermittent fasting windows and diet strategies will work best for you. Call 732.490.5770 or email: larisa@stepbystep-wellness.com; Website: www.stepbystep-wellness.com

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Healing From Genetically Altered Foods Another Reason to Go Organic

by Marlaina Donato

Twenty-five years ago, the first genetically modified (GM) crop came to market in the form of a tomato engineered for a longer shelf life. Today, as much as 80 percent of food in the U.S. contains GMOs (as they are best

As I dug deeper, I put the pieces together of the relationship between GMOs, gut health and subsequent diseases.
~Michelle Perro, pediatrician, author and executive director of GMO Science

known) and most of the world's genetically engineered crops are treated with glyphosate herbicides, primarily Monsanto's Roundup.

Unlike hybrids produced by conventional breeding, GMOs are created in a laboratory, often incorporating DNA from other species, such as bacteria and viruses. Researching the potential health effects "must be our number one priority, because GMO technology is replacing nature," says

Jeffrey Smith, executive director of the Institute for Responsible Technology, in Fairfield, Iowa. "The altered genomes are passed on to future generations." Although U.S. regulators generally regard these foods to be

safe, the ubiquity of GMOs in the food chain and a lack of research on their long-term effect on human health have ignited controversy among scientists, consumers and even governments.

Much of the research has been conducted in other countries—more than 60 have banned GMOs—and most studies have focused on the health effects of the glyphosate used on these crops, which the World

Health Organization in 2015 declared a probable human carcinogen. "Glyphosate adversely affects the mitochondria, neurotransmitter production and hormones," says Smith, whose recent documentary, *Secret Ingredients*, presents stories of people that overcame chronic illnesses by eliminating GMOs from their diets.

Smith recently conducted a survey published in the *International Journal of Human Nutrition and Functional Medicine* in which 3,256 respondents reported improvement in a number of health problems after they switched to largely non-GMO and organic diets. "Many of the conditions that improved in the survey participants are similar to the health issues found in lab animals fed GMOs or the associated herbicide Roundup," he wrote. More than 85 percent reported improvement from digestive disorders. It is possible that glyphosate, which is antibiotic in nature, may disrupt the delicate balance of the microbiome, a community of microbes that inhabit the gut.

Roundup and Gut Health

"Roundup can loosen the tight junctions between our cells," explains Smith. "This can lead to leaky gut, which can contribute to inflammation and numerous diseases."

Dr. Akil Palanisamy, a Harvard-educated physician and author of *The Paleo-vedic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease*, concurs. "I do believe that the microbiome is crucial for health, and by switching to organic, we eliminate the potential microbiome-damaging effects of glyphosate."

Palanisamy, based in San Francisco, emphasizes glyphosate's known ability to cause DNA damage and potentially induce cell death. "It may be a contributing factor to Parkinson's disease, Alzheimer's disease, depression, infertility and gastrointestinal disorders," he says. "It is impossible in the U.S. to just eliminate GMO foods from the diet, so eating organic is the only way to guarantee avoiding GMO foods. This automatically also reduces pesticides from the diet."

Anecdotal Evidence

Dr. Michelle Perro, a pediatrician, author and executive director of GMO Science,

in San Rafael, California, became involved when she came across research by plant biologist Dr. Arpad Pusztai, one of the first scientists to raise concerns about the safety of genetically modified foods. "I was able to correlate his findings with the change in children's health that I was beginning to notice in my own practice," says Perro. "As I dug deeper, I put the pieces together of the relationship between GMOs, gut health and subsequent diseases."

Perro has seen improved health in her patients once a cleaner diet is introduced. "Parents have the ability to help reverse chronic disorders plaguing their children, including asthma, eczema, food allergies and neurocognitive disorders such as autism and ADHD [attention deficit hyperactivity disorder]."

Palanisamy has also seen significant changes in his patients' health when they heed his advice and avoid GMOs. "Often, they report improvement in digestion, mood, brain fog and energy levels."

The body is designed with the innate ability to heal, says Pero. "Chronic diseases can be reversed when organic nutrition is the foundation."

The Hartman Group's *Organic & Natural 2018* report reveals that 46 percent of American shoppers now seek GMO-free food. "The tipping point here in the United States has begun," says Smith.

Marlaina Donato is the author of several books on spirituality, health and wellness and a composer. Connect at AutumnEmbersMusic.com.



Helpful Resources

■ 2018 *Journal of the American Medical Association* study: Tinyurl.com/OrganicFoodAndCancer

■ *What's Making our Children Sick?: How Industrial Food Is Causing an Epidemic of Chronic Illness, and What Parents (and Doctors) Can Do About It*, by Dr. Michelle Perro and University of California San Francisco medical anthropologist Vincanne Adams; ChelseaGreen.com/product/whats-making-our-children-sick



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Cultivating the Power of Joy

by Shoshanna Katzman

Throughout the world, people of every walk of life seek a state of joyfulness. According to the ancient principles of Chinese medicine, balancing the energetics of the heart is an essential component for establishing the power of joy. This is based on the Law of the Five Elements teaching us that joy is the positive emotion of the heart. On the opposite side, the negative emotion of the heart is said to be excessive joy or over-elation. This can be better understood to think of such excess as a form of anxiety.

A cornerstone of Chinese medicine treatment encompasses methods directed toward creating heart health to increase one's emotional, spiritual and physical wellness. It further serves as a preventative measure for establishing a long and healthy life, where treatment protocol includes caring for the whole body. Traditional methods include acupuncture,

Chinese herbal medicine, therapeutic massage, food therapy, lifestyle recommendations and the exercise practices of tai chi and qigong.

When the heart is in balance the power of joy is enhanced. A person subsequently enjoys a life filled with greater ease, a jubilant spirit and a 'spring in their step'. In addition, they display greater compassion, genuine sharing and kind interaction with self and others. This includes increased mental clarity combined with a robust level of insight.

Moreover, a balanced heart results in strong mind intent, will power and ability for deep reflection. Many of these positive outcomes stem from the heart's role to store shen, also referred to as spirit. Whereby, abundant shen substance promotes adequate nourishment of blood and flow of qi - both necessary components for a body free of pain on a multitude of levels.

On the other hand, a heart in disharmony leads to energetic imbalance accompanied by unfavorable symptoms. Some of these symptoms include a fast pulse, eating too quickly and inappropriate expression of joy. Moreover, other behavior that signifies heart disharmony includes lack of boundaries and unexpressed desires and feelings. To make matters worse an individual tends to overcompensate for their imbalance by overworking, which in many cases leads to burn-out, high blood pressure, and even heart attack or stroke.

A disharmony that is commonly at the root of these symptoms is traditionally known as 'excess heart fire' - a condition resulting in the acceleration of body and mind due to increased energetic expansion. Excess heart fire is said to be the underlying root cause of anxiety, along with disharmony between the heart and kidneys. The following Tranquility Qigong Exercise can be practiced to rectify such a pattern. The primary goal is to slow an individual down to re-establish harmonious flow. This serves to nurture heart and spirit and increase the power of joy - while allaying anxiety and feelings of sadness or depression.

Sit comfortably on a chair with feet flat on the floor, back straight, shoulders relaxed and head erect. Keep eyes open and looking downward throughout this exercise. Imagine there is a golden thread extending upward from the crown of the head up to the sky above. Place right hand over the 'sea of tranquility' energy point located on the center of the chest between the breasts. Traditionally this point is said to calm the energetics of the heart, which 'houses the mind'. Next place left hand over the 'sea of energy' point located 1½ inches below the belly button. This point is reputed for nourishing the energetics of the kidneys which is the 'root energy of the body' - one responsible for revitalizing the energetics of all vital organ systems and effectively reducing fear. Continue by concentrating the mind on the belly and take three sets of three deep, slow and rhythmic breaths. Do so by expanding the

belly upon inhalation and contracting it inward upon exhalation. Reciting a positive affirmation to oneself before and at the end of this exercise is also helpful - filled with assuring words such as "I am safe, centered and secure". Be creative and stay focused and intent on achieving the desired goal.



Practicing this exercise a few times a week (or daily) will do a world of good. Living a life in balance maximizes chance for healthy heart qi and sustainable level of joy power. This empowers an individual to exhibit behavior that honors their true and authentic self and a sure way to inner peace and manifestation of the 'power of joy'.

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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 for the past 30 years. Shoshanna is 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 more information, be sure to visit www.healing4u.com and www.qigong4u.us.

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NUTRITION UPGRADES

Five Strategies for Better Health

by Melinda Hemmelgarn

Springtime brings a desire to clean up our diets and refresh our plates. Here are five worthy strategies for upgrading nutrition and greeting the season with a renewed sense of well-being.



■ Ditch dieting.

According to the Boston Medical Center, an estimated 45 million Americans go on a diet each year and spend more than \$30 billion annually on weight-loss products.

Despite this hefty investment, restrictive diets don't work, says Sandra Aamodt, a neuroscientist based in northern California. Aamodt co-presented the Neurobiology of Dieting: Evidence for Improving Mental Health With a Self-Care Approach session at the Academy of Nutrition and Dietetics (AND) annual meeting last October in Washington, D.C.

"Diets are not harmless," Aamodt explains. "They create stress, persistent hunger,

trigger eating disorders such as binge eating and even make people fatter over time."

It's better to take a kinder approach, says Rebecca Scritchfield, a Washington, D.C.-based registered dietitian and Aamodt's co-presenter. Scritchfield is the author of *Body Kindness: Transform Your Health From the Inside Out – and Never Say Diet Again*. She teaches her clients to value their self-worth regardless of body size, practice mindful eating and focus on overall self-care: Think enjoyable physical activity, adequate sleep and positive self-talk.

Mindful eating includes paying attention to thoughts and feelings that trigger eating such as hunger, but also stress, boredom and loneliness, says California-based registered dietitian Andrea Lieberstein, who wrote *Well Nourished: Mindful Practices to Heal Your Relationship with Food, Feed Your Whole Self, and End Overeating*. She encourages clients to identify voids in their lives and fill them

with healthy relationships and pleasurable activities, rather than food.

The "health at any size" philosophy is accepted by a growing number of health and nutrition experts, including Annie Kay, a registered dietitian and registered yoga therapist at the Kripalu Center for Yoga and Health, in Stockbridge, Massachusetts. She's the author of *Every Bite is Divine: The Balanced Approach to Enjoying Eating, Feeling Healthy and Happy, and Getting to a Weight That's Natural for You*. Kay injects compassion into her work, promoting stress reduction, conscious eating and finding peace for individuals to reach their natural weight.



■ Learn how to cook and garden.

The best dietary upgrade starts in our own kitchens, where the cook controls the ingredients. Home cooking with fresh, whole foods is at the heart of feeding ourselves well. Processed food manufacturers would like us to equate cooking with drudgery or think that cooking takes too much time, yet this couldn't be further from the truth.

Tanmeet Sethi, an integrative physician at the Swedish Cherry Hill Family Medicine Residency, in Seattle, established a culinary medicine program that includes both cooking and gardening classes. Sethi says, "Eating is sacred; it's our connection to the earth." She also believes there is wisdom in the way food has been traditionally cooked. Sethi recommends a Mediterranean eating pattern for

its power to reduce depression and ward off chronic diseases. She also promotes the "herb and spice pharmacy" to reduce inflammation and treat and prevent disease. For example, she says, "Ginger and turmeric both act on the same biochemical pathways as anti-inflammatory medicines."

Cooking and eating together as a family has multiple benefits, too, improving children's nutrition, self-esteem and school performance. Best of all, says Sethi, "Family meals allow us to connect with the people we love." Put away phones, turn off screens and truly tune in to each other.

