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## SUPPLEMENTS FOR A HEALTHY HEART

How your thoughts can  
MAINTAIN HEALTH  
AND PREVENT  
ILLNESS

The Jersey Shore's own talent  
BREWING THE  
BEST KOMBUCHA

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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## ADVERTISING & SUBMISSIONS

### HOW TO ADVERTISE

To advertise with Natural Awakenings or request a media kit, please contact us at 732.230.7337 or email [localadvertiser@NAjerseyshore.com](mailto:localadvertiser@NAjerseyshore.com). Deadline for ads: the 7th of the month.

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Email articles, news items and ideas to: [LocalPublisher@editorial@NAjerseyshore.com](mailto:LocalPublisher@editorial@NAjerseyshore.com). Deadline for ads: the 5th of the month.

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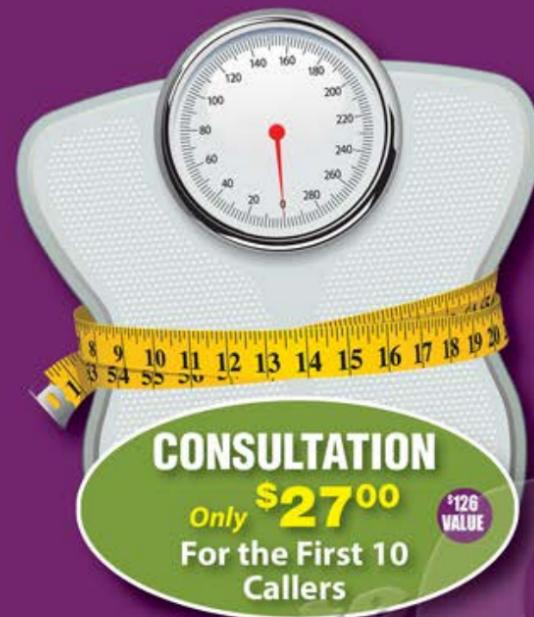
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## letter from publisher

## Hello Friends



Sharon Shaffery

Happy Valentine's Day! I love to celebrate love 🎵 "Light of the world, shine on me, love is the answer. Shine on us all, set us free, love is the answer"  
 — England Dan & John Ford Coley.

I do believe that love is the answer, but I didn't always feel that way. For a good part of my life I was looking at the world through a lens that only saw the cruelty of man. In our formative years we are bombarded with messages: Save the Children, Save the Pets, Save the Earth. Who were we saving them from? Ourselves!!!

These days I look at humanity and I cannot help but see our great potential. Our ability to destroy is dwarfed by

our power to create. Destruction lacks imagination, but creation allows for limitless possibilities. If we decide to look at the world from a creator's perspective, this life can be anything we can dream of – with no limits.

As I was climbing the ladder in my career I would ask those above me, "what is the secret to your success?", and one day the response was "I love people" said my new boss Wendy. And in my head I thought "What do you love about them?" I didn't dare say that out loud because she didn't know me well, and that would make me sound like the biggest jerk on Earth. But for days I kept pondering that response. As I watched Wendy navigate on a daily basis, I observed how her approach made the environment a better place for everyone. I admired her and decided this was a challenge I must take on – learn to love people.

It was not easy. It took several years, and I still don't love everyone. Like the CEO of GoDaddy, he killed an elephant for fun on his birthday one year – I don't think I could ever find any love for him. But, I studied long and hard. I found the phrase – I am that, I am. And remaining vigilant about being present in my thoughts, each time my mind jumped to judgment, I stopped myself and said "I am that, I am." And when I found myself in tenuous and aggressive situations, I would say "power shields up". Learning to block the negative energy of others creates a barrier that bad vibes cannot penetrate. I also learned to detach from other people's actions. Humans have a tendency to blame others for our problems and our reactions, but it is a life changing quantum leap when we realize, other people don't make us do anything. We are in complete control of our response to every situation. This too takes a lot of practice, but once we free ourselves from victimhood, everything changes for the better. And when I would enter a crowd of negativity, I would say to myself "be the light in the darkness".

I am not proud to admit that I wasn't always the loving person that I am today (if you didn't have 4 feet and fur – that is), but I was listening to Tim McGraw and at the end of "humble and kind" he says "when you get where you're going don't forget turn back around. Help the next one in line, always be humble and kind". So if my story can help just one person make that leap, it's worth it to share. I hope this Valentine's more people will choose to Love More.

I hope your 2019 is off to an amazing start, and thank you so much for your continued support. We couldn't do this without you! Thanks to our advertisers, and our team 😊!

Warm wishes,

Sharon

## news briefs

## You'll Love our Cookies

Glenda's Kitchen is a certified Gluten-Free, Organic & non GMO local cookie company. All of our cookies are 100% natural and made with just 7 simple ingredients, and absolutely no additives or preservatives!

Owner Carmen Petruzzelli-McCann named Glenda's Kitchen after her Mother Glenda and all of the cookies after everyone in the family including, Sofia's Dark Chocolate Chip, Baby Deanie's Mini Dark Chocolate Chip, Dads Double Chocolate Chip, Carmen's Chipless (Vanilla cookie) & Billy's Vegan Chocolate chip. All are Gluten-Free, Organic & Non GMO!

You can find our cookies in stores like Dean's Natural Market, Foodtown, ShopRite, and more. Or your favorite restaurants like Teak, Tommy's Tavern & Tap, Drew's Bay-shore Bistro, Patricia's, Salt Creek Grille, Fromagerie, and more...

To find more locations visit our website [GlendasKitchen.CO](http://GlendasKitchen.CO) or visit our Leonardo location, 864 Rte 36 Leonardo NJ where you can find other delicious gluten free goodies! Follow us on instagram @glendaskitchen or like us on facebook [www.facebook.com/glendascookies](http://www.facebook.com/glendascookies). Use coupon code "NATURALAWAKENINGS" for 15% off your order online!



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Grounds Keeper creates award winning naturalistic outdoor living spaces. Since 1973, we have been building beautiful landscapes by choosing plants and other design elements that fit your lifestyle and work best under your specific conditions. Our designs inspire you to celebrate the rhythms of the season while you enjoy the moment and look forward to the next.

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Budgeted Master Plans designed by our Landscape Architect can be installed in phases. We incorporate patios, pergolas, decks, outdoor kitchens, fire pits, music, custom pools, fountains, ecosystem ponds, lighting, art and stone elements to create outdoor living spaces that are an extension of your home. Reach out to us for a free \$150 on-site consultation and discover how your outdoor space can become part of your living space!



Our showroom is located at 798 Highway 34, Matawan. Call 732.566.1600 or visit us online at ; [GroundsKeeperInc1973.com](http://GroundsKeeperInc1973.com) for more information or to view our photo gallery.

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## 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. (\$35 Fee includes all materials and tools) Thurs, Jan 10th 7:30pm-9:30pm, 660 Tennent Road, Suite 209, Manalapan [www.wildandfreepainting.com](http://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.*

## Reflexology, as easy as kicking off your shoes and sitting back to relax!

Michele Lipari is a certified reflexologist and holistic counselor. She has been practicing reflexology for over twenty years and is very passionate about her work. Reflexology is a non-invasive, simple, and accepted method for activating the healing powers of the body.

The benefits of reflexology are numerous. It will help you to relax and release tension, thereby preventing stress related illnesses. It improves nerve functioning, restores healthy circulation, cleanses the body of toxins and increases energy flow.

The practice also offers access to an Infrared Sauna. The benefits of the infrared sauna include:

- Increased circulation
- Removal of toxins
- Improves skin tone
- Stimulates immune system
- Eliminates joint and muscle pain

Sweat produced by an infrared sauna contains about 20% toxins, compared to 3% toxins in sweat produced through traditional sauna. The higher percentage of toxin removal is due to the fact that infrared waves are absorbed more deeply into the cells of the body.



*Schedule your reflexology or infrared appointment now and mention this ad for \$10 off your first session. Contact Michele Lipari, call or text 732.887.3352 michhealer@aol.com mliparireflexology.com*

## Improving Joint Health through Connective Tissue

This 2-part series begins February 16th 12:30-2:30pm with Claire at The Yoga Loft 462 Adelpia Rd Freehold. \$30 for each workshop or \$50 for both workshops

Our joints aren't separate from the workings of the rest of our body. To function and last they need the support of healthy connective tissue which includes ligaments, tendons, muscle and fascia. This workshop will use balls, rollers, flossing and pull up bands to allow you to open and with practice develop supple connective tissue. Working on tight areas can be uncomfortable but it will be presented so everyone can choose the pace they need. Our connective tissue gets bound up and starts sticking together from repetitive actions. These produce knots, adhesions, binding, all terms used to describe restrictions in the tissue that begins to change or impede our movements. As our tissues are altered so is the alignment in our joints, which causes uneven pressure and wear in the joints. The first week we'll work on the pelvis to the feet. The second week, February 23rd 12:30 to 2:30 the pelvis to the shoulders. Preregistration required.

Email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732.239.2333 to register.

## Speech Therapy Services for Children and Adults

Have you been wondering whether your child is developing speech and language skills in keeping with those of other children within the same age range? Have you been considering whether a spouse or family member can improve their speech and language abilities after incurring an accident or a neurological disorder? If so, you may want to consult a professional.

Dr. Albert Oratio has been in practice as a speech and language pathologist in the Red Bank area for the past ten years at Monmouth Center for Communication Disorders. He offers diagnostic and therapeutic services for the full range of communication problems including articulation, language, voice, and stuttering impairments. He has served as a speech pathologist in public school settings, major medical facilities, and taught at several prestigious universities.

The speech therapy programs at Monmouth Center focus on the individual needs of each patient and involve working closely with parents, spouses, and teachers to enhance our patients' progress.

*If you're in doubt about your child or loved one's speech & language abilities, call Dr. Oratio at 732.298.4769, Monmouth Center for Communication Disorders, 565 Hwy. 35 Red Bank.*




Namaste

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## Spiritual Warrior 5-month Program

Join us for *Succulent Wild Love by Sark*. Her fun, light hearted book will be the inspiration that propels us into a consistent practice of juicy self-care, at The Yoga Loft, beginning February 10th, & meeting once a month through June 9th. 12-1:30pm

Are you at a crossroads in your life, ready to make positive change? Are you seeking a warm and welcoming community? Give yourself the gift of time to discover what matters most to you.

### The Spiritual Warrior Program will help you:

- Assess where you are on your spiritual path and determine your next steps for optimal growth.
- Gain mastery of the tools of a Spiritual Warrior: Meditation, Journal Writing, Self-Inquiry and Affirmations.
- Practice and apply the tools you learn in real-life situations so that you "own" them.
- Tune in to your truest desires and turn them into a reality.
- Handle difficult people and situations with poise, firmness and kindness.
- Join a community of dedicated Spiritual Warriors and amplify your Light.

Stay focused on what brings you joy! Embrace a spiritual journey guided by your own personal North Star. The Yoga Loft is located at 462 Adelpia Rd. Freehold. Please call 732.239.2333 or e-mail [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) for more information and to register.

## Wellness Warriors Program

Join us at the Yoga Loft for A Five-Month Health and Wellness Makeover, starting February 25th through June 24th. 12-1:30pm, \$275.00 (payable options available).

Do you need to lose weight and keep it off? Are you struggling with a chronic condition? Are you free of disease but feel tired, foggy and unmotivated? Take back control of your health!

Join Katie Grace for a five-month Health and Wellness Makeover program that will support you in making simple lifestyle changes that can help you look and feel your best by spring.

If you're confused about where to begin



or lack motivation, this program will help you:

- Set yourself up for success by setting attainable goals for yourself in each of four key wellness areas
- Define your unique strategy to achieve your goals
- Learn how to integrate the Four Pillars of Health into your life with practical tools, tips and recipes

The Wellness Warriors Program includes all materials, monthly 1-½ hour Health & Wellness Makeover Workshops, and more, plus weekly check-ins via email to keep you on track.

Become a Wellness Warrior Call 732.239.2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to register. The Yoga Loft is located at 462 Adelpia Rd. Freehold.