Connecting to the earth through gardening also improves our health, according to both Wendy Demark-Wahnefried, a registered dietitian and associate director of the University of Alabama at Birmingham's Comprehensive Cancer Center, and Diana Dyer, a Michigan-based organic farmer, registered dietitian and author of *A Dietitian's Cancer Story: Information & Inspiration for Recovery & Healing*. They promote gardening as a way to interact with nature, reduce stress and improve quality of life. With just a small patch of soil, home and community gardens provide a ready source of affordable, fresh and nutritious vegetables and herbs.



■ Eat to protect our planet.

According to the American Public Health Association, climate change is a major threat to our population. Droughts, fires, storms and flooding create obvious challenges to growing crops, but new research also shows how increasing levels of carbon dioxide in the atmosphere decreases the nutritional quality of food, leading to lower levels of protein and minerals. One solution is to change the way we farm and eat.

For example, Jennifer Jay, Ph.D., a professor of environmental engineering in the Civil and Environmental Engineering Department at the University of California Los Angeles, calculated the carbon footprints and climate impacts of a variety of food choices. In general, she says, the fewer animal products in our diets, the lower the greenhouse gas impact.

But meat and other animal products

Seventy percent of our immune system is in the lining of the gut.

~Tanmeet Sethi, an integrative physician at the Swedish Cherry Hill Family Medicine Residency, in Seattle.

need not be totally off the table. Simply choose smaller portions and when possible, purchase local pasture-raised products produced without antibiotics and hormones. Organic food production introduces less fertilizers, pesticides, antibiotic-resistant bacteria and greenhouse gases into our environment. So, what's best for the planet is best for us. Jay provides easy, plant-based and planet-friendly recipes at Meals4Planet.org.



■ Support gut health.

Around 400 B.C., Hippocrates said, "Bad digestion is the root of all evil." Fast forward through the centuries to today, and one of the hottest areas of research in health, medicine and nutrition revolves around the microbiome; more specifically, the community of microorganisms living in the gut.

"Seventy percent of our immune system is in the lining of the gut," explains Sethi, which is why she advises, "Feed the bacteria in your gut real food." Similarly, Teresa

Martin, a registered dietitian and certified diabetes educator based in Bend, Oregon, emphasizes the value of unprocessed, high-fiber, organic plant foods to nourish gut bacteria and maintain microbial balance.

Speaking at the same recent meeting, Martin described multiple ways gut bacteria influence our physical and mental health, including nutrient absorption, body weight and blood sugar control, bone density, inflammation and mood. Microbes in the colon digest and ferment plant fibers into short-chain fatty acids, which help ensure a thick, healthy, intestinal mucus lining. Martin notes, "When we don't eat enough plants, we can't make enough short-chain fatty acids," which are key to gut-brain crosstalk and control of appetite and mood.

Martin recommends eating 35 to 50 grams of fiber per day from food, not supplements. She also warns against "microbial assassins" such as antibiotics, processed meats, high-fat diets, refined carbohydrates, added sugars and artificial sweeteners, plus the emulsifiers polysorbate 80 and carboxymethylcellulose, which are commonly added to foods like ice cream and baked goods to improve texture and extend shelf life. All contribute to microbial imbalance, the loss of microbial diversity and leaky gut—the inability to keep offending food compounds like gluten and intact milk protein out of the bloodstream—leading to food intolerance, inflammation and autoimmune disorders.

Eat-Right Resources

Dorothy Sears: beta.prx.org/stories/225407

Food Sleuth Radio interviews: exchange.prx.org/series/32432-food-sleuth-radio

"The Great Nutrient Collapse:" Tinyurl.com/GreatNutrientCollapse

The Kick Diabetes Cookbook: An Action Plan and Recipes for Defeating Diabetes, by Brenda Davis. BrendaDavisRD.com

Mediterranean diet pyramid: Tinyurl.com/OldWaysMediterraneanDiet

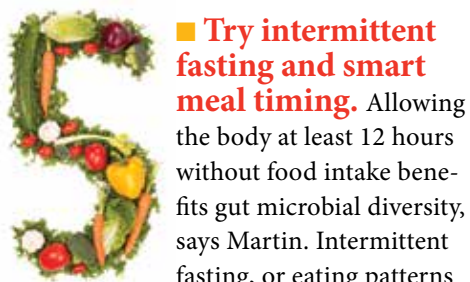
The Obesogen Effect: Why We Eat Less and Exercise More but Still Struggle to Lose Weight, by Bruce Blumberg

Tanmeet Sethi: beta.prx.org/stories/243771

Whole Grain Hierarchy: Youtube.com/watch?v=nkFJZUIUEEA

Why Diets Make Us Fat: The Unintended Consequences of Our Obsession with Weight Loss, by Sandra Aamodt

Registered dietitian Brenda Davis, of British Columbia, also recommends whole-food, plant-based diets to reverse Type 2 diabetes. She developed a “whole-grain hierarchy” to identify the most gut-friendly, least-processed grains, including cracked oats, brown rice, barley, buckwheat, sprouted grain, wheat berries and kamut. Along with beans, legumes, nuts, seeds, fruits and vegetables, Davis says these foods nourish beneficial gut microbes and reduce inflammation.



■ **Try intermittent fasting and smart meal timing.** Allowing the body at least 12 hours without food intake benefits gut microbial diversity, says Martin. Intermittent fasting, or eating patterns

in which no or few calories are consumed between 12 to 16 hours, can protect against a variety of metabolic diseases such as Type 2 diabetes, perhaps in part due to the effect on gut microbes. Dorothy Sears, associate professor of medicine and associate director of the Center for Circadian Biology at the University of California, San Diego, studied the effect of intermittent fasting, or “time-restricted feeding,” on the risk of breast cancer recurrence. In a study of more than 2,300 breast cancer survivors, Sears discovered the women that fasted for at least 13 hours a day reduced breast cancer recurrence by 36 percent, regardless of other dietary factors. Putting this into practice, if the last meal of the day ends at 6 p.m., the first meal of the next day would not begin before 7 a.m.

In addition to this “prolonged nightly fasting,” Sears says that when we eat affects the way our bodies handle calories. Eat during the first half of the day, when our enzyme and hormone systems are best able to handle calories, control blood sugar and body weight. Spring forward with these five tips and enjoy better health.

Melinda Hemmelgarn, the “food sleuth”, is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at FoodSleuth@gmail.com. Tune into Food Sleuth Radio through iTunes, Stitcher and KOPN.org.

Quick Tips for Enjoying Good Food, Fast

1. Cook once, eat twice (or more).

Smart, busy cooks use this wise, old home economics strategy. A big pot of soup, stew or chili makes many servings of easy-to-heat leftovers. Store extra servings in glass, never plastic, for quick, heat-and-serve meals. Add a side salad and fruit for dessert for a nourishing, fulfilling meal.

2. Master the omelet. Eggs, preferably free-range and organic, make fast, easy, affordable meals. Get creative with personalized omelet fillings. For example, in a tablespoon or more of olive oil, quickly sauté any combination of seasonal vegetables like potatoes, onions, peppers, mushrooms, asparagus, kale or spinach. When tender, slide vegetables into a bowl. Add a few more drops of olive oil to the pan and pour in beaten eggs. When eggs are almost set, top them with sautéed vegetables and a sprinkle of cheese. Cover the pan, set heat to low and when cheese is melted, it's time to eat. For an alternative filling, try beans, avocado, cheese, onions or peppers with a side of salsa.

3. Use an electric pressure cooker. Say goodbye to sodium-laden, BPA-lined cans of beans. With today's safe and easy electric pressure cookers, a pot of un-soaked dry beans can be ready in less than an hour. Use cooked beans in a variety of quick, delicious dishes, including hummus, burritos, soups, chili and veggie burgers. For tips on vegetarian cooking and stress-free pressure cooking, visit *TheVeggieQueen.com*.

4. Make friends with farmers. Find local farmers' markets for the most flavorful, fresh, seasonal produce. For those not sure what to do with kohlrabi or a strange-looking squash, farmers and fellow shoppers will gladly provide ideas. It's like going to a community party with fellow foodies—much more fun than a trip to the grocery store.

5. Experiment with helpful cookbooks. Mark Bittman's *Kitchen Express* provides 404 seasonal dishes that can be prepared in 20 minutes or less. Betty Crocker, the renowned classic teacher, shows beginning cooks how to make standard dishes from scratch. For delicious vegetarian meals, check out Deborah Madison's *Vegetarian Cooking for Everyone*. And to enrich children's taste buds, invite them into the kitchen with *The Kids' Multicultural Cookbook: Food & Fun Around the World*, by Deanna F. Cook.

6. Invest in a microplane grater or handheld rasp. Add a punch of flavor and pizzazz with this versatile kitchen tool. Use it to add freshly grated garlic, ginger and turmeric; plus lemon, lime and orange zest.

7. Purge cupboards of packaged, processed foods. Read ingredient labels to remove the big offenders: refined flours, sugar and substitutes, artificial colors and additives that harm gut microbes, including polysorbate 80 and carboxymethyl cellulose.

8. Stock up with grab-and-go snacks. Fruits, vegetables, nuts, nut butters and plain yogurt (sweeten to taste with local honey, seasonal fruit and cinnamon) make satisfying, high-nutrient snacks.

9. Keep assorted organic herbal teas handy. Unsweetened herbal teas make cozy companions during prolonged nighttime fasting. Staying well hydrated is key to mental performance and weight control, too. Thirst often masquerades as hunger, so drink water or tea first, then reassess appetite.

10. Put fun and pleasure back into eating. Host a potluck with friends to share cooking and clean up, or have a picnic with kids of all ages. Put flowers or a candle on the table and play soothing music—it all enhances digestion and encourages mindful eating. Bon appétit!

“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, Daryle 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 **March 31, 2019** 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, Samantha 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. Thank you

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Say Goodbye to These 6 Tax Deductions on Your 2018 Tax Return

by Salim Omar

There's a new tax law in town called the Tax Cuts and Jobs Act, and it is placing a cap on many of the itemized deductions that you may be used to. This new tax law has also eliminated personal exemptions and nearly doubled the standard deduction to about \$12,000 for single filers and \$24,000 for married joint filers — which will likely result in fewer people taking itemized deductions on their 2018 returns. So, if you are hoping to claim a big break on your 2018 taxes, you may be in for a big surprise. Here are six itemized tax deductions that you can say goodbye to on your 2018 return.

1 Casualty and theft losses: Under the old tax code, you were able to claim an itemized deduction for unexpected property losses and those losses that aren't reimbursed by insurance. These types of losses include damage from fire,



accidents, theft and vandalism, as well as natural disasters. The losses were deductible if they exceeded 10 percent of your adjusted gross income (AGI). Your adjusted gross income is your taxable income minus any adjustments to income such as deductions, contributions to a traditional IRA and student loan interest. Now, effective 2018 through the end of 2025, you can only claim personal casualty losses if the damage is attributable to a disaster declared by the President of the United States. The 10 percent threshold of AGI still applies.

2 State and Local Taxes: Prior to the new tax law, you were able to

claim an itemized deduction — known as the State and Local Tax deduction (SALT) for these levies. The Tax Cuts and Jobs Act made one big change to the deduction, resulting in a \$10,000 cap being placed on SALT deductions.

3 Medical & dental expenses: The IRS once allowed you to deduct a qualified medical expense that exceeded 7.5% of your adjusted gross income. Beginning January 1, 2019, all taxpayers may deduct only the amount of the total unreimbursed allowable medical care expenses for the year that exceed 10% of their adjusted gross income. However, keep in mind that while the IRS has lowered the bar for medical expenses you incur in 2018, fewer people all around are likely to itemize their deductions due to the higher standard deduction. As a result, this break may no longer be available.

4 Miscellaneous itemized deductions: The Tax Cuts and Jobs Act has suspended the "Miscellaneous itemized deductions" that were once deductible to the extent that they exceeded 2% of a taxpayer's adjusted gross income. This applies for years 2018 through 2025. As a result, the deduction for tax preparation fees, unreimbursed employee expenses etc., will no longer be available.

5 Home mortgage interest: Prior to the new tax law, you were able to write off the interest for up to \$1 million in mortgage debt. If you took out a home equity loan or line of credit, you were also able to deduct the interest paid on loans of up to \$100,000. With the Tax Cuts and Jobs Act, you can now only claim a deduction for interest on up to \$750,000 in qualified residence loans— that is, the combined amount of loans you use to buy, build or substantially improve your dwelling and second home. The IRS has also applied new restrictions to interest claimed for home equity loans and lines of credit (HELOC). You can only take the break if you were using the

The IRS has also applied new restrictions to interest claimed for home equity loans and lines of credit.

money to build or improve your home. The deduction is off the table if you took a HELOC to use for personal expenses.

6 Charitable giving: The charitable donation deduction is still on the table, even after the tax overhaul. However, a combination of higher standard deductions and limitations on itemized deductions means that fewer people will be itemizing on their 2018 returns. In turn, that could put the charitable deduction out of reach for those taxpayers. *Salim Omar, CPA, is a tax and financial education in Monmouth County, New Jersey specializing in providing accounting and tax services to individual and their families. If you own a small business or are looking to start one, you can get a free copy of Salim's popular book, Straight Talk About Small Business Success in New Jersey, by calling (732) 566-3660. Limited quantities available, so call now!*

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DARLENE is a 3.5-year-old queen! This big beautiful girl came to us as a stray, and we can't believe someone isn't looking for her! She is a joy to go on walks with and she could walk for hours if you let her. She would make a great hiking buddy!



BOO BOO Would you give an older kitty a second chance at happiness? He is 8 years young and lived with the same owner for most of his life until she moved and didn't take him with her. It has been a big adjustment going from a home to being in a shelter, and he is all 4 paws declawed.

**Associated
Humane Society**
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RUPERT is an easy-going 10-year-old Dachshund who is light brown in color with some distinguishing greys and he's ready to be bring the fun into your life!! Rubert requires a home without kids and with no other pets.



KING is a three-year-old handsome dude who was a recent owner surrender as his family moved into a place that didn't allow pets. He is not enjoying shelter life too much. he would like an environment which is mellower. He can coexist with another cat, but he's not interesting in playing.



Tails of Hope
732-660-8440



LUNA is a love. She is a year and a half old and recently surrendered because her owners could not afford to take care of her. She is great with other dogs. She is good with cats well maybe scared of cats but she does fine with them and loves, loves, loves every person she meets.



ASHELY is a beautiful gal who is about 5 months old. She loves to be with her feline friends, and loves to be loved, but you need to give her a minute to warm up to you. She would love to find her forever home where she can get all the attention she needs.



How to Evaluate Your Weight Loss Program

by Dr. David Rendelstein

There is a great scene in the classic TV series, Seinfeld, where Jerry and George are desperately trying to begin work on their television script. The two hem and haw and basically look for any excuse not to begin. After a couple of days with nothing accomplished (except for some big talk about what they intend to do) Jerry stares at the near empty page and in his uniquely Seinfeldian way concludes, "We need something here..."

For many of us, this is exactly what starting a weight loss program is like. We ponder it and proclaim it for months until the day finally comes and we say, "We need something here."

The something is always the sticking point, isn't it? We know exactly what it is we want: thinner, happier, healthier selves. It's the how that's at issue. Yoga, Pilates, Herbalife, Jenny Craig, Slimfast, Atkins, MMA, Zumba, Weight Watchers, Arrggghhh!

We do "need something here"... im-

mediately. Obesity is a killer, true enough, but- perhaps more than any other human affliction- obesity causes countless "mini-deaths." Guilt, shame, scorn, pity, grief... obesity brings with it the entire spectrum of human suffering. A vehicle is precisely what's needed, but as anyone who has ever broken down while on a family vacation can tell you, not all vehicles are created equal. The purpose of this article, then, is to give you the tools to evaluate your weight loss vehicle (program) so that you can choose the one which, at long last, will get you to your destination.

1. Is your program a weight loss or a fat loss program?

Weight loss. Fat loss, potato, potahto let's not call the whole thing off. This is a hugely important distinction and indicative of the tragic oversimplification of this entire subject. The definition of weight is "the gravitational force exerted by an object

on another object" – in this case the earth. The significance of this for our purposes is pretty much who cares? We want to be lean, that is, without extra fat hanging from places where it has no business. Nobody dreams of walking on a beach and hearing, "Wow, he/she is exerting significantly less gravitational force upon the sand than last summer." Not when we can hear, "Wow, what a hottie!"

Lean tissue (muscle) weighs three times as much as fat. It is also metabolically active (which means it burns calories at rest), healthier, and way sexier. A program which does not distinguish between weight loss and fat loss will likely result in a greater proportional loss of muscle and water weight. This will have a negative effect on your metabolism, energy level and long term success.

Hint: If your program is not tracking body fat %, lean muscle mass, and water levels, it is likely not a fat loss program.

2. Does your program involve cleansing and detoxification of the cells?

It is no exaggeration to say that, in the modern industrialized world, we are under a constant chemical assault. There are over 82,000 chemicals registered with the federal government. They are in the air we breathe, the food we eat, household cleaning products, skin care products, etc. The average American has 700 hundred toxic metals and chemical residues stored in his/her body. The body quarantines these toxins in fat as they will do much less harm there than they would if released into the blood stream. So, in the presence of toxins, our bodies are incentivized to hold on to fat!



3) Does your program address hormone imbalance? And if that wasn't bad enough, there is a special class of chemicals which can wreak havoc on all of our bodily systems and hurl us straight into the gnashing teeth of obesity. They are called hormone (or endocrine) disruptors and they do precisely as their name suggests... they mess with our hormones.

Hormones are the chemical messengers that, along with the nervous system, pretty much run the body-and this definitely includes fat loss. Fat loss is, first and foremost, a hormonal event. A program that does not include balancing hormones as one of its' main goals may actually ignore the main mechanism of fat burning and encourage the ingestion of foods (and other products) laden with hormone disruptors!

4) Does your program make you healthier? If we were designing the IWLP (Ideal Weight Loss Program), most of us would agree that weight (fat) loss would be a function of actually getting healthier overall. This should be a given, but it is not. It is entirely possible to, "rob

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Peter to pay Paul," to be so myopically focused on weight loss that we sacrifice health in the process.

Think of all of the desperate things human beings have done to drop a few pounds: dangerous amphetamines, liposuction, lap bands, "binging and purging", injections, and so on and so on. None of these have normalizing, rebalancing and revitalizing of the body as their main methodologies, but is that really too much to ask?

All things being equal, energy out exceeding energy in equals weight loss. However, "all things" are no longer equal,

economic and environmental factors have made sure of that. The ideal weight loss plan (IWLP) would address all of the highly individualized causes of excess body fat and do it in such a way as to make your body healthier and your mind sharper. Surely, this is the something we all need here.

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sports like volleyball or basketball seems to offer anti-allergy benefits. Vitamin C can also help. Researchers from the Faculty of Sports Science at Chulalongkorn University, in Bangkok, Thailand, found that 70% of participants that took a vitamin C supplement and ran for half an hour experienced decreased nasal congestion and sneezing.

“Exercising regularly creates a cumulative effect in the body, helps speed up metabolism and improves immunity, so you could find even less allergies occurring over time,” says Stephanie Mansour, fitness expert and former allergy sufferer from Chicago. “I used to get allergy shots for a runny nose and headaches during certain times of the year, but personally transformed my allergies through expanding my lungs and chest and balancing out my nervous system.”

The American Academy of Otolaryngic Allergy recommends gentler forms of exercise, and cautions against vigorous workouts such as Crossfit or long runs that can be counterproductive and exacerbate allergy flare-ups. Mansour recommends yoga, Pilates, walking or weight training—especially when congestion is a factor.

Try Some Yoga

Mansour, a certified yoga instructor, attests to the benefits of the practice. To ease the symptoms of allergies, she recommends yoga both for its physical effects and its breath benefits. “Yoga can also help bring equilibrium to the nervous system and help the body relax. When the body is in a healthy balance and relaxed, it’s more effective at warding off things like infection or allergies.”

Registered nurse and yoga instructor Kristin Brien, of New York City, concurs. “A yoga practice trains and strengthens the vagal nerve, which activates the parasympathetic nervous system—rest and digest

mode—and turns off the inflammatory response,” Brien says. “When we are under chronic stress, our nervous systems react as though our bodies are under constant threat, thus making some of us more susceptible to hypersensitive reactions to seasonal antigens like pollen and ragweed.”

Yoga practitioners across the board recommend inverted poses such as the plow, shoulder stand and downward facing dog to relieve allergy-related congestion. While yoga can be beneficial, inverted poses should be avoided by anyone with high blood pressure, glaucoma or retinal issues due to increased pressure in the blood vessels of the head, and some experts emphasize that allergy sufferers and asthmatics should avoid hot yoga and other demanding forms during flare-ups. A gentle approach goes a long way.

Ideally, Brien recommends asanas that anyone can do, including legs up the wall, supported bridge pose, supported reclined goddess pose and child’s pose.

Warm-Up

No matter the type of exercise, warming up can play a key factor. According to the American Academy of Allergy, Asthma & Immunology, stretching before activity and boosting heart rate helps to maximize exercise and its symptom-reducing effects.

Create a Healthy Space

Lessening the body’s burden by making small changes in living or workout space can also optimize the benefits of exercise. Brien, an allergy sufferer and asthmatic, recommends using a high-efficiency particulate air (HEPA) filter to reduce circulating allergens and also wiping down all surfaces, including yoga mats, floors, window sills and vents. During drier, colder times of the year, Mansour recommends using a humidifier to add moisture to the air and improve breathing.

Exercise may not cure seasonal allergies, but it can lessen related symptoms, along with effecting a more balanced nervous system and better overall health.

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmberMusic.com.

A New Beat on Heart Health

by Lauren A. Salani, LCSW, BCB



The new book, *Heart: A History*, by Cardiologist, Sandeep Jauhar is a beautifully written account of his own family history of heart disease intermixed with the developments of the last 100 years in the field of heart medicine and stories of his own patients. Dr. Jauhar refers to the heart as, “the engine of life” which

has held mystery, spiritual meaning and is seen as the seat of the emotions across many cultures through the ages. The heart image is most associated with romantic love and connection.

Dr. Jauhar gives new life to the history of incredible advancements in the field of cardiology from a time when doctors didn’t even understand how blood circulated around the body. Strict rules on cardiac experimentation led one cardiologist to insert a catheter in his own arm in order to make advances in the field. Dr. Jauhar chronicles the history of the heart/lung machine, the first heart surgery, and the pacemaker.

Despite these ground-breaking discoveries and all the lives that have been saved, Dr. Jauhar asserts that medical technology has its limitations. He states that for further progress in the field of cardiology to be made, focus on psychosocial factors linking our hearts to our work-life, communities, families and our minds is the key to health and longevity.