## 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 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/](http://georgian.edu/event/wellness-expo/).

## Brand New To Yoga – 6 Week Series

Beginning February 19th 6-7pm with Katie Grace at the Yoga Loft in Freehold. \$70

Why do yoga? Put simply: Yoga makes you feel better! Practicing the postures, breathing exercises and meditation makes you healthier in body, mind and spirit. Yoga helps you tune in, chill out and shape up -- all at the same time.

In this beginner series, you'll learn the foundations of yoga: the basic poses, key features of its 5,000-year-old philosophy, studio etiquette and specific modifications that will allow you to practice safely and comfortably whatever your physical condition or wherever you practice. You'll discover the benefits that millions of practitioners worldwide enjoy, while gaining confidence so that you too can practice yoga for a better life!

Pre-registration required, please email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732.239.2333 to register.

## 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 – com-

monly 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 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](http://www.healing4u.com) and [www.qigong4u.us](http://www.qigong4u.us)

## 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 Tuesday, February 12th, 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](http://www.OptimalHealthGuide.com) Wemrock Professional Mall (sign at the entrance), 501 Stillwells Corner Rd., Bldg. A / Dr. Borgersen's office (1st floor), Freehold, NJ.



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## FREE Workshop: RESISTANT WEIGHT LOSS - WHAT NOW?

If you are trying to lose weight, chances are at some point you have counted your caloric intake, minimized fats in your diet, increased protein consumption, decreased carbs, and started going to gym on a regular basis.



However, what if you are not getting the desired results? Giving up, is not an option since excessive weight affects not only a self-image, but also your health and quality of life.

Using a Functional Medicine & Nutrition approach, which is based on the latest

cutting edge science, we look at various possible root causes of the resistant weight loss, such as Nutritional Imbalances, Gut Microbiome Dysbiosis, Food Intolerances, Environmental Toxins, Hormonal Imbalances, Heavy Metals Toxicity, Blood Sugar Dysregulation, etc., and then address each of the imbalances, in order to achieve your optimal weight. Specialized Labs to find the Root Causes will be discussed.

Please join us on Wednesday, February 13th, from 7-8 pm in Freehold. For more details, or to register please call Ada at 732.333.6680. Visit our website at [www.OptimalHealthGuide.com](http://www.OptimalHealthGuide.com), or email at [adazak888@gmail.com](mailto:adazak888@gmail.com). Wemrock Professional Mall (sign at the entrance), 501 Stillwells Corner Rd., Bldg. A / Dr. Borgersen's office (1st floor), Freehold, NJ.

## FREE Workshop: Chronic Fatigue Syndrome & Fibromyalgia

### "Out of the Box" True Solutions.

Chronic Fatigue Syndrome (CFS) is affecting more than 25 million Americans who suffer from extreme exhaustion, lasting at least one month, at any given time.

In addition to debilitating fatigue, people with CFS experience brain fog, poor sleep, weakness, muscle fatigue, anxiety, depression, achiness. Approximately 6 million people with CFS also suffer from Fibromyalgia Syndrome (FHS), defined by widespread achiness and pain.

Modern western medicine, when treating CFS and FHS, focuses primarily on managing the symptoms with sleeping pills, anti-depressants, and analgesics. However, the Roots of the problem are what needs to be addressed to be truly effective, such as "Leaky Gut", Food Sensitivities, Thyroid Malfunction, Mitochondrial Dysfunction, Mental/Emotional Stress, Sex Hormones Imbalance, Microbial Infections, Environmental Toxins, etc.

To learn more about the steps to take to find long-lasting solutions for CFS and FHS, please join us on Wednesday, February 20th, 7-8 pm in Freehold. For more details, or to register please call Ada at 732.333.6680. Wemrock Professional Mall (sign at the entrance), 501 Stillwells Corner Rd., Bldg. A / Dr. Borgersen's office (1st floor), Freehold, NJ 07728

## Qigong at Monmouth Beach Yoga & Wellness

Qi is the vital life force that flows through every living thing. The practice of cultivating energy is called Qigong.

Experience a new and unique form of this ancient Chinese energy practice using European essential oils, healing crystals and evocative music, leaving you feeling centered, connected, sensual and empowered.

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Sunday, February 10th, 11:30am-1:30pm \$40 with Instructor: Joyce Virani at Monmouth Beach Yoga & Wellness, 36 Beach Road, Suite 312, Monmouth Beach (located in complex where MB Post Office is located) Pre-registration is a must, contact Lisa Matthews 973.452.2828. [www.mbyogaandwellness.com](http://www.mbyogaandwellness.com)

## Mindful Awareness 6 Week Course

Mindfulness is defined by Jon Kabat-Zinn as "paying attention, on purpose, in the present moment, without judgment."

The mindfulness-based stress reduction course he developed has become an evidence-based treatment recognized in healthcare settings around the world. In this 6-week course, we will use sitting meditation, body awareness and mindful movement to train our minds and bodies to respond, rather than react, to life's stresses.



Like Yoga, Mindfulness has its roots in an ancient spiritual tradition. In our own time, countless scientific studies have demonstrated its impact on brain regions associated with memory, sense of self, empathy and resilience to stress.

The goal, in this six-week immersion, is to make mindful living a choice, both on and off the cushion. There are specific teachings for each week along with suggestions for home practice. Handouts will be distributed each week as we construct our own manual. Audio files for downloading or a CD of guided meditations are also included.

Sundays: 3/3, 3/10, 3/17, 3/24, 3/31, 4/7 1-3pm \$300/Early Bird \$250 if before 2/1/19. Instructor: with Kathleen Bishop, Ph.D. at Monmouth Beach Yoga & Wellness, 36 Beach Road, Suite 312, Monmouth Beach, contact Lisa Matthews 973.452.2828. [www.mbyogaandwellness.com](http://www.mbyogaandwellness.com)

## It Feels So Good to Stretch!

Stretching is on our schedule every day at Monmouth Beach Yoga & Wellness because everyone needs to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It 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. 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. [www.mbyogaandwellness.com](http://www.mbyogaandwellness.com)

Drop ins are welcome and 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.

## Free Workshop – Intermittent Fasting

Intermittent Fasting for Weight Loss Wednesday, February 20th at 7pm.

Are you suffering from weight loss resistance? Do you feel like you have tried every type of diet and detox and the weight just does not come off? Those last 10 pounds....the scale just will not budge. Your body is screaming for help!



In this integrative workshop you'll learn how intermittent fasting (IF) can change your life and your weight! Learn about the benefits and fat burning methods that will help you melt away the excess weight so you can feel and look your best. Discover how you can eat delicious, healthy foods and feel satisfied without feeling deprived.

If you still wondering what is the Real reason why you still can't lose weight after all that you have done, you must attend this workshop!

Workshop Date: Wednesday, February 20th at 7pm. Workshop is led by Larisa Belote, Integrative Nutrition Health Coach at 4 Bridge Plaza Drive, Suite 5 in Manalapan, NJ. Registration Required. Call 732.490.5770 or email [larisa@stepbystep-wellness.com](mailto:larisa@stepbystep-wellness.com)

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## Bitter Melon Eases Knee Pain

Bitter melon (*Momordica charantia*), a spiky, cucumber-shaped fruit, has traditionally been used in Asian countries to lower blood sugar. Now, researchers at Universiti Sains Malaysia report that it can significantly improve symptoms and reduce the pain of knee osteoarthritis. Half of 75 patients were given a placebo and the other half 1,500 milligrams three times a day of a bitter melon supplement. After three months, the bitter melon group had significantly fewer symptoms and less knee pain and analgesic use, as well as lowered body weight, body mass index and fasting blood glucose levels.



## Zinc Combo Fights Aging Diseases

When zinc, a trace mineral, is combined with tea, coffee, chocolate and other foods that contain specific antioxidant compounds, it boosts protection against the oxidative stress linked to aging and diseases such as dementia, cancer and heart disease, report researchers from Auburn University, in Alabama, and the University of Erlangen-Nuremberg, in Germany. Zinc activates a plant compound known as hydroquinone, which boosts foods' antioxidant properties. Hydroquinone alone cannot break down harmful free radicals, but when combined with zinc, a type of enzyme is created that helps prevent damage to organs and tissues.



## Harmful Bacteria Linked to Certain Showerheads

Harmful bacteria from the genus *Mycobacterium* have been shown to linger in showerheads and lead to lung infections through inhalation of steam. University of Colorado researchers analyzed 656 biofilms coating the inside of showerheads sent to them by volunteers throughout the U.S. and Europe, and found twice as much *mycobacterium* in showerheads from households receiving municipal water than in those receiving well water. Chlorine disinfection

methods were suspected by the researchers. Plastic showerheads had levels that were, on average, two times lower than showerheads made of metal or metal and plastic components. "Hot spots" with high levels of *mycobacteria*—such as Hawaii, southern California, Florida, the upper Midwest and the mid-Atlantic states—generally overlapped regions where *mycobacterium*-related lung diseases are most prevalent.

## Immigration to U.S. Lowers Healthy Gut Bacteria

People in developing nations have much greater diversity in gut bacteria than Americans, but a University of Minnesota study of U.S. immigrants has found that six to nine months after moving to the U.S. and eating a Western diet, the gut bacteria of those from countries with predominantly non-Western diets changed to match gut bacteria typical of a Western diet, while their gut bacteria became less diverse and less healthy. These effects increased with the duration of U.S. residence and were compounded across generations. The more "Westernized" a woman's microbiome, the greater her risk of obesity.



## Ashwagandha Normalizes Hypothyroid Levels

Ashwagandha, a traditional ayurvedic herb, can significantly improve symptoms of subclinical hypothyroidism, a condition that affects many women, a new double-blind clinical study shows. Researchers from India's Sudbhawana Hospital tested 50 patients that had high circulating thyroid-stimulating hormone (TSH) levels. For eight weeks, half were given 600 milligrams a day of ashwagandha; the other half were given a placebo. In the treatment group, TSH levels fell by more than 17 percent, T4 levels increased by nearly 20 percent and T3 levels increased by more than 40 percent. "Ashwagandha treatment effectively normalized the serum thyroid indices during the eight-week treatment period in a significant manner," the report concluded.



## Walnut Leaves Improve Diabetic Health

In a double-blind study of 40 Type-2 diabetes patients, Iranian researchers gave half of them 200 milligrams of an extract of walnut leaf (*Juglans regia*) for eight weeks and the other half a placebo. Although the walnut leaf extract had no significant effect on their blood glucose levels or insulin resistance, it significantly lowered systolic blood pressure and body weight in the patients.



## Sniffing Dogs Can Detect Malaria

After years of worldwide decline, malaria is on a worrisome upswing, but researchers from Durham University, in the UK, have found a quick, non-invasive,

low-cost detection method: dogs. Trained to sniff out malaria parasites in socks that West African children wore for one night, the canines correctly identified 70 percent among the infected and 90 percent among the uninfected children.

## Screen Time Doubles Kids' Risk of Anxiety and Depression



Children and teens that spend more than seven hours a day on screens have twice the risk of being diagnosed with anxiety or depression compared to those that spend one hour a day similarly engaged, con-

cluded a San Diego State University study of more than 40,000 youngsters.

## Nuts Improve Blood Vessel Health



Munching on almonds and walnuts significantly increases blood vessel dilation and reduces artery plaque, say West Virginia University scientists. In a two-day study, 27 overweight volunteers ate 77 grams of almonds (about 2.5 handfuls) along with their lunch one day; on another day, they ate 60 grams of walnuts (about two handfuls) with lunch. Measurements taken four hours after each meal found that both diets significantly increased blood vessel dilation and lowered markers of artery plaque. Both types of nuts also reduced heart rate and systolic blood pressure among the volunteers.

## Holy Basil Fights Tooth Infection



Tulsi (*Ocimum sanctum*), an Indian herb also known as holy basil, has been proven effective in studies in reducing stress, lowering blood sugar and healing wounds. Now, research from India's Rishiraj College of Dental

Sciences has found that tulsi essential oil, used as a disinfectant, significantly reduced infection levels following root canals of primary molars in a study of 40 children. Although a triple antibiotic cream had better antibiotic properties, the researchers recommended tulsi for longstanding infections and to avoid antibiotic reactions and overuse.

## Tips for a Tree-Free Home

### Many Ways to Pare Down Paper Use

If one in five households switched to electronic bills, statements and payments, the collective impact would save 151 million pounds of paper annually, eliminating 8.6 million full garbage bags and 2 million tons of greenhouse gas emissions, according to the PayItGreen Alliance. While computers continue to offer significant environmental benefits, there are other "tree-mendous" things we can do to conserve forest resources.

■ Paper bags can be substituted for plastic bags as trash can liners and serve as compost-ready receptacles for fruit and vegetable scraps. *ChasingGreen.org* describes many ways to reuse paper bags after cutting them along the seams; use them to wrap gifts and shipping boxes or let the kids paint or draw on them.

■ Use the blank side of sales receipts, envelopes, shopping lists and other paper scraps to jot down to-do lists, notes and more. The family can keep a small pile that everyone can tap into.

■ Replace paper napkins and towels with cloth napkins or portions of old T-shirts that can be washed and reused.

■ Choose paper products that are gentle on the Earth in how they are made. *TreeZero Inc.* (*TreeZero.com*) markets, supplies and distributes 100 percent carbon-neutral paper made from recycled sugarcane waste fiber.

■ Consider "branching out" and help protect trees that are being threatened by overharvesting, development and the effects of climate change by supporting the Alliance for Community Trees (*ACTrees.org*), a national nonprofit that plants trees in communities across the nation. Get the shovels ready to pitch in when the Arbor Day Foundation (*ArborDay.org*) celebrates its 148th annual tree-planting events on April 26—especially important this year due to the destruction of many trees from recent hurricanes and fires.



## AMAZING EMBRACE

### The Healing Power of Hugs

by April Thompson

Hugs don't just feel good; they do good. A simple embrace can boost our health and mood, connect us spiritually and even help mend society.

Hugs and other types of affectionate touching can provide numerous benefits in the face of threats or stress, according to Michael Murphy, Ph.D., a researcher with the Laboratory for the Study of Stress, Immunity and Disease at Carnegie Mellon University, in Pittsburgh. "The research shows that touch behaviors like hugs reduce negative responses to threats and make people feel happier, more secure and more supported."

In a study of 404 adults, Carnegie Mellon researchers looked at how social support and hugs affected participants' susceptibility to the common cold after being exposed to the virus. "People experiencing lots of conflict are more likely to get a cold when exposed to a virus," says Murphy. "But individuals who also tend to receive lots of hugs appear protected from this additional risk."

These behaviors also turn down our biological response to stress and may even improve how our immune system works.

~Michael Murphy, researcher

### A Primal Need for Connection

Mata Amritanandamayi, a 65-year-old Indian spiritual leader better known as Amma, has hugged tens of millions of people around the world, earning her the nickname, "the hugging saint."

Amma's tradition of hugging people grew organically, from hugging someone she noticed in distress, to how she receives massive crowds clamoring for one of her loving, compassionate embraces.

"A hug is a gesture that reveals the spiritual truth that, 'We are not two—we are one,'" says Swami Amritaswarupananda, one of Amma's senior disciples. "In today's world, where people often feel alienated and lonely, a hug can uplift and make us feel reconnected to the people and world around us."

Intention is key to the exchange of energy that occurs with a hug, says Amritaswarupananda. "What is important is the sincerity behind the action—the genuine feeling of love and compassion. A simple glance or mere touch of the hand can have

that same power to make us feel whole if that genuine, heartfelt connection is there."

Hugs tap into that fundamental human need to belong, says Murphy. "Hugs and other forms of affectionate touch act as powerful reminders that we belong. "These behaviors also turn down our biological response to stress and may even improve how our immune system works." For example, researchers think that touching might trigger our body to release oxytocin, a hormone that can reduce fear and improve social bonding, Murphy notes. Hugs and the associated oxytocin release can have powerful ripple effects in the body, decreasing heart rate and levels of stress hormones cortisol and norepinephrine, along with improving immune function and pain tolerance. Oxytocin can also trigger the release of feel-good hormones like serotonin and dopamine.

### Bridging Divides With a Hug

While Murphy cautions that the jury is out on the effects of hugs on strangers, as most research has been done on embraces between loved ones, Ken Nwadike, Jr. has built a national campaign around the concept. Known as the "free hugs guy", the former competitive runner began offering up hugs during the 2014 Boston Marathon, the year after the deadly bombing. Nwadike has since brought the Free Hugs Project to more divisive spaces, from political rallies to protests, offering hugs to all to spread love and inspire change.

The Los Angeles activist's all-embracing hugs are a symbol of unconditional love, respect and unity at a time when tensions and political divisions are running high. For Nwadike, hugs are a way of de-escalating conflict and mending the human divide. "Communities are divided because of fear, hatred and misunderstanding. Starting the conversation with kindness, rather than hatred, will get us a lot further," he says.

Consent is always important, and not everyone appreciates an unsolicited hug. But like compliments, hugs are free to give and usually well received. As humans, we bear arms that were built not to harm, but to heal.

Connect with freelance writer April Thompson, of Washington, D.C., at *AprilWrites.com*.

## Bug Apocalypse

### Sharp Decline Threatens Ecosystem

Insects around the world are in a crisis, and a new study published in the *Proceedings of the National Academy of Sciences* suggests that the problem is even more widespread than scientists first believed. In a pristine rain forest in Puerto Rico, the number of invertebrates—including moths, butterflies, spiders and grasshoppers—dropped 60-fold between 1977 and 2013, probably due to a four-degree rise in average temperature. The lizards, birds and frogs that fed on them also seriously declined. In 2014, an international team of biologists estimated that globally in the past 35 years, the numbers of invertebrates such as beetles and bees had decreased by 45 percent.

Another recent study showed a 76 percent decrease in flying insects in the past few decades in German nature preserves. The food web may be being obliterated from the bottom: Insects pollinate three-quarters of our food crops, feed the birds and fish that are also consumed by larger species and are vital to the decomposition that keeps soil healthy and ecosystems running. “Nature’s resilient, but we’re pushing her to such extremes that eventually it will cause a collapse of the system,” Brad Lister, a co-author of the Puerto Rican study, told the *New York Times*.



## Horse Sense

### Wild Horses Ride Out the Storm

North Carolina’s free-roaming wild horse herds on the Outer Banks have “ridden out” their share of storms. When Hurricane Florence struck the area in 2018, the Corolla Wild Horse Fund of Currituck County, where the herd lives, announced on Facebook, “The horses have lived on this barrier island for 500 years, and they are well-equipped to deal with

rough weather. They know where to go to stay high and dry, and are probably in better shape right now than most of us humans, who are scrambling with final preparations.” Historians believe the herds, which number about 100 horses, descend from those brought to the New World by European explorers.

Instincts dating back five centuries compel the

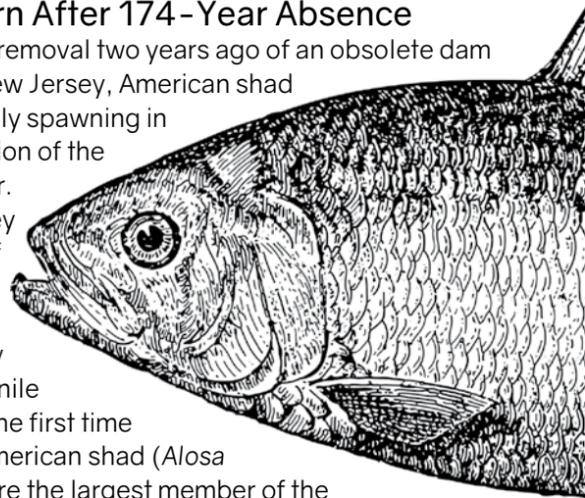
## Fish Revival

### Shad Return After 174-Year Absence

Following the removal two years ago of an obsolete dam in Manville, New Jersey, American shad are successfully spawning in the lower section of the Millstone River.

The New Jersey Department of Environmental Protection (DEP) recently observed juvenile fish there for the first time since 1845. American shad (*Alosa sapidissima*) are the largest member of the herring family and are anadromous, as they spend most of their lives in saltwater, but return to freshwater rivers each spring to spawn. They played an important role in American history and economics.

New Jersey Department of Environmental Protection Commissioner Catherine McCabe says, “This species has an inherent tendency to recolonize once obstacles are removed from its migratory path.” During the Industrial Revolution, rivers were dammed for electric power and lakes, but during the last decade, dam removal has become a new call to action. Besides preventing fish migrations, dams also harm water quality in rivers by blocking water flow, trapping sediment and changing habitats.



feral mustangs to either huddle on high ground, butts to the wind, or seek refuge in the maritime forest during storms, say experts. But news has come of a Shackleford Banks horse named Merlin that was fenced in an inundated quarantine site

during the storm, according to the Foundation for Shackleford Horses. Merlin somehow survived, and it “may have involved swimming,” says Margaret Poindexter, president of the foundation that co-manages the herd on National Park Service land.

## Bat Cave Rescue

### Promising Progress Against Disease

A cold-loving fungus known as white-nose syndrome (*Pseudogymnoascus destructans*) originating in Eurasia, where bats evolved to develop immunity to it, began infecting 15 species of hibernating bats in North America in 2006. As the fungus grows over bats’ noses and wings, it disrupts their winter sleep, causing them to expend too much energy and burn up fat they need for winter survival. More than 6 million bats have succumbed to the disease so far. Some species are experiencing near total collapse: Little brown bat populations have been decimated by about 90 percent, while tricolored and northern long-eared bats are suffering losses of around 97 percent. Ecologists thought the fungus might halt at the Rockies, but by 2016 it had made its way to Washington State.

A collaboration between the U.S. Fish and Wildlife Service, biologists, ecologists, mycologists, biochemists and other scientists at universities, NGOs and state, federal and tribal agencies have made significant progress in combating the fungus using genomics: Sequencing its genes has allowed them to determine its origin. Plans include treating the caves and mines in



which the bats hibernate. It also appears that some species are developing resistance to the fungus or developing coping strategies, like waking up together every night to generate extra group warmth.

## Mind Meld

### Translating Thoughts Into Speech

Scientists are trying to translate speech-paralyzed patients’ thoughts into speech using brain implants. The technique will potentially provide a brain/computer interface (BCI) to enable people with a spinal cord injury, amyotrophic lateral sclerosis, stroke or other paralyzing conditions to “talk” again. Experts think a system that decodes whether a person is silently saying yes, no, hungry, pain or water is now within reach, thanks to parallel advances in neuroscience, engineering and machine learning. “We think we’re getting enough of an understanding of the brain signals that encode silent speech that we could soon make something practical,” says Brian Pasley, of the University of California, Berkeley.

The first BCI read electrical signals in the motor cortex corresponding to the intention to move, and used software to translate the signals into instructions to operate a computer cursor or robotic arm. In 2016, scientists at the University of Pittsburgh went a step further, adding sensors to a mind-controlled robotic arm so it produced sensations of touch.



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# Intentions versus Resolutions

by Roseann Petropoulos



As the new year begins, many take this time to evaluate their lives. It is a new year, a time to start over, a time to begin again.

The first of the year awakens our desires to break old habits and seek what we believe will bring self-improvement and happiness. It is time to put into motion an action plan. Gym enrollments peak, diets are stated, people try to stop smoking or break other habits that hold them back. Resolutions are made with the idea that willpower alone is the driving force that will bring results. A belief that the stronger, the harder one tries to achieve their goals the better it will be. Often, New

Year's resolutions are made on January 1st that are long gone by the end of the month. According to a University of Scranton study, Dr. Kathleen Hilton states only 8% of people achieve their goals when they set a resolution. The biggest problem is that usually a resolution is an external motivation. It is driven by what one thinks they should do rather than what one really wants to do. The basis of the resolution is one of conflict, two opposing forces and impossible to maintain. The resolution

lacks an internal desire. On the other hand, they are more likely to succeed when an individual chooses to pause, reflect and evaluates their goal.