Dr. Naras Bhat, a cardiologist from California, states that “treating heart disease is sitting on a three legged stool.” 1) Plumb-ing blockage of kinked or clogged coronary arteries, 2) blood borne disease of correcting abnormal cholesterol levels, and 3) emotional balance by stress control. He asserts that, “You need support from each leg of the stool.”

Type D, or Distressed Personality has recently been identified as a risk factor for Coronary Heart Disease, (CHD). The Distressed Type is characterized by a combination of social inhibition and negative affectivity which occurs in approximately 1 in 4 patients with CHD. Addressing the third leg of the stool can be pretty scary for people who have to first recognize that their heart needs some assistance in maintaining its steady unrelenting beat. In the field of neurobiology, Dr. Steven Porges recently discovered and mapped the human nervous system. He biologically connects the autonomic nervous system with the heart. He states that, “all humans just want to feel safe.” Understanding how the heart is affected by its surrounding environment and internal cues helps therapists teach their patients tools for stress management.

It is very up lifting and a safe feeling for patients to know that they are not stuck in emotional states and that they can directly and positively change heart-connected reactions. Stress management that includes working with the autonomic pathways to the heart can reduce fear, and increase positivity. This new emotional state leads to new abilities such as; being more active, better food choices, relaxation, taking in the beauty of nature and enjoying relationships with those around you. By addressing the three legs of the stool, you can rest knowing you are doing your best at caring for your heart.

Lauren A. Salani, LCSW, BCB. Stress Relief Services, Atlantic Executive Center 107 Monmouth Rd, Ste 104 West Long Branch, NJ 07764. If you are interested in learning skills to reduce stress in a warm, caring professional environment, please call 732.542.2638 for an appointment. Or visit StressReliefServices.com

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Saving a Drop to Drink

Our Role in the Coming Water Crisis

by Jim Motavalli

Although climate change gets most of the attention, the international water crisis looms just as large. The World Economic Forum has ranked water scarcity as the top long-term environmental risk globally for the next decade; the United Nations reports that 1.2 billion people—a fifth of the world’s burgeoning population—live in regions of water scarcity; and as many as 700 million around the globe are already suffering from water deprivation.

The U.S. is not in a water crisis—yet—but serious problems loom on the horizon in places like Southern California and the desert Southwest. Los Angeles and San Diego rely on mountain snow in the north to melt and replenish rivers and lakes. But record high temperatures and a shortfall of winter storms—problems aggravated by climate change—have greatly reduced available water supplies.

In the Southwest, Colorado River reservoirs were at record lows last summer. As the region continues to use more water than can be replaced by rain and snow, places like Phoenix may experience severe rationing, according to the Center for Biological Diversity. Arizona’s Lake Mead, which supplies

water to 22 million people, could run dry by 2021, report researchers from the Scripps Institution of Oceanography of the University of California at San Diego.

Finding a Solution

“Fortunately, through conservation, more water-conscious consumption and smarter

management of water, we can replenish and repair the water cycle. But we must make this a priority and pick up the pace,” says Sandra Postel, director of the Global Water Policy Project and author of *Replenish: The Virtuous Cycle of Water and Prosperity*.

Right now, we’re addressing a 21st-century crisis with 20th-century tools. Leaky pipes, broken water mains and faulty meters are responsible for the loss of 2.1 trillion gallons of water annually in the U.S., according to the American Water Works Association. And our lifestyles are extremely water-intensive. For instance, it takes 3,120 gallons of water to produce one smartphone; watering a 1,000-square-foot lawn even once uses 620 gallons of water.

Here are some simple steps everyone can take. Doing them won’t crimp our lifestyles, but it will help us hold on to our finite and threatened fresh water supply:

- ✓ Eat less meat. The water required to produce one quarter-pound hamburger is equivalent to 30 showers, according to *NationalGeographic.com*. One serving of poultry uses 90 gallons.
- ✓ Track down water leaks, which typically waste 10 gallons daily. Common leak sites are faucets, shower heads, swimming pools, garden hoses and pipe joints.
- ✓ Replace old, leaky toilets with efficient

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What It Takes to Make Our Stuff

An eye-popping amount of water is needed to grow or manufacture what we eat, buy and use on a daily basis. Although it’s impossible to reduce our water use to zero, it’s helpful to know how much water is required, so that we’re less inclined to overbuy or waste.

1 cup of coffee.....	55 gal.	1 avocado60 gal.
1 hamburger	660 gal.	1 pound of chicken meat468 gal.
1 gallon of milk.....	879 gal.	1 pound of barley200 gal.
1 pound of wheat	132 gal.	1 pound of rice.....	.450 gal.
1 pound of soybeans	216 gal.	1 pound of almonds	1,900 gal.
1 orange.....	13 gal.	1 egg52 gal.
1 pound of chocolate	3,170 gal.	1 slice of bread.....	.10 gal.
20 pounds of dog food	4,000 gal.	1 pair of leather shoes.....	3,626 gal.
1 pair of cotton jeans	2,108 gal.	1 cotton T-shirt659 gal.
1 smartphone	3,190 gal.	1 car.....	13,737 to 21,926 gal.
1 car tire.....	518 gal.		

Sources: *Friends of the Earth, NationalGeographic.com, WaterFootprint.org*

Fortunately, through conservation, more water-conscious consumption and smarter management of water, we can replenish and repair the water cycle. But we must make this a priority and pick up the pace.

~Sandra Postel, director of the Global Water Policy Project

models bearing the WaterSense label, or simply put a brick in the toilet tank to reduce consumption with each flush. To check a toilet for leaks, put a few drops of food coloring in the tank and see if any of it transfers to the bowl without flushing.


✓ Wash only full loads of laundry and use right-size load settings. Typically, the washing machine accounts for 15 to 40 percent of a household’s indoor water use. Consider a more water-efficient, front-loading washer.

✓ Take shorter, five-minute showers with a low-flow showerhead (saving more than 10 gallons compared to the 10-minute version), turn off the water while brushing teeth and shave with a full basin rather than open taps.


✓ Wash the car less often: The process uses as much as 150 gallons of water. Driving may not seem to have much to do with water use, but the Water Footprint Calculator (*WaterCalculator.org*) reports, “Water is used in great quantities during fuel extraction, refining and production.” So taking public transportation, combining errands or joining a car pool will reduce our water footprint.

✓ Reduce lawn watering to a one-hour soaking once a week, rather than daily. Water in the morning—before 10 a.m.—when it’s cooler, so grass roots can absorb moisture before it evaporates. If watering must be done in the evening, try between 4 and 6 p.m., which gives the grass blades time to dry before nightfall.

Jim Motavalli is the author of eight books, and contributes to The New York Times and Barron’s.



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Air Care for Kids

Keeping the Homefront Allergy-Free

by Avery Mack

An allergy is a dramatic overreaction of the immune system to environmental agents that are harmless to most people. Antibodies fight allergens with the release of histamines, and a runny nose, red eyes, sneezing, coughing, rash or hives can be the tangible result.

Common around age 10, allergies often fade later in life, so children are often most sensitive to their causes. Outdoors, the problem could be pollen from trees or plants. Indoors, chemicals, dust mites, mold or pet dander are common culprits. An allergist can help identify them.

Author of *Clearing the Air One Nose at a Time: Caring for Your Personal Filter*, pediatrician Hana Solomon, M.D., in Columbia, Missouri, focuses on a natural approach to prevent, rather than treat, symptoms. “Thirty years ago, we didn’t have specialty cleaning products,” she says. “Natural solutions work; sometimes just a

cotton cloth and water are enough.”

Frisco, Texas-based Urban Hydration uses vegan-friendly, cruelty- and gluten-free ingredients and herbal extracts to ensure their cleaning products don’t contain parabens, synthetics, polybeads and toxic chemicals. Their home and spa collections are kept as natural as possible without requiring refrigeration. Lemon extract and coconut oil are key ingredients in their all-purpose spray, dishwashing solution and fabric refresher.

Microscopic dust mites live in upholstery, carpets and mattresses. They are the cleanup crew for the millions of dead skin cells humans shed daily. “If a child is allergic to dust mites, get rid of the carpet. Hang blinds on the windows. Vacuum heat vents,” Solomon says. “Use allergen-free pillows, no down or feathers, and a mattress cover. Wash it and bedding once a week. Reduce the number of toys

and stuffed animals in use, wash [them] frequently and store others. Go unscented.”

Leslie Fischer, an eco-minded mom and entrepreneur in Chicago, reviews mattresses for adults and babies at SustainableSlumber.com/reviews. “Volatile organic compounds (VOCs) off-gas from the mattress and disrupt sleep, but also trigger allergy symptoms, asthma and hives,” she says. “An organic mattress is a better choice.”

Natural fabrics are the best option for bed linens. Kathryn Kellogg, author of the *Going Zero Waste* blog in Vallejo, California, lists 17 sustainable and eco-friendly bedding brands. For her own use, she chose organic cotton sheets from a family-owned business (Tinyurl.com/EcoFriendlyBeddingBrands).

Pajamas are also important. Look for comfy organic fibers that wick moisture, are hypoallergenic and fire-resistant. Merino wool’s millions of tiny air pockets create a micro-climate to keep sleeping kids toasty in cold weather and cool in summer heat.

Pallet furniture is trendy, but keep in mind that chemical residue or insecticides may remain in the porous wood, as well as *E. coli* or listeria from food transports. See a safety checklist at Tinyurl.com/PalletSafety.

Often overlooked, indoor mold can live year-round in damp places like bathrooms. A DecoLife bath mat made of natural diatomaceous earth and resilient plant-fiber is antibacterial, non-slip and contains no colorants. It dries within three minutes to prevent mold or mildew from forming. Instead of dropping wet towels and washcloths into the hamper, hang them to dry and launder weekly.

Lemon juice keeps faucets sparkly clean and fresh-smelling. Vinegar cleans glass shower doors. Ditch the old shower curtain; most are made with PVC and release chemicals into the air. Install a rain showerhead to avoid water spray, and use a fast-drying hemp or organic cotton curtain.

Opt for natural flooring; bamboo and cork are both sturdy and sustainable, but have a large carbon footprint due to shipping distances. Linoleum, updated and colorful, is available with marbled, stone-like, flecked and woodgrain patterns. Antistatic and antibacterial, it withstands kids and pets, requiring only a mild cleanser and damp mop to stay clean.

Pets are often blamed when a child develops allergies. It’s actually their dander that causes the reaction. Rather than giving Sparky away, use pet-friendly wipes on fur and feet to remove dander and allergens carried in from outdoors. The Daily Shep offers tips at Tinyurl.com/TheDailyShepTips.

Kids bring allergens into the house, too. Leave shoes outside the door, schedule an early bath and change to indoor garb for the evening. A high-efficiency particulate air (HEPA) filter will help clean the air.

Find freelance writer Avery Mack at AveryMack@mindspring.com.