Setting an Intention is an internal motivation which goes beyond willpower and effort. The goal that is set has a stronger foundation because it satisfies a personal need and a self-commitment. Just imagine this scenario: Two patients are in a cardio support group, recovering from a heart attack. Both patients were told that their heart condition is life threatening. They were given advise to make changes in their lives that will improve their health. Each were given doctor's orders to follow a therapeutic diet and increase their physical activity, such as walking. Their motivation was strong and wanted to do what was needed to improve the quality of their life.

The first patient is eager to make the necessary changes. A plan is created that eliminates food slowly that were risk-inducing and began to find healthier food choices. This

patient made small changes over time and thru trial and error, found recipes that were not only healthy but also pleasing and tasty. A new appreciation for life was created and a major healthier happier lifestyle. Meal-time took on a new meaning to be a time to come together with family and friends that fed the body, heart and soul.

The second patient went cold turkey by removing the foods that cause heart disease. No thought was given in what



foods are suitable replacements or how to prepare meals that are also pleasing to taste. An approach of denial and lack of choice dominated a quick fix in eating bland meals. In doing so, the second patient was eliminating all pleasure at mealtime. Consequently, this behavior is impossible to maintain and is an experience of self-sabotage. In short, the first patient found an internal anchor of what brings pleasure and self-satisfaction. It allows one to continue a new behavior and maintain a life that moves towards success. The second patient choices were external, responding to doctor's orders. Rather than creating one's own motivation, this patient gave away one's own power of choice and decreases pleasure in life.

In essence, the second patient was running away from the next heart attack, running away from the dread and displeasure. This is an example of negative willpower. It is like giving a monkey a hammer and the monkey hits the nail with unfocused aim. Sometimes the monkey hits the nail on the head but misses it most

## Swelling? Could it be lymphedema?



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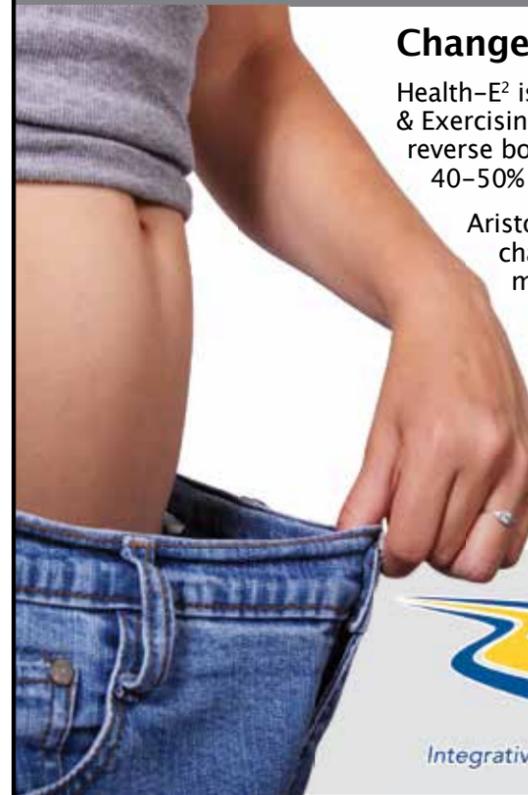
of the time. Whereas, the first patient shows a positive willpower. The mode of making the choices were consciously moving forward with purpose and focus is on one self as the center of life.

So this year be mindful and choose a plan that supports your absolute freedom. May your goal be lasting peace within. The results of that full combination is motion forward growth and pleasure. This year, find objects of attention that allow you to soar. The more you feel good, the more the

cycle vibrates and evolves. Pause, reflect and ask for what you want rather than don't want. Be Well, Be Happy, Be Free.

*Roseann Petropoulos is a Wellness Coach, a certified Reiki Master and Hypnotherapist. Private sessions are available to release and break the cycle of old habits. Roseann believes that our vibrational energy creates our thoughts and well-being. Create a new lifestyle. Call for a Free phone consultation: 732.894.3197 or www.Belmarwellness.com.*

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# INVESTING FOR GOOD

## How to Align Money With Values

by April Thompson

**H**ow we spend our money is important, but how and where we save it matters just as much. Today's financial marketplace offers diverse options for values-based investing and banking, regardless of interests or assets.

Sustainable, responsible and impact investing is rapidly expanding. Professionally managed assets in the U.S. using socially responsible investment (SRI) strategies grew from \$8.7 trillion to \$12 trillion in the last two years, according to a 2018 report by the Forum for Sustainable and Responsible Investment. This represents 26 percent—about one in four dollars—of all U.S. assets under professional management.

### The Big Bank Break-Up

While large numbers of investors are moving their money responsibly, changing bank accounts can still feel difficult to many people, says Fran Teplitz, executive co-director of the Washington, D.C., nonprofit Green America, which works to promote a more sustainable economy.

To make the sometimes intimidating bank-changing process a little easier, Green America's Get a Better Bank campaign at [GreenAmerica.org/GetABetterBank](http://GreenAmerica.org/GetABetterBank) breaks it down into bite-sized steps. "Educate yourself on the issues with the conventional banking industry, from Wall Street speculation to predatory lending practices," says Teplitz.

People don't need to sacrifice banking needs for their values. Reflect upon what's important in a financial institution, and then shop around for the right fit. Credit unions and community development banks that lend in local and underserved communities are often great choices, says Teplitz. Green America's Get a Better Bank database is a great starting point for responsible banking options.

### Investing for the Future

For longer-term investing, there are more vehicles available to responsibly assist investors toward their financial and social goals. While responsible investing once meant simply



screening out "sin stocks," like tobacco, guns and gambling, which were available only to investors able to make a large minimum deposit, today there are values-based funds to suit every cause and income level.

"Socially responsible investing has come a long way since it got off the ground in this country during the apartheid divestiture movement in the 1980s," says

Gary Matthews, an investment advisor and CEO of SRI Investing LLC, headquartered in New York City.

Countering some investor concerns about underperforming SRI funds, there is a growing body of evidence to show that money that does good can also do well. The firm Nuveen TIAA Investments assessed the leading SRI equity indexes over the long term and "found no statistical difference in returns compared to broad market benchmarks," nor any additional risks, according to a 2017 report *Responsible Investing: Delivering Competitive Performance*.

### SRI Approaches and Outcomes

Fossil fuel-free portfolios are trending, Matthews notes—which Green America encourages. While acknowledging the ever-fluctuating price of oil, Matthews says he's seen diversified portfolios that eliminate oil, coal and natural gas do better at times than those that include them.

A subset of SRI investments, Environmental, Social and Governance (ESG) investing focuses less on what sector a company is in than on how they conduct their business. The way companies treat their employees and respond to climate change are factors that may have a positive influence on financial performance.

Robo-advisors, a recent arrival in the SRI sector, are online investment services that automate money management. Robo-advisor companies make it easier for people to invest and leverage technology to keep fees down, although they usually do not offer in-depth impact research on the companies within the financial products they offer, according to Amberjae Freeman, of the portfolio management team for Swell Investing LLC, an impact investment company in Santa Monica, California.

Swell evaluates thousands of companies to build diversified portfolios of businesses aligned with at least one of the 17 United Nations Sustainable Development Goals. Like most SRI firms, Swell offers retirement IRAs (individual retirement accounts), as well as more liquid brokerage accounts, with a minimum initial deposit of \$50.

While the array of investment options can be daunting, investors should aim for progress, rather than perfection, in their portfolios. As the money and impact in a portfolio grows, so does an investor's confidence and knowledge.

April Thompson is a freelance writer in Washington, D.C. Connect at [AprilWrites.com](http://AprilWrites.com).

## A WORD TO THE MONEY-WISE

■ Verify that a bank is insured by the Federal Deposit Insurance Corporation (FDIC) or the National Credit Union Administration (NCUA), where accounts are insured up to \$250,000 per depositor.

■ Responsible investors can also influence banking practices in their workplaces, religious institutions or professional associations by educating account managers about the issues. Green America has a free booklet for 401k benefits managers at [GreenAmerica.org/finance](http://GreenAmerica.org/finance).

■ There are as many names for socially responsible investing (SRI) as there are approaches to it including community, ethical, green, impact, mission-related, responsible, sustainable and values-based investing. What an institution or a fund does and how they do it is more important than how it's labeled.

■ The mainstreaming of SRI, while positive overall as impact investing is getting the attention of larger firms, has led to some "greenwashing", where portfolios are being touted as socially responsible without much depth to their criteria, cautions investment advisor Gary Matthews, of SRI Investing LLC, in New York City. Fund sustainability rankings like the Morningstar Sustainability Rating can help take out the guesswork, although it pays to ask hard questions and look at a fund's individual holdings.

■ Returns, whether social, environmental or financial, aren't everything. "When it comes to investing, it's important to get clear about specific goals, whether it's planning for a home purchase or paying off student loans, understand the potential risks and returns, and set up an appropriate time horizon," says Amberjae Freeman, of the portfolio management team for Swell Investing LLC, a Santa Monica-based impact investment firm.

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## The Jersey Shore's Own Talent, Brewing The Best Kombucha

An interview with Fine Health's Shawn Kelly

I recently attended a wellness event, and as I walked around the displays I was handed a sample of the best Kombucha I have ever tasted. I was surprised and delighted when I discovered it is crafted and distributed right here on the Jersey shore. It's always fun for me to meet talented and driven entrepreneurs, and Shawn Kelly of Fine Health is no exception.

Headquartered in Neptune City, NJ Fine Health is a purveyor of strictly top shelf, functional beverages. The Boochery serves as a retail storefront, and distributes to wholesale accounts throughout the state. Fine Health Kombucha creates a balance between bodily functions. Its special properties help aid circulation, digestion, the immune system, and over all well-being.

**Sharon:** When and where did you try your first Kombucha?

**Shawn:** I tried my first Kombucha from the supermarket, about half way through the first brew at my house. I was interested in the tangy taste of the bubbly tea and its probiotic properties. There is history and stories behind Kombucha that are almost mystical. I wanted to write my own story.

**Sharon:** Were you instantly aware that you would be devoting your time, efforts, and future into what would become Fine Health Kombucha?

**Shawn:** Yes, I was aware of this instantly, even before I was introduced to Kombucha. Fine Health is a brand that will spread

across multiple products and industries. We are grateful and humbled that this journey started with our Kombucha. The vision of Fine Health is always to bring innovative, functional products to the market. Fine Health strives to build a family, connecting all walks of life to create comfort, resources, and value across the board.

**Sharon:** Before Kombucha, had you previously been a tea enthusiast?

**Shawn:** Before Kombucha I was not a tea enthusiast. In the beginning stages of brewing I hardly knew the difference between any teas. Working with an unfamiliar ingredient was exciting. Flavor has always come easy to me, and I've been fortunate to experiment with hundreds of recipes. In turn, I've grown to love the process and profiles of all types of tea. I drink a lot of great drinks. I look for the ones with integrity, functionality, and uniqueness.

**Sharon:** How about fermented foods?

**Shawn:** I've always been a fan of fermented foods. After I began to brew Kombucha, I started experimenting with kefir grains, salt ferments and sourdough starters. Fermenting Foods transforms the ingredients into living, nutritional powerhouses. Every culture has been fermenting foods for centuries, and it's amazing how the processes so prevalent today.

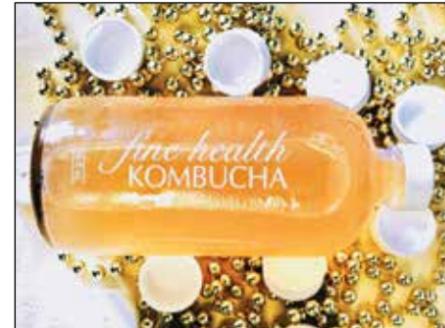
**Sharon:** Since Fine Health opened its doors in 2015 have you found new sources of inspiration for crafting and creating?

**Shawn:** I find inspiration in a lot of different areas. My love for food and having a background in being a chef has always helped me. I like to cross flavors, and create a balance; with a bit of the unexpected. People, cultures, and trends also influence my creativity. I am blessed to continuously interact in different circles and absorb new things. I use these tools to create and convey the message of Fine Health to everyone.

**Sharon:** So it's safe to say that Kombucha has brought you to a myriad of communities?

**Shawn:** Yes! Kombucha has been the catalyst to bring Fine Health to a widespread and diverse audience. Every day is someone or somewhere brand new, and this will be forever.

**Sharon:** How do you see Kombucha evolving in the next five years, and how do you wish to contribute to that evolution?



**Shawn:** I see Kombucha evolving exponentially in the next five years. Fine Health will be at the forefront of quality and innovation in the industry. We will be contributing to the education and knowledge of this amazing product, as it paves the way and opens doors to new

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**Sharon:** Thanks so much for your time Shawn, and your delicious Kombucha. Do you have any thoughts you would like to leave our audience with?

**Shawn:** Life is a continuous detox, and Fine Health is here for you. Stop by and see us at 120 West Sylvania Ave. Neptune City, or visit [finehealthkombucha.com](http://finehealthkombucha.com) @ [finehealthkombucha.com](http://finehealthkombucha.com). For more information, give us a call 732.361.7309.

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We have all this sophisticated equipment and all these medications, but when it comes down to it, the vast majority of cardiovascular disease can be prevented.

~Christina Adams, M.D.

# Heart of a Woman

## The Right Choices Keep It Strong

by Lisa Marshall

Sometime between the salad and the main course at her grandson's bar mitzvah, Joyce Lenard, then 69, felt a crushing pressure deep within her chest. A tireless go-getter who had worked in Hillary Clinton's district office when she was a U.S. senator, raised two daughters and recently donated a kidney to one of them, Lenard had spent months painstakingly planning the 100-guest gala, so when the pain came, she ignored it and got on with the party. She even drove herself to her Long Island home that night. "I just assumed I was having indigestion and it would pass," Lenard recalls.

Hours later, her husband rushed her to the hospital, where she was diagnosed with a rare, often-fatal form of heart attack, takotsubo cardiomyopathy, in which intense stress literally changes the shape of the heart. Thankful to be alive, she has since taken up meditation, cleaned up her diet and now leads a support group for female heart patients of all ages. Like her, many of them never saw it coming.

"Women tend to be the caregivers," says Lenard. "We take care of our husbands, our families, our friends, our careers, and we often forget about our own health. Then look what happens." Lenard is among the 44 million U.S. women with cardiovascular disease, an insidious illness that until recently has been erroneously framed as a "man's disease". In reality, it is the number one killer of women, responsible for one in three deaths each year, according to the American Heart Association (AHA). By comparison, one in 26 women die of breast cancer.

While awareness has risen since 2004, when AHA launched its Go Red for Women campaign, surveys show only 17 percent of women view cardiovascular disease as something that should concern them. It should, experts say, because 80 to 90 percent of cases are avoidable with lifestyle and dietary changes. In some cases, natural remedies can even reverse it. "We have all this sophisticated equipment and all these medications, but when it comes down

to it, the vast majority of cardiovascular disease can be prevented," says integrative cardiologist Christina Adams, M.D., of the Scripps Women's Heart Center, in La Jolla, California.

### Know Risks and Address Them Early

In the late 1990s, researchers discovered women were about as likely as men to be diagnosed with the disease, and far more likely to die from it. "They didn't have the classic signs and symptoms, so they often went undiagnosed and untreated," explains Jennifer Mieres, M.D., a cardiology professor at the Zucker School of Medicine at Hofstra/Northwell, in New York.

Along with chest pain, women often suffer fatigue, shortness of breath, indigestion, pain in the neck, back or jaw, nausea or anxiety in the months leading up to a heart attack. In more than half of the cases, according to one recent study in the journal *Circulation*, doctors fail to recognize these symptoms.

Then there is the "not now" factor. "I used to see women all the time who said, 'I have had these symptoms for months, but I just didn't have time to take care of it,'" says Mieres, co-author of *Heart Smart for Women: Six S.T.E.P.S. in Six Weeks to Heart-Healthy Living*.

Recent research has also shown that women are uniquely vulnerable to developing heart disease in ways that men don't share. Taking birth control pills (especially while smoking) can boost risk. Complications during pregnancy such as preeclampsia and gestational diabetes can be hard on the heart, increasing vulnerability for years to come. Because estrogen is believed to be cardio-protective, when it wanes during perimenopause and menopause, risk goes up again.

"As soon as we hit menopause, our biological milieu starts to change," says Mieres, noting that "good" cholesterol tends to decrease and "bad" cholesterol (LDL) and triglycerides tend to increase. Yet, arterial plaque—which can ultimately build up, break loose and cause a heart attack or stroke—starts accumulating as early as age 20, so the earlier women start paying attention, the better.

### Food Not Meds

Thirty years after the first cholesterol-lowering medication hit the market, so-called statin drugs have become the largest class of medications in the world, with U.S. sales doubling between 2000 and 2010 to reach \$20 billion, according to the U.S. Agency for Healthcare Research and Quality. While drugs can be appropriate for those already diagnosed with heart disease and at high risk of heart attack or stroke, they are not without serious side effects. Statins can cause chronic muscle pain, memory loss and increased blood sugar, while hypertension drugs can precipitate fainting and kidney damage.

For many patients, there's another way, integrative cardiologists say. Unfortunately, most of the talk about prevention focuses on prescription medications, says Stephen Devries, M.D., executive director of the Chicago-based Gaples Institute for Integrative Cardiology. "What often gets lost in the discussion are the dietary changes, which can be equally important."

Devries recommends a plant-based Mediterranean diet—low in the saturated fat found in beef, processed meats and cheese—and high in leafy greens, whole grains and the "good" fats found in fatty fish, olive oil and avocados. Specific foods have also been shown to lower cholesterol and blood pressure.

**Nuts**, including walnuts, peanuts and almonds, have been shown to lower LDL. One 2017 study of 77,000 female nurses, published in the *Journal of the American College of Cardiology*, found those that ate peanuts or tree nuts (including almonds and cashews) two or more times per week had a 19 percent lower risk of developing heart disease. Those that ate walnuts once a week cut their risk by 23 percent.

**Dark purple and red fruits** contain compounds called anthocyanins that boost production of nitric oxide, and in turn expand blood vessels, improving circulation. Another recent study, published in the journal *Circulation*, followed 94,000 women for 18 years and found those that ate four servings or more per week of blueberries and strawberries were a third less likely to have a heart attack.

**Pomegranates** are also key for heart health, with recent research published in the journal *Clinical Nutrition* showing a daily serving of juice can make platelets less sticky, lower blood pressure and reduce plaque formation.

**Dark leafy greens** like kale and broccoli—which are rich in vitamin K—play an important role in fostering a healthy heart structure, with each serving per week cutting the risk of heart disease by 23 percent, according to the Gaples Institute.

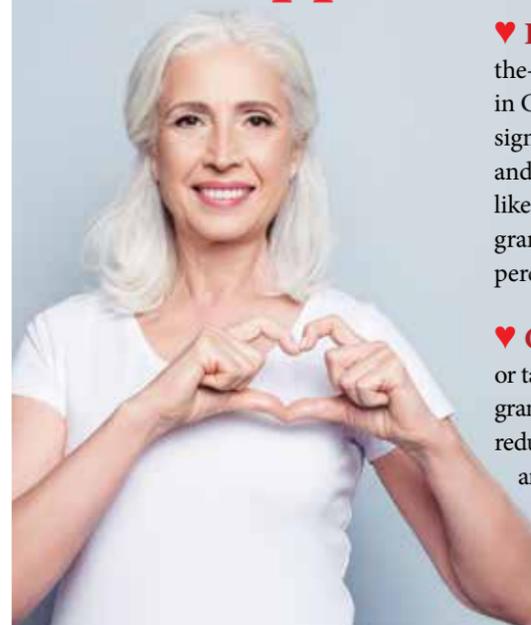
### Nurturing the Emotional Heart

No discussion of heart health would be complete without an emphasis on social and emotional health, a critical risk factor which until recently has been largely absent, says Sandeep Jauhar, M.D., director of the Heart Failure Program at the Long Island Jewish Medical Center, and author of the new book, *Heart: A History*.

But research shows the emotional heart can break, too, as in Lenard's case. With as many as 90 percent of incidents occurring in women, the condition that landed her in the emergency room often shows up in patients with no signs of obstructed blood vessels or high cholesterol. Rather, factors like financial worries, work stress or the death of or break-up with a loved one can flood the heart with stress hormones, changing its shape to one that resembles a Japanese pot called a *takotsubo* and weakening it profoundly. "Remarkably, in many cases, once the emotional state returns to normal, so does the heart," says Jauhar.

Longer-term, emotional stress has been shown to lead to platelet aggregation, or stickiness in the blood, which can impact blood flow. Also, constant bombardment by stress hormones such as adrenaline and cortisol can damage the inner walls of blood vessels, boosting accumulation of plaque.

## Supplements for a Healthy Heart



♥ **Red yeast rice extract:** This over-the-counter (OTC) extract, commonly used in Chinese medicine, has been shown to significantly lower both total cholesterol and LDL, or "bad" cholesterol levels, much like a statin does. Studies show 1.2 to 2.4 grams per day can reduce cholesterol by 26 percent in 12 weeks.

♥ **Omega-3 fatty acids:** Eating fatty fish or taking fish oil supplements (one to four grams daily of EPA/DHA) has been shown to reduce risk of heart disease in healthy people and lower triglyceride levels and risk of heart attack in those already diagnosed with cardiovascular disease. Walnuts, chia, hemp and flax seeds are excellent vegan sources of Omega-3s.

♥ **Coenzyme Q10:** Found in small amounts in organ meats, sardines, cauliflower and asparagus, this powerful antioxidant—also available in OTC supplements—can lower blood pressure and help combat the side effects of statins.

♥ **Nicotinamide riboside:** Fairly new on the supplement scene, this compound, known as NR, has been shown to mimic the beneficial impacts of calorie restriction, improving blood pressure and arterial health in those with mild hypertension.

♥ **Garlic:** Some studies suggest that garlic, either fresh or in supplements, can lower cholesterol and blood pressure.

(cont'd from page 25, Heart of a Woman)

To nurture the metaphorical heart, integrative cardiologists recommend taking time to maintain healthy personal relationships and minimize work stress. As well, exercising five to six days per week for at least 30 minutes and practicing activities like mindfulness meditation or yoga have been shown to lower heart rate. A recent study published in the journal *Circulation: Cardiovascular Quality and Outcomes* looked at 201 people with coronary heart disease. It found those that practiced meditation were 50 percent less likely to die or have a heart attack or stroke in the span of five years.

Finding quiet spaces to retreat to can also be important. A study published in November by researchers at Massachusetts General Hospital, in Boston, found that living and working in chronically noisy environments can boost the risk for heart problems. It is also wise to prioritize sleep (at least seven hours per night), because the lack of it can inflame arteries.

The bottom line is that a holistic approach is best, says Jauhar. “If you want to live a long life, don’t smoke, eat well and exercise, but also pay attention to the quality of your relationships and your ability to withstand stress and transcend distress. Those are also a matter of life and death.”

*Lisa Marshall is a freelance health writer in Boulder, CO. Connect at LisaAnnMarshall.com.*



by Mark Nepo

Just as whales are born with an instinct for the deep, we are born with an impulse toward creating a quality of life. No matter the type of work that leads us there, following that impulse is the destiny of each soul, so we search to find our medium through which aliveness can express itself. Following our instinct for the deep, we find each other.

In areas of the Atlantic and Pacific oceans, whales sing basically the same song, and when a new verse is added, they all incorporate it. As humans, we have a greater capacity to communicate, yet we resist adding to our common song.

Whales occupying the same geographical areas that may include large oceans tend to sing similar songs with local variations, but whales from other regions of the world will sing entirely different songs. Once united, though, they find a common pitch. The songs are constantly evolving over time, and old patterns are not repeated. In essence, whales stay current, freshly updating their communications with each other. It’s a noble task for us all to emulate.

Most whales, especially humpbacks, compose patterns of sound that are strikingly resonant with human musical traditions. What helps whales be such good communicators is that sound travels about four times faster in water than on land. Thus, it is profoundly easier to hear in the deep. Dwelling there, we have a better chance of staying current and hearing our common song.