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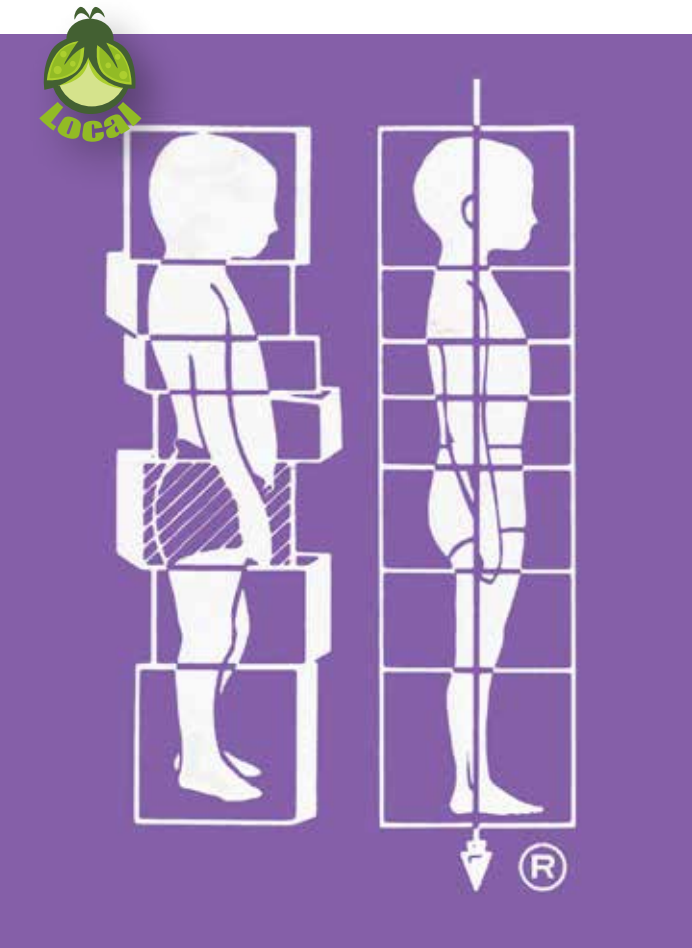
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Rolfing. What's in a Name?

by Rebekah and David Frome



Dr. Rolf, the founder of Rolfing, was a biochemist who graduated from Columbia University and became a research scientist at Rockefeller University. Her work evolved from her desire to tap human potential through the physical body.

Rolfing is actually a slang term coined by Ida Rolf's students during the 70's. Dr. Rolf was not happy with the word "Rolfing" because she feared that it did not sound scientific. She was right, the word "Rolfing" brings forth looks of confusion and doubt. "What is that exactly?" is a common question. Dr. Rolf wanted her work to be known as "Structural Integration," which is, without doubt, a more scientific description and more appropriate. During the course of

a Rolfing session the body is in fact being elevated on a structural level so that the parts are well aligned and work together. Rolfing involves manipulating fascia. Historically, the American Medical Association viewed fascia as nonessential. Medical students would routinely cut it away to view other more important structures during cadaver dissection. Now, due to Dr. Rolf's influence, the AMA is beginning to understand fascia's significance. Fascia is the connective tissue that plays the most central role in holding the entire body together. A major component of the soft tissue, fascia runs throughout the body in planes that tie together the entire network of body parts.

Structural integration consists of gentle, sustained pressure to reposition those fascial coverings that hold muscles in place. You can think of it as intensive treatment that is done to enhance overall bodily organization. Breathing, posture, alignment and movement can all be improved as the result of a Rolfing series. But that is not all. Most people store years of accumulated physical stress in their bodies. For example, you might have rounded shoulders due to years of leaning forward when working at a computer. Many people feel that one side of their body is the "vulnerable" side meaning the side that keeps becoming injured or is more compressed than the other. These are just a couple of examples of how stress shapes our bodies.

Rolfing also enhances your mental health. Picture yourself breathing more fully and moving with greater ease and stability. This mental exercise will give you an idea of what Rolfing can do for you. Rolfing improves posture and body alignment, bringing your head, pelvis, knees and ankles into a new relationship with the vertical axis directly in front of your spine, leaving your body with a longer, leaner look.

The integrative aspect of Rolfing helps you to feel stronger and connected to the ground you stand on, while providing your body with a sense of lightness and upward lift. Rolfing helps to improve your relationship with gravity so that it no longer exerts a relentless downward pressure on your body. Additionally, Rolfing has a calming effect on the nervous system, rendering you more at peace with yourself.

You can think of Rolfing as a physically restorative process that brings with it the mental and spiritual benefits of a body at peace. Whether you call it Rolfing or Structural Integration it represents an opportunity for positive transformation.

Rebekah and David Frome have been working in the healing arts for over three decades. They have helped thousands of people recover from trauma and leave pain behind. They practice in Montclair and Asbury Park, NJ. For help with tapping into your potential call us at 973.509.8464 or book an appointment online at www.fromept.com.

Frozen Shoulder?

A Niel-Asher Technique™ Approach

by Chris Pepitone D.C.



If you have ever suffered from frozen shoulder, then you know how painful and frustrating the healing process can be. With the standard recommended therapy, resolution could take from 6 months to 3 years. To go through a painful therapy two to three times per week seems daunting. That's because it is.

Fortunately, there is another option, Niel-Asher Technique™. This is a trademarked technique that has astounding results with only one treatment per week. Below is the chart for the standard timeline of without treatment vs with the Niel-Asher Technique™:

Without Treatment	Niel-Asher Technique™
Pre-Freezing (0-4 weeks)	1-5 Sessions
Freezing (1-8 months)	7-13 Sessions
Frozen (9-16 months)	5-8 Sessions
Thawing (12-40 months)	4-7 Sessions

To better understand your options for treatment you must first understand the condition itself. Frozen shoulder is a type of adhesive capsulitis. This is where the capsule of the shoulder joint becomes inflamed and subsequently infiltrated with scar/adhesive tissue which "freezes" the movement of the arm and causes significant pain. In time the muscles become atrophied and weak. You begin to guard the pain by restricting your movement which just limits movement further as the scar tissue accumulates. There are other conditions that have tendencies to afflict someone with frozen shoulder that can potentially prolong the recovery time. Fortunately, Niel-Asher Technique™ can address all of these while treating the frozen shoulder.

Niel-Asher Technique™ can also treat the common associated phenomena of frozen shoulder including but not limited to:

- Adhesions between the layers of the sub acromial bursa (adhesive bursitis)
- Extra-articular adhesions
- Adherence of the anterior and inferior capsular folds to each other and the adjacent glenoid
- Contracture of subscapularis and the biceps tendon.
- Shortening of the coracohumeral ligament
- Contracture of the girdle muscles
- Stenosis of the biceps tendon.

If you suffer from frozen shoulder and want to expedite your recovery time, then the Niel-Asher Technique™ could be right for you.

Dr. Chris believes that every body has the ability to heal under the right circumstances. For more information or to schedule an appointment call Pure Health Services at 732.747.0083, or visit purehealthnj.com.

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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 as a gift 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.

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 **NATA8**.

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

Buy once, use forever.



Sinus trouble, stuffiness, cold sores.



The Truth About Poop: Constipation & Hydrotherapy

by Vanessa Galati-Drew

One of the safest and most effective treatments of chronic constipation is colon hydrotherapy...

Do you suffer from constipation on a regular basis? It's not fun.

And you're not alone! Over four million people suffer from constipation in the United States, and roughly two million doctor visits a year make it one of the most common gastrointestinal issues today. Almost everyone, at one time, has been constipated.

Constipation is a condition in which it is difficult, and even painful, to have a bowel movement. People suffering from constipation complain of hard or pellet-like stools, fewer than 3 bowel movements per week and straining with bowel movements.

They normally feel bloated, uncomfortable, and sluggish. The condition is often considered temporary and non-threatening, however if it is undiagnosed or left untreated it can lead to many other health issues. Medical problems that are caused by constipation include headaches, fatigue, moodiness and depression, hemorrhoids, anal fissures or tears, gas, lower back pain, skin problems, body odor, indigestion and abdominal pains.

Accumulated toxins may be absorbed into the system and over time may stress the organs of elimination, which are the liver, kidneys, skin, and large intestine. The

toxins move around and around in the lymph system and blood, slowly causing auto-intoxication which then leads to disease.

Traditionally, doctors typically prescribe laxatives, drugs or surgery for constipation relief. These methods will only temporarily treat the symptoms and there many dangerous and harmful side effects that you may experience with these treatments.

One of the safest and most effective treatments of chronic constipation is colon hydrotherapy, a safe and gentle flow of warm purified water into our large intestines without using pressure. This gentle internal bath assists your body in the natural detoxification process and is the safest and the most effective way to wake up your digestive system and get it working properly.

Many people likely have years of impacted waste material in their colon. Colon hydrotherapy gently detoxifies and cleanses your system by moving the accumulated waste out of your body quickly, giving your body a chance to naturally refocus on rejuvenating itself. It will assist the body to eliminate pounds of unwanted toxic fecal matter and help to restore health and vitality to your entire body. By removing these toxic waste materials, the systems of your body, including the digestive and immune systems, are able to operate more effectively and efficiently.

Cleansing the colon with Colon Hydrotherapy is an important part of the detoxing process because those toxins need to exit the body, and a backed up colon can cause them to be reintroduced into the body, rather than exiting as planned. Sticking with fruits and vegetables even after the detox program is completed is a good way to keep things moving.

Colon cancer is the third most commonly diagnosed cancer and second leading cause of cancer-related death in U.S. A healthy, clean colon is the first step to achieving your optimal level of health! You don't have to live with chronic constipation.

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.

ADVERTORIAL



Delicious Discards Making Meals From Mainly Scraps

by April Thompson

Food scraps are no longer relegated to just making soup, stock and sauces that hide their true nature. Creative chefs are reawakening to the possibilities of skins, cores, rinds and other parts we've needlessly been throwing away, with startling results.

"Cooking with scraps is good for the planet and good for the pocketbook. Forty percent of food produced goes uneaten, unnecessarily filling the landfill with hun-

It's fun to challenge yourself to create something delicious out of something no one would think edible, like my banana peel cake.

~Lindsay-Jean Hard

force behind Hard's unusual, scrap-based recipes is the joy of creativity and innovation. "It's fun to challenge yourself to create something delicious out of something no one would think edible, like my

dreds of billions of dollars of food," says Lindsay-Jean Hard, a chef in Ann Arbor, Michigan, and the author of *Cooking With Scraps: Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals*.

Yet the real driving force behind Hard's unusual, scrap-based recipes is the joy of creativity and innovation. "It's fun to challenge yourself to create something delicious out of something no one would think edible, like my

banana peel cake," says Hard.

Mads Refslund, a Danish chef living in New York City, seeks nature in food by cooking and serving it on the plate. "In nature, there is no ugly, no trash, just cycles of change. Using all the parts is a way of respecting the plant, the fish, the animal and its life," says the co-author of *Scraps, Wilt & Weeds: Turning Wasted Food into Plenty*.

Tama Matsuoka Wong, forager and co-author of *Scraps, Wilt & Weeds*, points to the cultural relativism of cooking, noting that our ancestors or other cultures may think that modern Americans are throwing away the best parts of our food. "Some of the best flavor and nutrients can be found in vegetable, fruit and fish skins that often get discarded," says Matsuoka Wong.

Both *Scraps, Wilt & Weeds* and *Cooking with Scraps* are intended as reference



guides to provide inspiration to home chefs, rather than rigid cookbooks to be followed with precision. Matsuoka Wong suggests trying to work with the ingredients at hand, using substitutions as needed, instead of buying an ingredient just to follow a recipe.

Cooking from scraps requires a shift in mindset about our food and a new mindfulness about our habits in the kitchen, says Matsuoka Wong. "Before automatically throwing something away or composting, pause and think, what might I do with this?" she says.

Hard suggests choosing one new ingredient at a time to work with, old bread being an easy one to start with. "Stale bread can easily be transformed into bread-crumbs and croutons that can add nice texture to a lot of dishes," says Hard.

"Nail a couple things you can make out of anything, like fried rice or frittatas, which are both very accepting of most any ingredient you add," says Matsuoka Wong. Hard agrees that simple, hearty dishes like layered casseroles or tasty tempura can be great ways to clean out the odds and ends in the crisper.