When we follow our instinct for the deep, we discover our common song, which brings us alive. Through this unfolding, we make our contribution to the common good. From generation to generation, all that we learn and create adds to this living work of art we call a quality of life.

*Adapted excerpt from More Together than Alone, by Mark Nepo. Connect at MarkNepo.com and ThreeIntentions.com.*

## “Why Do They Keep Coming to this Doctor?...” (Who admits to curing no one)

Dear friend,

I’ve got to tell you something that I’ve never said out loud. But, what I’m going to tell you makes so much sense that you’ll probably get mad that no one told you this before.

I’ve been a doctor in this town for nearly 15 years now. And, to this day I’ve never cured anyone. You may think that the word would get around and no one would come to see me anymore. The opposite is true. The more people who understand, the more people come to see me.

Several times a day patients thank me for helping them with their problems. But I can’t really take the credit. I’ve never healed anyone of anything. What I do is perform a specific chiropractic adjustment to remove nerve interference, and the body responds by healing itself. And, we get terrific results. That’s why our office is filled with people that have found help nowhere else.

Eighteen years ago something happened to me that changed my life forever. 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.

A fellow classmate of mine introduced me to a doctor in Atlanta who specialized in “Upper Cervical” care. The doctor did an exam, took 3-dimensional films and then “adjusted” me. The adjustment was so light that I barely felt it.

Immediately after the first visit, I 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.

My children were adjusted within hours of being born. They obviously didn’t complain of neck or back pain; I adjusted them to keep their spines in alignment so there were no pinched nerves to cause problems or pains... as with the many children I care for in my office. And that’s how it happened!



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Great care at a great fee...Please, I hope that there’s no misunderstanding about quality of care just because I have a lower exam fee. You’ll get great quality care at a value. My qualifications...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 15 years, I’ve been taking care of people from across the U.S. I just have that low exam fee to help more people who need care.

My assistants Stacy, Samantha and Estefany will be here to greet you with their happy smiles. Our office is both friendly and warm and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called Upper Cervical Chiropractic of Monmouth, LLC and it’s at 280 Route 9 North (Shop Rite Shopping Center) Marlboro, NJ. Our phone number is 732-617-9355.

Call today for an appointment to find out if we can help you. Thank you.

— Dr. Larry Arbeitman  
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# Manifestation Through Mind Intent

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

The concept of “mind intent” is predominantly derived from the Chinese medicine exercises for health and longevity known as tai chi and qigong. Mind intent practice maximizes awareness and clarity, decreases distraction and supports achievement of desired goals. Incorporation of this technique establishes positive mental habits and allows one to become the best version of their self. It increases ability to hold commitments and interact with self and others in a more harmonious manner.

Chinese medicine texts are filled with metaphors and images that enrich understanding of a variety of energetic components. As such, mind intent practice is based on the principle: “Where the mind goes, the qi will follow.” Directing qi (vital energy or life force) is the primary goal of mind intent practice, which maximizes the body’s natural self-healing power.

Qi is engaged in combination with

what are traditionally known as shen and yi. Shen is synonymous with both mind and spirit. It is fundamental to maintaining stability, clarity, brilliance and tranquility in life, along with being an essential com-



ponent for optimal health and wellness. Yi is translated as “intention” and has to do with focusing energy on the creation of a particular goal. The activation and merging of fully functioning qi, shen and yi provides the main ingredients for strong and effective mind intent ability.

Mind intent emerges from a sea of energy known as the upper dantian – more commonly known as “the third eye” and located on the forehead between the eyebrows. Intuitive and psychic ability flourishes, along with ability to stay present in the moment when this area is filled with strong shen substance. Accordingly, one of the first requirements for engaging mind intent is to be centered and integrated within oneself. And the first sign of a strong mind is the feeling of inner calm.

Mind intent practice begins with a reflective yin state that includes a search for ideas and feelings - followed by continuous attention and replenishment to transform this yin idea into a yang reality. Positive outcome stems from a caring and patient approach that provides for alignment of qi, shen and yi when the time is ripe. Otherwise, resistance arises along with stagnation and blockage – resulting in discouragement due to lack of achieving the desired goal. Success is derived through pin-pointed mental concentration that allows energy to flow with great balance, rhythm and harmony. This is further strengthened through steadfast trust in ability to manifest an idea into reality - quite similar to the common expression: “anything is possible once you put your mind to it.”

The following exercise is derived from a system of qigong known as Yi-Chuan. It is mainly comprised of standing meditations that work with developing “movement within stillness” and walking exercises that develop “stillness within movement.” A major result of both forms is the ability for manifestation through mind intent practice – also known as development of a “mind fist.”

**How to “Stand Like a Tree”:** Stand with feet shoulder width apart. Place hands an inch above eyebrows with palms facing toward the earth. Position

arms in an arc as if over the top of a ball with fingertips toward each other and elbows relaxed. Look out into the distance and keep eyes on a focal spot. At the same time, breathe in and out through the nose with mouth closed, while expanding the belly on inhalation and contracting upon exhalation.

Stay centered, patient and integrated throughout this exercise. Continue standing in meditation up to five minutes on a daily basis. With time and practice, ability to manifest through mind intent will continue to grow. This is especially effective during the winter months, when the mind is active while the body rests. This technique is useful for a wide-range of goals that are specific to each individual. Success evolves through drawing upon instinct, staying open to all possibilities, being flexible and yielding when necessary. This provides a way for installing lifestyle habits that ensure inner resolve, harmonious flow and everlasting peace of mind – along with bringing forth natural instinctive ability.

*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](http://www.healing4u.com) and [www.qigong4.us](http://www.qigong4.us)*

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# RECIPES A HEART WILL LOVE

## Tasty Ways to Boost Heart Health

by Avery Mack

As a special meal for Valentine's Day or any other, many plant-based dishes are so tasty that no one will miss the meat. Low in fat and sugar and high in ingredients that promote heart health, the following recipes are courtesy of Carol D'Anca, a board-certified nutrition practitioner and author of *Real Food for Healthy People: A Recipe & Resource Guide*, in Highland Park, Illinois.

*Dash red pepper flakes*  
*Freshly ground black pepper*  
*Pepitas or pumpkin seeds for garnish*

### Preheat oven to 425° F.

Line a heavy baking pan with parchment paper. Spread squash cubes in a single layer, using two lined pans if needed. Roast for about 40 minutes or until tender when pierced with a fork.

**Alternate method:** Wash the squash. Make several slits to allow for escaping steam. Roast whole in the oven for about 45 minutes or until soft and easy to peel and cut.

Transfer the roasted squash to a food processor or heavy-duty blender. Add remaining ingredients and process until smooth. Add additional broth to reach desired consistency.

Divide into four bowls. For texture and crunch, garnish with roasted pepita or pumpkin seeds.

### Start With Soup

Rich in dietary fiber and low in fat, butternut squash with low-salt vegetable broth and spices is an easy-to-make soup loaded with nutrients and flavor. Allow 40 to 45 minutes to roast the squash.

### Butternut Squash Soup

Yields: Four servings

*1 butternut squash, 2-3 lbs, peeled and cut in cubes to equal 4 cups*  
*3 cups low-sodium vegetable broth*

Natural Awakenings recommends using organic, fair trade, non-genetically modified ingredients, BPA-free canned goods and non-bromated flour whenever possible.

### Hearty Bread

This whole-grain, gluten-free, no-knead, no-mess bread contains flax, sunflower and chia seeds, hazelnuts, oats, coconut oil and maple syrup as a sweetener. Accompanying soup, it makes for a satisfying meal.

This recipe is adapted from "Change Your Life Bread" in D'Anca's book *My New Roots*.



### Change Your Life Bread

Yields: One loaf

*2 cups shelled raw sunflower seeds*  
*1 cup whole flax seeds*  
*1 cup blanched hazelnuts*  
*3 cups rolled oats (use certified gluten-free oats, if needed)*  
*4 Tbsp chia seeds*  
*6 Tbsp psyllium husks*  
*Pinch fresh ground coarse salt, preferably Himalayan*  
*2 Tbsp maple syrup*  
*6 Tbsp coconut oil, liquefied at low temperature in a small pan*  
*3 cups water*

In a loaf pan lined with parchment, combine all dry ingredients, stirring well. Whisk maple syrup and water together in a measuring cup.

Add to the dry ingredients and mix until everything is soaked and dough becomes thick. If it's too thick to stir, add one or two teaspoons of water until it's manageable. Smooth the top with the back of a spoon.

Let it sit on the counter for at least two hours, or all day or overnight. When the dough retains its shape, even when you pull the sides of the loaf pan or lift the parchment, it's ready to bake.

### Preheat oven to 350° F.

Place loaf pan in the oven on the middle rack and bake for 20 minutes. Remove bread from

loaf pan, place it upside down directly on the rack and bake for another 30 to 40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing.

Store bread in a tightly sealed container for up to five days. Freezes well. For a quick and easy toast, slice before freezing.

### The Pleasures of Pasta

Pasta is guilt-free when we use a whole wheat variety that digests more slowly than white flour pasta, avoiding blood sugar spikes, D'Anca says. Gluten-free, grain-free or vegetable pasta can be substituted for whole grain pasta. Fresh asparagus is recommended. If it's not in season, consider red chard for its bright red and green colors and abundance of vitamins K, A and C. It's a good source of magnesium, potassium, iron and dietary fiber.

### Whole Grain Pasta with Asparagus and Tomato Coulis

Yields: 6 servings for dinner or 8 as a smaller first course.

*1 lb of your favorite whole grain pasta*  
*3 large cloves garlic, roasted for about 25 minutes in their skins*  
*3 pints cherry or grape tomatoes, halved*  
*Use red, orange, yellow or a mix of colors*  
*1½ Tbsp fresh thyme leaves*  
*1 lb fresh asparagus, pencil thin is best (if not available, substitute red chard)*  
*¼ cup pitted Kalamata olives*  
*½ cup fresh basil*  
*¼ cup white wine or white wine vinegar*

Squeeze garlic from its skins into a large skillet. Add the rest of the ingredients and mix well. Cook over medium heat until the mixture is reduced and thickened to a sauce (coulis), about 20 to 30 minutes. Bring a large pot of water to a boil. Add the pasta and cook until al dente.

Drain the pasta well and place back in the pan. Add tomato coulis and olives. Toss well to infuse flavors. Let warm for 2 to 3 minutes. Serve at once.

For more recipes and information about nutrition and heart health provided by D'Anca, visit [FoodNotMeds.com](http://FoodNotMeds.com). Avery Mack is a freelance writer in St. Louis, MO. Connect via [AveryMack@mindspring.com](mailto:AveryMack@mindspring.com).

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ZEPPLIN is about 8 years old, and so cute, we are loving him big time! He was adopted from us many many years ago when he was just a pup and he's back with us as his family could no longer care for him. Zepplin is trained, mellow, dog friendly, eager for treats, loving, handsome!

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ROSIE is an 8-year-old super chill Beagle/Bulldog mix who is looking for her new home along with her sister Sandy. Rosie is such a good girl, eager to share her love with you. The more kids the better. She also loves other dogs of every shape and size. Did someone say car ride? Rosie is always up for that.

BEN is about 10 years old but still has the energy of a young dog, this boy just loves long walks with shelter friends and exploring in the woods. At the end of the day Ben loves snoozing in his big soft bed and dreaming of his forever family.



SHERMAN is about 2 and is playful, chatty and sooooo eager for attention – Sherman arrived as a stray. We are loving him, he's going to make a great family kitty and he is cat friendly!



HAWK is about 5 1/2 years old and came to the shelter when his owner could no longer care for him. Hawk is a big handsome sweetheart, and would do great in a home with lots of love, and a place next to you on the couch for a snuggle, and room to play.



SHELDON is about five years old. He is a sweet, confident boy who loves to play and explore. Once he gets to know you he will sit on your lap and be your cuddle bug. Cat, dog and kid friendly. and I'm good with children. He is neutered and up to date with vaccines.



# How Your Thoughts Can Maintain Your Health and Prevent Illness

by Angela L. Kurzyna Psy.D., BCB, Integrative Health Psychologist

Through advances in modern science, we have come to understand that health is much more than the absence of disease. Traditionally, most of us have held an either/or view of health and illness; either we are sick or we are well. We now know that this is not entirely accurate - health and disease exists on a continuum. What most people refer to as "health" may actually more closely resemble a neutral position on the continuum or simply the absence of symptoms. From a practical stand point what this means is that health is something we can actively improve upon.

We once believed that our health was something out of our control. Even now we may feel at the mercy of whatever our genetics and hereditary predicts or helps when exposed to viruses and bacteria that make us sick. This way of looking at

illness certainly made sense when infectious diseases and epidemics ran rampant. Fortunately for us, due to improvements in sanitation, the development of life saving antibiotics and vaccines these type of illnesses are much less likely to be a threat that we will face. Now the diseases that plague us are those of slow accumula-

**What we do matters, how we take care of our bodies matters and even how we think about our health and our body matters.**

tions of damage (Sapolsky, 2004). As we face this new contender known as chronic illness, we are armed with the knowledge

that these types of diseases are highly influenced by lifestyle, behaviors, and preventive action. The landscape of illness and disease has changed in the last 100 years and if we hope to flourish and thrive, we too must adapt by changing our view and approach to health and illness.

Through epigenetics, the study of how our environment interacts with our biology to turn on the expression of some genes and turn off the expression of other genes, we are coming to understand that our behaviors and environment can play a huge role in determining whether certain genes are activated. The reality is that we have more control over our health than any of us ever dreamed. What we do matters, how we take care of our bodies matters and even how we think about our health and our body matters.

What is more, our belief about the separation of mind and body, could not be farther from the truth. The more science learns about the body and the brain, the more we understand the myriad of ways that the two are connected and entirely interdependent. As a culture, we have been exceedingly poor at taking advantage of this connection and using it to our individual and collective benefit. Right now we are on the brink of understanding, through science, what a powerful tool the mind is in maintaining health, preventing illness, and helping the body to heal (Karren et al., 2014).

A great example of this is the placebo response, a real and powerful response generated by the mind to an inactive substance. The placebo response has been shown to reduce pain and help in healing (Finiss et al., 2010). We know that the placebo response is mediated through the reward and expectation pathways in the brain and through learning and conditioning (Finiss et al., 2010). The mind's ability to facilitate the body's natural healing process is not make believe or the stuff of fairy tales - this is scientific fact and we are now

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# WARMING UP FOR WINTER SPORTS

## Sure-Fire Ways to Get Fit

by Marlaina Donato

Whether skiing on fresh powder on a mountain slope, ice skating or snowshoeing, winter recreation offers new opportunities to get in shape and a specialized focus for fitness.

“Preparing your body should be on top of your list of vacation details,” says physical therapist Linda Scholl, of the University of Utah Orthopaedic Center. Her ski fitness classes in Salt Lake City focus on developing four muscle groups: quads, hamstrings, glutes and core. “Ideally, you should take six to eight weeks to prepare for a ski vacation, but

Preparing your body should be on top of your list of vacation details.

~Linda Scholl

three weeks’ prep is better than nothing,” she says. That also goes for most winter pursuits.

Sean Sewell, founder of Mountain Fitness School, in Denver, concurs. “People tend to think that these sports are mostly quad-dominant, but it’s not necessarily the case. I believe the body works as a unit, and is therefore only as strong as its weakest link, so all muscle groups are important in the big picture.”

### Winter-Ready Workouts

Lunges, single-leg dead lifts and lateral-motion exercises are all well-suited for tailored

training. Winter fitness prep classes offer ideal benefits, but simple walking or running up and down stairs can also do wonders. “Stairs are the closest thing to a hill, and you can get creative with stairs—skipping a stair or hopping. It also has a cardio component which helps you adjust to the altitude of a ski destination,” says Scholl.

Maggie Lehrian, owner of Roots Yoga Studio, in Hawley, Pennsylvania, attests to yoga’s benefits for conditioning. “The standing sequences in yoga practice, especially hatha yoga, are tremendously effective at increasing balance and strength in the legs and glutes needed for cross-country and downhill skiing, skating and snow shoeing.”

She recommends adding 30 minutes of cardio, such as walking or running, three times a week to a balanced yoga practice that includes components of strength-building and stretching. Yoga fosters concentration and endurance and offers unrealized benefits. “Breathwork can be extremely helpful when traveling to higher altitudes,” says Lehrian. Yoga also scores high for attaining a confident, healthy beach body for a winter Caribbean getaway, with strength-building, core-focused styles such as vinyasa or power flow.

### Avoiding Injury

Experts agree that the body’s core muscle groups are not only key in getting fit, but play a major role in preventing common injuries. “The core should always be activated during heavy exercises. This keeps the back safe and allows for better power output,” says Sewell. “The core is not just the abdominal muscles. I like to think of the core as an area from the shoulders to the knees and both the front and back of the body.”

Proper alignment is paramount. “Skiing involves absorbing a lot of force. It’s literally controlling a fall downhill, so leg alignment is everything,” says Scholl. This applies to many winter sports—including skiing, hockey and ice skating—to avoid injuries to the anterior cruciate ligament, which stabilizes the knee.

### Body Basics

Being winter-ready also means eating well

## Links to Learn From

### General Preparation

Ski Ready: [Tinyurl.com/SkiReadyVideo](http://Tinyurl.com/SkiReadyVideo)

Winter Fitness: [Tinyurl.com/WinterFitWorkoutPlan](http://Tinyurl.com/WinterFitWorkoutPlan)

Balance Exercises: [Tinyurl.com/WinterSportBalanceExercises](http://Tinyurl.com/WinterSportBalanceExercises)

For Snow Sports: [Tinyurl.com/YogaPosesForSnowSports](http://Tinyurl.com/YogaPosesForSnowSports)

For Skiing: [Tinyurl.com/YogaForSkiingPrep](http://Tinyurl.com/YogaForSkiingPrep)

### Last-Minute Beach Body

Shape Up: [Tinyurl.com/BeachShape-UpRoutine](http://Tinyurl.com/BeachShape-UpRoutine)

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and staying hydrated, both on and off the slopes. “Eat well and take recovery seriously,” says Sewell. “If you are serious about performance and recovery, then do not skip out on eating.”

Scholl recommends drinking plenty of water, avoiding alcohol before hitting the slopes and consuming a good balance of protein and carbohydrates, especially post-workout or after a day of skiing.

### Perks of Winter Sports

Choosing a winter sport is ideal to help combat cold weather blues and the all-too-common winter rut. As a bonus, skiing and snowboarding burn a surprisingly high number of calories. In essence, getting outside just makes winter more enjoyable. “Whether it is a solo powder day or a mellow spring day, being in the mountains is empowering and rejuvenating,” says Sewell.

Scholl agrees. “It’s important to stay active, regardless of how cold it is outside. Enjoy winter and where you are.”

Marlaina Donato is the author of *Multidimensional Aromatherapy and several other books. Connect at AutumnEmbersMusic.com.*



## Winter-Worthy Workouts

According to Mountain Fitness School founder Sean Sewell:

■ **Stretching and warming up** are a must for mobility, recovery and most importantly, to maximize all exercises. Using foam rollers or a lacrosse ball and yoga and massage are all recommended.

■ **Kettlebell Swing** is the best bang-for-your-buck exercise for glutes, core, calorie-burning and endurance. If this is too advanced, a deadlift can replicate many of the same benefits.

■ **Squat** for healthy knees, strong quads and core, and better motor control. Try the goblet squat, offset squat, double kettlebell squat or body squat, or whatever else might be more comfortable.

■ **Lunging** is a good starting exercise; step-back, front and side lunges are three options. Add weight when proficient with a kettlebell, dumbbell or even a backpack.

■ **Press** for upper body strength and a strong core; pushup, chest press, overhead press.

Start off with a TRX or a high box for pushups to reinforce good form. Once proficient, progress to floor pushups.

■ **Core exercises** are for quicker results, safety and reinforcement for the back. Try planks and hollow holds.

Check with a physician before beginning an exercise regimen.

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# Ken Page on Making Love Last

by Emily Courtney

*When we learn to lead with and cherish our Core Gifts instead of hiding them away, the story of our romantic life completely changes.*

Ken Page is a licensed clinical social worker, psychotherapist and author of *Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy*. A relationship, intimacy and dating expert, he has led hundreds of workshops on intimacy and spirituality and taught at Columbia University, the Omega Institute and the Garrison Institute. Page also hosts the Deeper Dating Podcast (*DeeperDatingPodcast.com*).



of ourselves that we often want to hide because we feel so vulnerable around them. But these gifts are where we have the greatest sensitivity and passion; they're the things we feel and care the

## What are Core Gifts, and what role do they play in the search for lasting love?

In my decades of work as a psychotherapist and coach, I've come to realize again and again that the qualities people feel most embarrassed or awkward about—their deepest insecurities—are some of their greatest gifts.

These Core Gifts are like secret parts

most deeply about and the keys to finding someone who really loves us for who we are. When we learn to lead with and cherish our Core Gifts instead of hiding them away, the story of our romantic life completely changes.

But the opposite is true, too. Suppressing our gifts is actually an act of quiet violence against our most authentic self, and it always leads us into situations where we end up feeling diminished or hurt. The degree to which we feel ashamed of those vulnerable parts of ourselves is the degree to which we're going to be attracted to people who are bad for us.

## How can we move past our insecurities to discover and honor our Core Gifts?

If you find yourself repeatedly attracted to people who don't treasure you for who you are, there are Core Gift qualities you haven't learned to honor. Anywhere you're insecure, you can ask yourself questions that really change the way you think about yourself. What might be the gift that lies inside this insecurity, and how have I not honored it? Who are the people in my life who have valued my gifts and how did that feel?

You can also discover your Core Gifts by asking yourself what sensitivities keep getting stepped on or neglected—those are qualities you haven't learned to treasure enough yet.

## Why is it important to differentiate between what you call Attractions of Inspiration and Attractions of Deprivation?

This is perhaps the most important distinction you can make in your search for love. Attractions of Deprivation are attractions to people who are only sometimes available to love and treat you well, but you become deeply invested in trying to get them to love you because you're unconsciously trying to heal old childhood wounds through the relationship.

But there are also Attractions of Inspiration; these are people who inspire

you by who they are in the world and how they treat you and others. When you start really learning how to honor and lead with your Core Gifts, your attractions change. You'll become attracted to available people who love you for who you are.

Deciding to say no to Attractions of Deprivation to only pursue Attractions of Inspiration is quite simply the most important decision you'll ever make in your search for healthy love.

## What is the Wave of Distancing, and how can it sabotage relationships?

The Wave of Distancing is the single greatest saboteur of healthy love that I know of. If you haven't yet learned to honor your Core Gifts, you'll want to flee when you meet Attractions of Inspiration who are available and kind. You may begin noticing qualities about them that irritate you and find yourself wanting to leave—this is what I call the Wave.

The Wave is fear, because something deep inside you knows that this person could be special, and to open yourself up to and possibly be hurt by a kind person is a very scary thing. So your psyche unconsciously protects you by making you want to flee, and if you don't understand this, then you may leave what could be a wonderful relationship.

If you do understand it, you'll come to realize that like a wave, it hits hard, but then passes. If you can stick around long enough and just keep enjoying that person throughout the Wave, those feelings will disappear and the attraction will return.

Emily Courtney is a freelance health and wellness writer and editor living in northern Colorado. Connect at [EmilyCourtneyWrites@gmail.com](mailto:EmilyCourtneyWrites@gmail.com).

The best way to find out if you can trust somebody is to trust them.  
~Ernest Hemingway

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## Soothing Anxious Kids Natural Remedies Restore Calm

by Marlaina Donato

**K**ids and teens have always had plenty to be stressed about, such as family finances, parental bickering, the birth of a

**It's important to know that anxiety is highly treatable.**

~Dr. Timothy DiGiacomo

Whole Child Center, in Oradell, New Jersey. "There are several safe and cost-effective natural options for anxiety."