Sometimes the toughest ingredients can yield the tastiest meal. Hard admits to

having been stumped by what to do with the non-fleshy part of artichoke leaves, which can be tough and bitter, until she developed a recipe for artichoke leaf nachos.

Edible weeds, leaves, stalks and stems of all kinds, including celery, asparagus ends and carrot tops, make for great pesto, which is itself a versatile ingredient—great for sandwiches, dips, pastas and more—and it freezes well, Hard says. Fish scales can be fried and eaten like potato chips; they are a crunchy bar snack in Japan, notes Matsuoka Wong. Fish carcasses or shrimp shells can also be boiled down into stock for risotto or seafood chowder, suggests Hard.

Fruit cores can be boiled into sweet syrup for cocktails or non-alcoholic refreshments, or distilled down into vinegars. Fruit peels can be crisped up into a healthy snack or boiled into a tea. Hard likes to infuse tequila with beet peels for a dramatic look and a little extra flavor. Fruit or vegetable tops such as pineapples, strawberries, cucumbers and leftover herbs can be used to infuse water or vinegar. Water from canned beans, known as aquafaba, is a great stand-in for egg whites to make everything from homemade vegan mayo to fudgy brownies.

"Cooking with scraps shouldn't be intimidating or overwhelming or feel like a chore: They're just ingredients," says Hard. "The more you cook using these recipes, the more familiar the concepts will become, and you'll realize how easy it is to adapt them to make them your own."

April Thompson is a freelance writer in Washington, D.C. Connect at AprilWrites.com.



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Cauliflower Core Cacio e Pepe

Yields: 2 servings

Cauliflower replaces pasta in this take on the classic *cacio e pepe* (cheese and pepper) pasta. It's an easy recipe that takes only 25 minutes when using a spiralizer—a vegetable spiral slicer that can turn both tougher and not-so-tough vegetable parts into beautiful, noodle-like strands (or other shapes). The addition of green and red pepper seeds adds a little spice.

4 lg cauliflower cores, lightly trimmed of the most fibrous outer parts
3 Tbsp unsalted butter

¼ cup leftover seeds and white inner veins from any pepper, such as bell peppers, jalapeños, serranoes, poblanos (Optional, and no need to be too exacting about the amount.)
This is waste: If you have it, use it.)
1 tsp freshly cracked black pepper
1 cup crème fraiche or heavy cream
½ cup Parmesan rind broth or other vegetable broth
¾ cup finely grated Parmesan cheese
⅓ cup finely grated pecorino Romano cheese
½ tsp kosher salt

Spiralize the cauliflower cores into a spaghetti shape using the thicker noodle blade of a spiralizer.

In a medium saucepan over medium heat, melt the butter to coat the pan. Add the pepper bits and cracked pepper and sauté for two minutes, until the pepper is toasted and aromatic. Mix in the crème fraiche and broth and cook, stirring for about five minutes until the sauce is slightly thickened.

Add the cauliflower “spaghetti”, stirring occasionally until just cooked, about two minutes. Transfer to a large bowl and immediately add the Parmesan and Romano. Toss until the cauliflower is coated and not clumping.

Serve right away, adding more pepper, salt and cheese to taste.

Excerpted from the book *Scraps, Wilt & Weeds: Turning Wasted Food Into Plenty* by Mads Refslund and Tama Matsuoka Wong.

Angel Simon/Shutterstock.com

natural pet

FIGHT BACK NATURALLY

When Allergies Put the Bite on Pets

by Sandra Murphy

Springtime doesn't just mean warmer weather, colorful flowers and green-ing grass. It also brings seasonal allergies. For pets, it can be a miserable time of year, because dogs and cats are lower to the ground and pick up allergens on their fur. Grass, weeds, pollen, lawn chemicals, fertilizers and fleas can trigger reactions such as itchy skin, raw paws, sneezing fits and general discomfort.

Due to the warmer temperatures of the past decade, flea allergies in dogs have risen 12 percent, while cats have seen a whopping 67 percent increase. Environmental allergies are also up 30 percent for dogs and 11 percent for cats, according to the 2018 *State of Pet Health Report* from the Banfield Pet Hospital, in Vancouver, Washington. The most common environmental allergens include dust mites, mold, fabric, feathers and cleaning solutions.

Symptoms

A dog's itching will often manifest between the toes, on the wrists, “armpits”, groin, legs, ears, eyes and back, just in front of the tail. In the quest for relief, dogs will lick, chew, pull out hair and scratch, often leaving bare spots or open wounds that

may get infected. Cats will pull hair, scratch ears and develop a rash or bare spot on the stomach or inside the legs. In extreme cases, a veterinarian will give an injection to calm the itchiness before more damage is done. Owners can use that lull to investigate what is causing the allergy.

Fleas

For fleas, there are more natural ways to end the cycle than using potentially toxic pet treatments. Diatomaceous earth (DE) is affordable, non-toxic and safe, made from fossils of marine life crushed into a super-fine powder. Its deadly effect on insects

stems from piercing their hard shells so they become dehydrated. It does not harm mammals. Be sure to buy food-grade DE, not the kind that's designed for use in pools and gardens. Simply dust the dog to the skin with the powder and sprinkle it on bedding, rugs and carpets.

Cats tend to have more favorite nap spots than dogs, so vacuum first to get rid of any flea eggs. Sprinkle the DE and leave it in place for a couple of weeks. Vacuum again. DE can be

hard on regular vacuums, but a Shop-Vac is up to the task.

Likely Causes and Remedies

✓ **A change in cleaning products.** Use unscented, all-natural cleansers. Put the dog or cat in another room when vacuuming so they don't breathe dust. A new cat litter can trigger allergic reactions. Look for unscented, dust-free litter.

✓ **Plastic bowls.** Switch to stainless steel bowls for food and water.

✓ **Seasonal flowers and grasses.** Pet-friendly wipes will remove excess pollen when the dog comes in after outdoor time. A twice-weekly bath during the worst of the season and weekly as blooming subsides will wash away pollens. An oatmeal shampoo is soothing; don't use tea tree oil-based shampoos, which may further irritate skin. Be sure to dry the fur. Wet bedding can cause mold, another allergen.

✓ **Dust mites.** Replace worn beds and bedding on a regular basis. Look for natural fabrics and fillings; no down or feathers. Wash weekly.

✓ **Lack of proper filtration.** The air conditioner will capture incoming pollen: Be sure to change the filter often.

Be Proactive

✓ Check the paw pads. If they're irritated or red and raw, ask the vet for a salve to ease the pain while they heal. Be sure to wipe paws when coming into the house.

✓ Take a look inside the ears. Allergies can lead to earaches, so watch for red, inflamed skin or black, tar-like goop. Either requires a vet visit and a prescription salve.

✓ If dog walks are part of regular exercise, ask neighbors or local park employees if they've sprayed pesticides or treated grassy areas.

✓ Add a small amount, based on weight, of Omega-3-rich fish oil to food to soothe and smooth the skin.

Diligence in spotting symptoms can stop itching in its tracks when remedies are in place or at hand.

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

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FRIDAY, MARCH 1

Friday Night Unwind, 6-7:30pm at The Yoga Loft 462 Adelphia Rd, Freehold with Joan. Relax your way toward the flow and beauty of spring. Prepare the body, mind and spirit to experience this sense of renewal and the rhythm of nature. Along with specific Pranayama (breathing) practices to cleanse, this relaxing and restorative practice will focus on massaging the internal organs through gentle twisting, turning and gentle compression. Candle light, soothing sounds and Aromatherapy will be incorporated as you experience full body relaxation and guided meditation. Please e-mail info@theyogaloftnj.com or call/text 732.239.2333 to reserve your spot. \$25

SATURDAY, MARCH 2

Reiki Level I Workshop and Certification – 11am-2pm Get started on your Energy Healing journey with Reiki Master Maria Martin. You will learn how to nurture and heal the light within yourself and others. You will receive your Reiki Level I attunement and you will also be given a crystal/stone pendulum! \$175.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

Reiki Level II Workshop and Certification 3pm-6pm – This workshop is the second step on your Energy Healing journey. Come join Maria Martin in a 2-3 hour workshop to learn and practice Reiki. Pre-requisite Reiki I; \$225.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

FRIDAY, MARCH 8

Talking with Angels 6-7:30pm at The Yoga Loft, 462 Adelphia Rd., Freehold with Katie Grace. You can talk with your Angels and receive their guidance every day! They have surrounded you since birth, and will gladly assist you in creating a better life for yourself. Join us to make contact with your “spiritual entourage” and establish a friendly, working

relationship that brings peace, joy and practical help in matters related to your work, your relationships and your life purpose. Join us and learn the steps to a fulfilling spiritual adventure. Please call/text 732.239.2333 or email info@theyogaloftnj.com to register. \$25

Hello from the other side. 7:30pm Join us for this intimate evening of messages from your loved ones in Spirit. International Psychic Medium Dolores Rilho will connect the audience with their loved ones in the spirit world. Giving messages of love, hope and inspiration, knowing we are truly connected and never die. Q&A to follow event. Dolores will give as many messages as time allows. Seating is limited. Not everyone is guaranteed a reading. No refunds or exchanges. All sales final. Doors open at 7pm, event starts at 7:30pm Tickets \$25 after 3/1/2019 \$35 www.DoloresRilho.com/events or https://DoloresRilho.as.me/8March2019

SUNDAY, MARCH 10

Space Clearing & Crystal Care Workshop with Betsy 12:30-2:30pm at Trinity Wellness Emporium in Union Beach. \$50 Early bird, \$60 Day of event. Call 732.217.1566 or visit trinitywellnessemporiumllc.com

Private Angel Readings, 2-4 at The Yoga Loft, 462 Adelphia Rd Freehold with Katie Grace. Angelic Messengers are all around you, constantly offering their inspiration, insight and practical guidance that can help you to improve every aspect of life. Katie Grace, helps you to connect with Angelic energy and interpret the message you receive. With guidance that’s practical and personal to you, an Angel Reading can help you to see a higher vision for your life, and make the changes that benefit you and everyone concerned. Schedule Your Private Angel Reading today! Registration required-please call/text 732.239.2333 or mail info@theyogaloftnj.com \$35.

Free Drumming Circle: 1:30-3pm and stay and get a reading or energy healing from one of our gifted Psychics or Healers at our Holistic Fair from 3-6pm. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

WEDNESDAY, MARCH 13

FREE Workshop: Why DETOXIFICATION Is the Most Important Step in Improving Your Health! 7-8pm. "Spring Cleaning" is around the corner, do you know the importance of "Cleaning" or Detoxing the body? If you suffer from Chronic Fatigue, Weight Gain, Brain Fog, Anxiety, Low Energy, and Poor Sleep, this workshop is for you! To learn more about understanding the role of toxins as they affect your health and holistic ways to address the toxicity, Please register by calling Ada at 732.333.6680, and visit our website at www.OptimalHealthGuide.com. Address: Wemrock Professional Mall (sign at entrance), 501 Stillwells Corner Rd., Bldg. A (1st floor / Dr.Borgersen's office), Freehold, NJ.

Native American Drumming/ Journeying with Shaman, Lauren Porter 7:30-9:30 pm. Looking to connect with the spirit of the drum and connect with

your inner medicine? See how a shamanic journey will help you connect with your higher self. \$40.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

THURSDAY, MARCH 14

FREE Workshop: Can THYROID Cause Problems Even When the Lab Results are " NORMAL"? 7-8 pm. If you are struggling with losing weight, chronic fatigue, depression, anxiety, thinning hair, dry skin, joint pains, sensitivity to cold, headaches, menstrual irregularities, etc., then join us to learn more about how the "Normal" Thyroid Lab results can still be an issue, and what you can do to turn your health around. For more details, please call Ada at 732.333.6680 to register, and visit our website at www.OptimalHealthGuide.com. Address: Wemrock Professional Mall (sign at the entrance), 501 Stillwells Corner Rd., Bldg. A/ Dr. Borgersen's office (1st floor), Freehold, NJ.

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 per person at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, please call to register 732.832.1036 or visit dimensionsreiki.com/calendar

FRIDAY, MARCH 15

Healing Circle and Reiki Share: 7-8pm, It is wonderful for Reiki Practitioners and energy healers to practice their skills. Newcomers and practitioners are welcome. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, MARCH 16

FREE Pond Opening Seminar 10am Grounds Keeper presents the first Pond Opening Seminar for this season. We'll be hosting a private showroom opening that morning for attendees only, which will include an extra 5% off (PLUS our everyday 10% discount) for all of our pond opening supplies. Refreshments and a light breakfast will be served. Bring photos of your pond and ask us anything! Our seminar is free but please RSVP to help us plan 908.930.5160. Can't make this date, we will do it again on March 30th.

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 at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Please call to register 732.832.1036 or visit dimensionsreiki.com/calendar

Pendulum Workshop 12-3pm The Pendulum allows you to tap into your higher self, the subconscious mind and your intuition. During this workshop you will learn varying uses for the pendulum and how it be an invaluable tool. You will learn: choosing the right pendulum for you, correct body posture for holding the pendulum, cleaning and care, how to use it in your day to day, how to ask questions to receive proper answers, and so much more! Includes a free pendulum. Supreme Soul Center @ The Salty Zen 8 Main St, Keyport www.DoloresRilho.com or call 732.217.1478 to secure your seat.

SATURDAY, MARCH 16

Reconnective Healing Special Event: 1-8pm. Reconnective Healing is a new level of healing that scientists and researchers know we now have access to. It is beyond energy healing into an ever expanding spectrum of light and information and is the forefront of what many are calling informational medicine. Practitioner, Jacqueline Westlake will be here giving personal healings designed to bring you into the fullness of your inherent connection with the Universe. \$150 per 1-hour session; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

TUESDAY, MARCH 19

I AM AVATAR Series 7-9:30pm, every other Tuesday evening starting March 19th. Spiritual Science of Ascension - covering I AM consciousness, God Creation (Sacred Geometry) and ‘Conscious’ Meditation Exercises. Meet 6 times. \$35/meet or \$180 for all 6. RAYKISchool.com and click event to register, or email Contact@RAYKISchool.com

SATURDAY & SUNDAY
MARCH 16 & 17

Energy Medicine 101 & 102 9am-5pm Learn a daily routine to help improve your energy, stay grounded, pain releasing techniques, energy testing on yourself and others. \$150/class or \$275 for both with early bird rate by March 1st. After March 1st \$175/class Location: Georgian Court Univ., Lakewood, NJ (In addition Langhorne, Pa 3/23 & 3/24) Contact Siobhan Hutchinson Siobhan@NextStepStrategiesLLC.com, call 609.752.1048 Or visit NextStepStrategiesLLC.com.

WEDNESDAY, MARCH 20TH

Full Moon Circle: 8-8:30pm \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

THURSDAY, MARCH 21ST

Light Language Workshop and Activation: 7-8pm., Light Language is the “Voice of the Soul.” What comes through during a Light Language transmission is a collection of spoken or sung ancient dialects that our Soul and heart can understand. These



ancient sounds of creation produce a beautiful alignment of our energies. The Light Language upgrades our DNA, connects us more to our higher selves, clears and aligns us and assists us in communication with Spirit. This workshop will require your participation in the practices, such as speaking, singing and writing Light Language. \$30pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

FRIDAY, MARCH 22

SPRING EQUINOX Multidimensional Healing Retreat March 22,23 & 24. Join us for our spring healer’s retreat, EQUINOX Multidimensional Healing 2019 happening Friday 22nd from 8pm throughout the weekend, Saturday & Sunday 24th (all day), where you will gain healing upgrade and how to create the multidimensional reality with your spirit group! www.RAYKISchool.com and click Retreat to register, or email Contact@RAYKISchool.com

SATURDAY, MARCH 23

Introduction to Spiritual Cleansing 10am-5pm Learn techniques and mindset changes to cleanse your energy and your space in this full-day course designed to help you ground and protect yourself from spiritual interference! \$130.00 per person at Montclair Metaphysical Center, 16 Park Avenue, Rutherford, NJ. Please call to register 732.832.1036 or visit dimensionsreiki.com/calendar

GRAND OPENING! 12-8pm, Come and join us for our Grand Opening Event! We open at 12pm and will be having a Free Drumming Circle, led by Shaman Lauren Porter to bring in good energy and celebrate (12-2pm). We are also offering Psychic Readings and Healing sessions, discounts on merchandise throughout the day and more! A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

Yoga Sampling & Keto 12:30-2:30 at The Yoga Loft, 462 Adelphia Rd. Freehold with Claire. By eating a diet with no sugar, low carbohydrates, sufficient protein and larger amounts of good quality fats the body begins to change its fuel source. Yoga is a great complement to this. Join us for a sampling of a few different yoga practices, a little vinyasa, supported and unsupported asanas, restorative, yin and pranayama. Experience the differences between the practices, and see what resonates with you. Registration is required, please call/text 732.239.2333 or email info@theyogaloftnj.com to reserve your spot. \$30

SUNDAY, MARCH 24

Crystals for Energy & Empowerment, 12-2:00pm at The Yoga Loft, 462 Adelphia Rd. Freehold with Adrienne Gammal Learn all about Crystals for Energy & Empowerment! Experience the Gemstones that will help with vitality, joy, healing happiness & good fortune. Need to fuel your passions and desires for a new career or a new you? Join me for this High Energy workshop and learn which Combination of Crystals will spark your will power, health and confidence! Adrienne Gammal is a leading expert in Crystals. She is a 25-year Advanced Crystal Master Teacher and Healer. Please call/text 732.239.2333 or email info@theyogaloftnj.com to register \$35

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! \$75.00 per person at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ Please call to register 732.832.1036 or visit dimensionsreiki.com/calendar

WEDNESDAY, MARCH 27

Shaman Class – 7:30-9:30pm, Are you interested in Shamanism? Wanting to meet your primary guide? Join A Year and a Day Mystical Shoppe’s Shaman, Lauren Porter on a series of monthly classes: Introduction to Shamanism. Learn how to properly journey to meet your medicines and allies, clear and create sacred space, put together your mesa and medicine bag, work with the plant, animal and stone kingdoms, embrace your shadow self, dream work and much more. Classes will be held the last Wednesday of each month. FREE (donations appreciated); Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

FRIDAY, MARCH 29

Manifesting & Mimosas 7:30-9:30pm at Trinity Wellness Emporium in Union Beach. \$35 Early bird, \$40 Day of event. Call 732.217.1566

SATURDAY, MARCH 30

FREE Pond Opening Seminar 10am Grounds Keeper presents the first Pond Opening Seminar for this season. We'll be hosting a private showroom opening that morning for attendees only, which will include an extra 5% off (PLUS our everyday 10% discount) for all of our pond opening supplies. Refreshments and a light breakfast will be served. Bring photos of your pond and ask us anything! Our seminar is free but please RSVP to help us plan 908.930.5160.

SUNDAY, MARCH 31

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



on going events

NOTE: All calendar events must be received via email by the 10th of the month and adhere to our guidelines. Email info@najerseyshore.com for guidelines and to submit entries, or visit najerseyshore.com to submit online. Thank you.

monday

Meditation Mondays 11am FREE EVENT 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, relieve stress more efficiently, increase attention span & creativity, promote feelings of connection to others. May all beings live Happy and Free. Belmar Community Center 7th Ave & D St. Visit belmarwellness.com or call 732.894.3197.

Beginners Psychic Development circle 7:15pm to 9:30pm Thinking about developing your psychic abilities? This ongoing circle is designed for the beginner to advanced, students who want to develop their psychic abilities should not be intimidated, this is the class for you! Each week will be different. We will focus on several different techniques, lectures, discussions, meditations and so on. Classes will never be boring and you will get to practice and have fun! \$20 Visit www.DoloresRilho.com/classes

tuesday

T'ai Chi Chih (Joy thru Movement Class) Tuesdays - 9:30am For Beginners & Advanced-. Discover the Serenity at Country Lakes Clubhouse, 69 Tensaw Drive, Browns Mills. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com.

Tuesday Meditations: 7-8pm, Come join our weekly group guided meditations. De-stress from your hectic weekend and Manic Monday. Recenter and Regroup yourself for the coming week and be ready for whatever life brings your way. For all levels: Beginners to Advanced. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$20 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private meditation sessions

wednesday

Alignment Yoga 4:30pm. Just \$2.00! Yoga improves your life. Whether you are new to yoga or been practicing for a while, this class will benefit you. Each class focuses on the alignment of your body in all the poses in our practice. When your body is in alignment, your mind will be free to invite peace and ease within and around you. The

challenges you face that may come up in class will prepare you for the challenges in your daily life. This form of yoga aligns with the divine and clarity in your body, mind and spirit. Yoga as a way of life will bring you flexibility and strength beyond what you imagine on and off the mat. Join us and develop a practice that will serve you physically, mentally, emotionally and spiritually. Location: Belmar Community Center 7th Ave & D St. for more info call: 732.567.0206 or check Belmarlibrary.org.

Qigong Class taught by Shoshanna Katzman 6pm 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. 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.

Wednesday Meditations: 6-7, Come join our weekly group guided meditations and sound healings. For an hour each Wednesday evening, enjoy the experience of unique sound healings and meditations for healing mind, body and spirit. Through the use of crystal bowls, guided sounds, singing and chanting we will facilitate your healing journey. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$20 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private meditations.

Qigong & Gentle Yoga (Standing or Chair) 5:30-6:30pm Learn/practice Qigong energy exercises and Gentle Yoga stretches for flexibility, balance, cardio, brain & bone health, muscular & deeper connective tissue strength including shoulders, knees, hips & spine, recovery from injury/surgery. Ends with restorative guided imagery. All exercises can be done standing or in a chair. Beginners & All Levels. Neptune City Community Center, across Stop & Shop Plaza. \$8.00 Fee. Carol is a Natural Health & Reiki Practitioner, Certified in Therapeutic Yoga, Yin, Vinyasa, Pre-Natal, Children’s Yoga & Qigong. Email cazstarpup@aol.com for more info, flyer/addtl. classes/locations/changes.

Yoga Kalachakra Astrology Charts/Related Classes Based on the original medical and lifestyle chakra organ planetary chart system, Carol has been teaching how to cleanse, energize & rebalance each chakra/planet/organ meridian system in yoga, qigong & chakra classes/workshops for over 20 yrs. She works with energy medicine, vitality exercises, yoga asanas, sound, imagery, crystals & her aromatherapy blends, & teaches optimum hours, days of each week & season to focus on

upcoming or preventive issues and best times to maximize daily benefits for physical/emotional/spiritual health, relationships, career & finances. Email cazstarpup@aol.com for flyer/related classes, individual charts, more info.

thursday

T'ai Chi Class for Beginners taught by Shoshanna Katzman 10am 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.

T'ai Chi Chih (Joy thru Movement Class) 6:30pm Discover the Serenity at 1970 Hwy. 33, Hamilton, NJ. This is a series of 8 week 1 hour classes. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com. Space is limited. Register to reserve your spot & ask about private lessons or Reiki sessions.

friday

T'ai Chi Chih (Joy thru Movement Class) 6:30pm Discover the Serenity at Array of Light, 511 Dover Rd., Toms River. This is a series of 8 week 1 hour classes. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com. Space is limited. Register to reserve your spot & ask about private lessons or Reiki sessions.

saturday

T'ai Chi Class for Beginners taught by Shoshanna Katzman every Saturday morning at 9:00am 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.



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 advertise@najerseyshore.com to request our media kit.

ACUPUNCTURIST & CHIROPRACTOR

CHRISTINE TALIERCIO
Acupuncture Works LLC
100 Craig Road, Suite 104, Manalapan, NJ
www.acupuncturemonmouthcounty.com
732-431-0015



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! .

ACUPUNCTURIST & HERBALIST

OLD BRIDGE ACUPUNCTURE & WELLNESS, LLC
40 State Route 34, Suite A
Old Bridge, NJ 08857 732-952-5944
www.oldbridgeacupuncture.com



Biography: Gregory Carey, MAcOM, Dipl. OM (NCCAOM), L.Ac. is a dual licensed and Board Certified acupuncturist and herbalist and founder of Old Bridge Acupuncture & Wellness, LLC. Gregory seeks a root-cause, whole body approach to treating illness, disease and imbalance.

Broadly trained in both integrative medicine, acupuncture, Chinese medicine, holistic nutrition, cupping, traditional bodywork (Tuina) and Qigong, Gregory is adept at diagnosis and treatment of stubborn illness. He is an expert in the treatment of pain - and ending it quickly. This includes sciatica, arthritis, neck, back, radiculopathies, joint pain, tendinitis, carpal tunnel, migraine, tension and sinus headaches. Gregory is one of the few acupuncturists in the United States who has been previously elected to serve the National Board of Acupuncture (NCCAOM) as a Subject Matter Expert on the Herbal Medicine Board. He is also one of the few acupuncturists in the World who has apprenticed with elite Herbalist and Acupuncturist Mazin al Khafaji. Gregory has been certified in the herbal treatment of skin disease such as eczema, tinea, dermatitis and psoriasis. If you are suffering and in need of a change in your health, contact our office for information on getting started on your personal Bridge to Wellness.

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BIO FEEDBACK/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
LaurenASalani@gmail.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.

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. .

UPPER CERVICAL CHIROPRACTIC OF MONMOUTH, LLC
Larry Arbeitman, DC
280 U.S. 9 (Shop Rite Shopping Center)
Morganville, NJ 07751 (The shopping center in on the corner of Rt 9 North and Union Hill Road East. Directly across Route 9 from our old location.) UCCOfMonmouth.com



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 Omar, CPA
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StraightTalkCPAs.com



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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HYPNOSIS

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DrJaimeF@aol.com PartsTherapy.com



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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.

MINDFUL HYPNOSIS/REIKI

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Roseann Petropoulos
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www.Belmarwellness.com
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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.



RETAIL

A YEAR AND A DAY MYSTICAL SHOPPE
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Metaphysical retail store offering crystals, gemstones, incense, essential oils, books, Tarot and Oracle cards, specialty candles, smudge supplies and more! Psychic readers, Shamans and Reiki/Energy healers are available to offer guidance and healing. We offer meditations and in-store classes and workshops. Other services provided: weddings, funerals and house cleansings.

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POSITIVE PSYCHOLOGY PRACTITIONER

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Gemma Nastasi, CAPP, CHNC
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732-245-2556,
GemmaHealthCoach.Com
Facebook.com/GemmaHolisticHealthCoach.com



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
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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.

DOLORES RILHO
Supreme Soul Center @ The Salty Zen
8 Main Street, Keyport, NJ 07735
732-217-1478
DoloresRilho.com or SaltyZenNJ.com



Dolores is a Psychic Medium, Reiki Master, Hypnotherapist and is the founder of Supreme Soul Center. She loves nothing more than to connect her clients with their loved ones on the other side. If you are in need of some guidance and have specific questions regarding your life, she can help! Her Psychic readings are unique, giving you information that will help you in a way you may have never thought of. Her readings are filled with laughter and love, making sure all her clients feel safe, relaxed and able to ask any questions they want clarity on. The center offers classes in Tarot, Mediumship, Angel readings, Reiki and meditation classes. Book your session or class today! Dolores Rilho, Psychic Medium. DoloresRilho.com SaltyZenNJ.com

REFLEXOLOGY

MICHELE LIPARI REFLEXOLOGY AND HOLISTIC COUNSELING
Michele Lipari- Certified Reflexologist
298 Broad St., Red Bank, NJ 07701
(732)887-3352
Mliparireflexology.com



I have been practicing reflexology for over 20 years and am very passionate about my work! Reflexology is a science based on the premise that there are reflex areas in the feet and the hands that correspond to all of the glands, organs, and other parts of the body. The practice also offers access to an Infrared Sauna, which allows a higher percentage of toxin removal due to the fact that the infrared waves are absorbed more deeply in the cells of the body.

Benefits include increased circulation, improved skin tone, eliminates joint and muscle pain, relieves tension and increases energy.

REIKI

RAYKI SCHOOL MASTER TRAINING
Makiko Suzuki Fliss, PhD, MBA, MSc
Phone/text: 609-495-4229
Contact@RAYKIschool.com
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Explore how the human body and mind are interconnected, and how to maintain perfect harmony to stay young and healthy. Focus with Quantum Healing, Reiki, and Wellness Education. Private and corporate settings.

SPEECH THERAPY

ALBERT ORATIO PH.D., CCC-SLP
Monmouth Center
For Communication Disorders
Brigadoon Professional Building
565 Highway 35 North
Red Bank, NJ 07701
(732) 298-4769



Dr. Oratio owns and operates Monmouth Center For Communication Disorders. It is a full range speech therapy center offering diagnostic and speech therapy services for children and adults. He earned his Ph.D. in Speech Pathology from Bowling Green State University in Ohio. His credentials include both licensure and certification as a Speech-Language Pathologist in the State of NJ, and the Certificate of Clinical Competence from the American Speech-Language-Hearing Association.

YOGA

MONMOUTH BEACH YOGA & WELLNESS
Owner Lisa Matthews
36 Beach Road, Suite 10 (Village Square where post office is located) Monmouth Beach, NJ 07750 973-452-2828
www.mbyogaandwellness.com!
FACEBOOK, INSTAGRAM, TWITTER



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 .

THE YOGA LOFT
462 Adelphia Road, Freehold
732-239-2333
TheYogaLoftNJ.com
info@theyogaloftnj.com



We are nestled in the farmhouse at Calgo Gardens, surrounded in the beauty of plants, trees & water features. We provide a space in which to practice yoga and meditation. There are no goals or judgments, instead you'll find compassionate, caring teachers, a place where you can connect your body, mind & spirit.



TRINITY WELLNESS EMPORIUM
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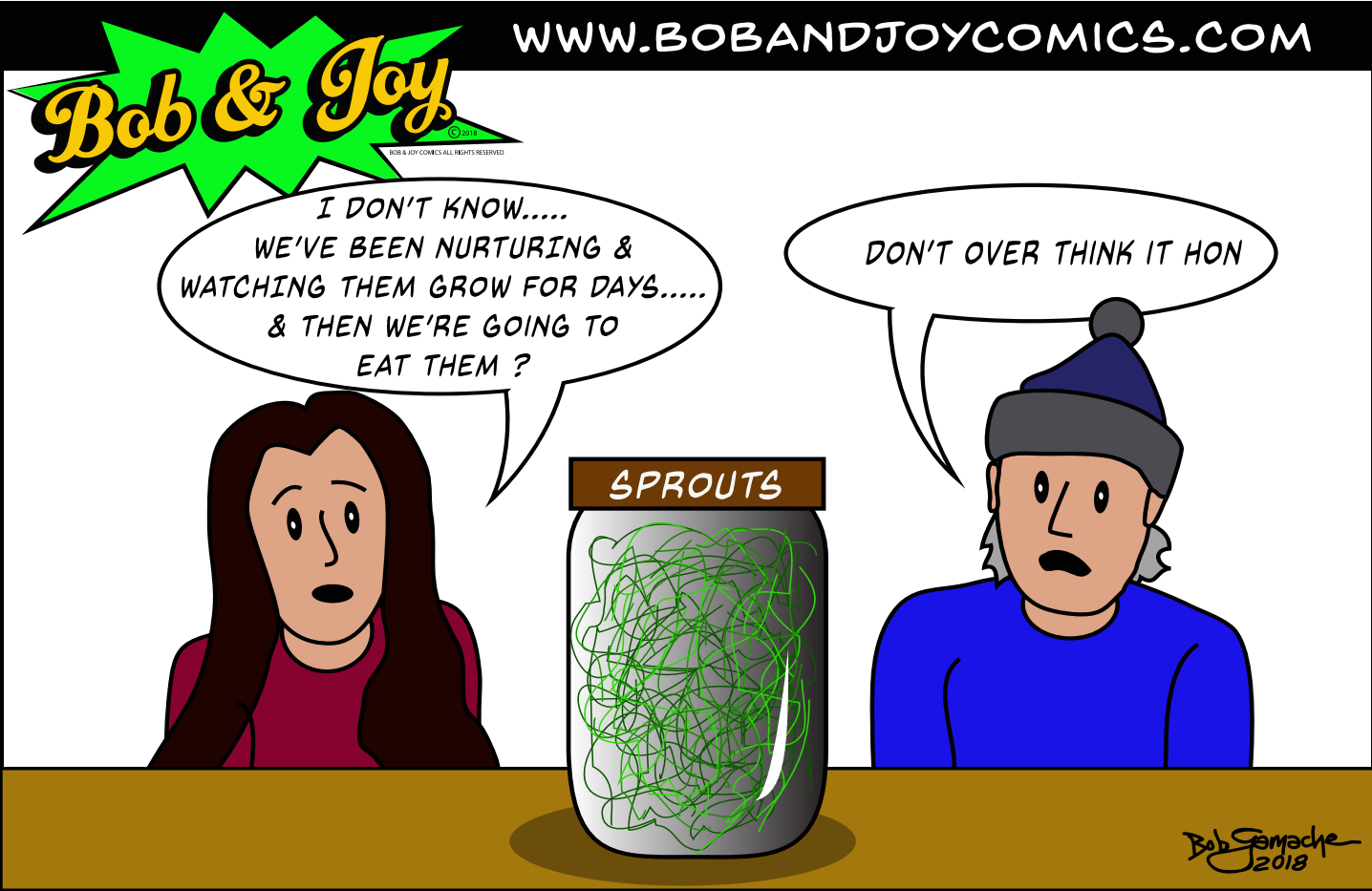


Trinity Wellness Emporium is a yoga studio & metaphysical boutique that offers yoga, meditation, and fusion classes for all ages and levels of experience. All our teachers are certified to ensure your safely aligned so you get the most out of your practice. We offer a variety of classes to fit your need, with prices to fit your budget. We have many specialty yoga classes and workshops like prenatal, chair yoga, yogilates, and kids' classes. Our boutique offers a variety of curiosities: crystals, sage, apparel, jewelry, organic body care, and more! We also offer services like Angel Card readings, space clearing, private yoga sessions; by appointment only. Come take a class, get a reading or find yourself the perfect crystal, you'll be happy you did!

TULA YOGA
Info@Tulayoganj.com
732-970-7500
1212 Hwy. 34, Ste 27, Aberdeen
New Location! - 444 Ocean Blvd. N.,
Ursula Plaza, Ste 11, Long Branch NJ 07710



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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For more information, contact Sachiko Komagata at 732.987.2663 or komagatas@georgian.edu

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