### Mindful Modalities

Relaxing and engaging the imagination are necessary for healthy brain development and offsetting stress. Downtime in general and specifically limiting screen time is paramount. "Electronic devices can be very overstimulating and can cause or exacerbate anxiety," says Kristi Kiel, ND, Ph.D., of Lake Superior Natural Health, in Ashland, Wisconsin. "There should be at least a one-to-one balance of screen time and outside play."

Mindful activities and creative outlets like art, music and dance in a no-pressure environment help kids get out of "fight-or-

flight" mode. "Both parents and kids need to have go-to coping skills," says Rosen. "Meditation and yoga are safe and work very well." Kids need to feel a sense of control over their bodies, he adds, and mindful breathing techniques can make a significant difference in how they handle stress.

So can a regular dose of the great outdoors. Exercise helps boost serotonin levels, which decreases anxiety. Timothy DiGiacomo, Psy.D., clinical director of the Mountain Valley Treatment Center, in Plainfield, New Hampshire, emphasizes the value of getting outside. "Connection to nature, calmness and present-moment awareness are all benefits."

### Sleep and Diet Triggers

Before parents seek any treatment for their child's anxiety, Kiel stresses the importance of looking at the basics. "When children don't get enough sleep, their bodies don't respond as well to stressful situations. School-age children need 10 to 12 hours of sleep per night, and teenagers should be getting nine to 10 hours." Sensitivity to certain foods such as gluten or dairy is also something to consider, says Kiel.

Rosen concurs. "Artificial dyes and sweeteners can negatively impact mood and focus. More of an issue, though, is nutritional imbalance." Skipping breakfast or eating mostly carbs can feed anxiety, he notes. "The brain relies on sustainable fuel—a blend of lean proteins, healthy fats—and in some cases, gluten-free, whole grain carbs."

Eating foods high in healthy fat and protein can help minimize blood sugar fluctuations that can trigger symptoms of anxiety in kids. Probiotics and/or cultured and fermented foods can help gut health and promote equilibrium. Omega-3 fats from fish or vegetarian sources are also important additions.

### Helpful Supplements

Supplements dosed appropriately for children and teenagers are safe and can offer huge benefits. "Magnesium is good for relaxation, especially anxiety accompanied by muscle tension. B-complex vitamins are also important because they are depleted by stress and help the body to

handle stress," says Kiel. Her herbal recommendations include skullcap, hops and milky oat as teas or glycerin-based extracts. "For teenagers, in addition to these three gentle herbs, I recommend kava kava, which can have a significant calming effect without drowsiness."



### Polyvagal Theory

Research by Stephen Porges, Ph.D., a professor at the University of North Carolina, in Chapel Hill, addresses the importance of the vagus nerve, which runs from the brain through the face and thorax to the abdomen. His polyvagal theory suggests the interconnectedness of emotions, mind and body in both children and adults.

This nerve affects all major organs and plays a critical role in anxiety and inflammation. Mindful breathing and using the vocal chords, especially singing, stimulates the vagus nerve and nourishes well-being. Splashing the face with cold water during times of stress also tones this nerve and reduces acute anxiety.

DiGiacomo emphasizes that different natural therapies offer hope even for severe cases, advising, "It's important to know that anxiety is highly treatable."

Marlaina Donato is the author of *Multidimensional Aromatherapy*. Connect at [MarlainaDonato.com](http://MarlainaDonato.com).

## Helpful Homeopathy

Homeopathic remedies are most effective and long-lasting when they are prescribed by an experienced practitioner that can find a constitutional remedy that matches the child's symptoms. However, they can also be used effectively on a short-term basis.

- **Aconite:** for panicky feelings that seem to come out of nowhere, or for anxiety that begins after some type of trauma
- **Arsenicum:** for anxiety about health or fear of germs
- **Gelsemium:** for stage fright and both performance and anticipatory anxiety
- **Phosphorus:** for children that worry about the safety of their parents
- **Pulsatilla:** for children that have a hard time being alone and need lots of reassurance and attention

## Food for Thought

In 2015, *The New York Times* reported on the use of mind-altering medications for infants and toddlers. Approximately 83,000 prescriptions for Prozac were written for kids of ages 2 and younger in 2014, as well as 20,000 prescriptions for antipsychotics.

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# Manual Lymphatic Drainage for Pre & Post Plastic Surgery

by Ashley Nagrocki



Whether it's a BBL, Mommy Makeover, Lipo, Tummy Tuck, Face Lift or any other plastic surgery, you should be getting treated with Manual Lymphatic Drainage before and after surgery.

Most plastic surgeons recommend MLD after surgery but it makes a huge difference before surgery also. The lymph system is designed to filter cell wastes, toxins, proteins, excess fluid, viruses and bacteria preventing any infection before surgery.

The most important part is the increase in lymphocyte production (white blood cells) that help heal cuts and damaged tissue, starting the healing process before the surgery even happens. This increases the lymphangiomotricity (fluid movement) up to 10 times the normal speed with MLD, helping prevent bruising and promote faster healing of stitches and incisions by filtering the damaged tissue and stagnant blood out of the body immediately after surgery by the naturally stimulate lymph system.

Post MLD should be performed no sooner than 48 hours after surgery, so it helps to have the fluid moving before the surgery occurs.

Manual Lymphatic Drainage has been used in Europe over the decades for detox, anti-aging and healing. Some places will try to sell you on Lymphatic Massage where they use deep pressure, lasers, machines, lights and other devices right after surgery that causes fluid to be pushed out of the body through incision sites, extreme pain, damage fragile tissue that's supposed to be healing and no movement at all to the lymph fluid. That is not Manual Lymphatic Drainage.

True Manual Lymphatic Drainage is a pumping motion massage technique performed by a trained therapist. MLD is gentle enough to perform 48 hours after surgery and drastically reduces the appearance of bruises, swelling, stiffness, sharp shooting pains, scars, tightness, lumps, bumps and soreness that often occurs after surgery.

Lymphatic fluid only moves through the body by musculoskeletal movement (purposeful full body movement), not involuntary like the heart and lungs. For the first few weeks after surgery any exercise or movement can be painful as well as hard to do and lack of movement causes the lymph system to become stagnant resulting in the

sharp shooting pains, excess swelling, stiffness, tenderness of the skin and soreness which is why MLD is so important right after surgery.

Along with MLD, making sure you have a medical grade compression garment that fits properly is essential to healing. Garments that are too tight also impede the lymphatic fluid movement and cause discomfort. Finding a therapist that specializes in MLD can be very useful throughout the healing process to help you answer any questions about diet, wound care, movement, swelling and any other questions you may have about what's to be expected in the healing process.

**Take a look at these two pictures, week two post op. The client on the left did not have any pre or post op MLD sessions. The client on the right had the prescribed five sessions before and five sessions after.**



Ashley Nagrocki is the owner of Amare Healing Arts, a Holistic Wellness Spa and Yoga studio in Highland Park, NJ specializing in MLD for pre and post-surgery, Lipo, BBL, Mommy Makeover, Tummy Tuck, Autoimmune disease (Fibromyalgia, MS, ect.), Lyme, chronic sinus problems, chronic acne, Rosacea, Lymphedema, Lipedema, pain management, detox, cancer recovery, and much more. Amare also specializes in Medical Massage, Massage Cupping, Yoga and Ayurvedic Holistic Health Consults, Reiki, Chakra Balancing and Meditation Workshops.

For more information please contact 732.841.0142, [amarehealingarts@gmail.com](mailto:amarehealingarts@gmail.com) or visit [www.Amarehealingarts.com](http://www.Amarehealingarts.com)

# Healthy Hearts Love Oatmeal

by Ennis Murphy



It's said that "Breakfast is the most important meal of the day" How do you start your day? Try Oatmeal. A delicious breakfast that helps prevent heart disease and promotes weight loss.

How does Oatmeal help to prevent heart disease? Oats contain an anti-inflammatory and "antioxidant nutrients" that can help prevent buildup in the arteries and maintain arterial function. The fiber in oatmeal binds to "cholesterol" resulting in lower blood cholesterol levels. In fact, just one serving a day of oats may lower cholesterol.

How does Oatmeal promote weight loss? The soluble fiber in oatmeal forms a gel in the stomach delaying stomach emptying. The oatmeal fiber makes people feel full for a longer period helping with weight loss. In a double-blind randomized trial of overweight and obese men and women, almost "90%" of the oatmeal treated subjects reduced their body weight compared to the control group that had no weight loss

Steel cut oats are the best, they're the least processed which means they're the most nutritious.

Steel cut oats take about 15-20 minutes to make. If you don't have that kind of time in the morning, make enough for several days the night before and just warm up a bowl in the morning. Add almond milk, fruit, and sprinkle on some cinnamon and you'll have a delicious and incredibly nutritious breakfast to start your day.

Ennis Murphy is a Certified Integrative Nutrition Health Coach, and the Founder of the Health-E<sup>2</sup> program. To learn more about his practice and approach to overall health call 732.977.7638 or visit [TwoRiverHealth.com](http://TwoRiverHealth.com). Two River Health is located at 252 Maple Avenue, Red Bank, NJ.

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*End of Life Doula Certificates are awarded once training and required service is completed.*

**To learn how to become an End of Life Doula volunteer at Ascend Hospice please call 1-866-821-1212 or click [www.ascendhospice.com](http://www.ascendhospice.com)**

# Copper device stops a cold naturally



**New research: Copper stops colds if used early.**

**N**ew 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](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

Buy once, use forever.



**Sinus trouble, stuffiness, cold sores.**



## Acupuncture Successfully Treats Menopause

by David Frome

**Acupuncture offers a wonderful alternative to HRT as was demonstrated in a study performed by Grille.**

**M**enopause, a natural part of every woman's life cycle, can bring some unwanted and difficult shifts in physical and mental health. Hot flashes, night sweats, mood swings, insomnia, vaginal dryness, headaches, anxiety and depression are some of the challenges many women face.

Menopause is the time in a woman's life when her ovaries stop producing estrogen and progesterone resulting in the cessation of menstruation. Some women are thrilled while others mourn the loss of their childbearing abilities.

Menopause, like puberty, sexual

maturation, conception, pregnancy and childbirth are naturally occurring parts of women's reproductive health. Each change can have a life of its own and be demanding. While the hormonal changes that occur in menopause are often challenging, it is entirely possible to enjoy this stage of life. Western medicine often treats the side effects of menopause with hormonal replacement therapy. While HRT can be effective, it can often be avoided or minimized when acupuncture is utilized as the treatment strategy.

Acupuncture offers a wonderful alternative to HRT as was demonstrated in

a study performed by Grille. This study appeared in The British Acupuncture Council Journal in 1989. Menopausal women with extreme symptoms including hot flashes, mood swings, anxiety and depression were divided into three groups. The first group was treated with acupuncture, the second group received HRT, and the third group had no treatment. The acupuncture and HRT groups both had comparable results; that is, their blood levels for estrogen, progesterone, testosterone and TSH all improved and the secondary symptoms of menopause diminished.

Acupuncture can help to regulate hormonal imbalances for both men and women at any time of life. Japanese acupuncturist Kiiko Matsumoto has developed a comprehensive approach to hormonal balance. Utilizing the palpation of specific reflex points the hormonal systems that are out of balance can be pinpointed. The acupuncturist utilizes this information with tiny acupuncture needles that harmonize the energetic pathways.

For example, a woman in menopause may have an ovary, adrenal or thyroid imbalance. With the use of palpation, the system that is out of balance can be revealed. As the treatment progresses reflex points can again be palpated to monitor progress.

For a Five Element Acupuncturist, the goal is to resolve these issues by treating the whole person, not just the symptom. Regular treatments lead to increased vitality and health during the menopausal years as well as the golden ones! Five Element Acupuncture can help you to enjoy each and every stage of life.

*David Frome, Physical Therapist, Advanced Rolfer and Five Element Acupuncturist is a recognized leader in the field of holistic therapies in the tri-state region. He is now practicing in Montclair and Asbury Park, NJ. Call us now 973.509.8464 or schedule online at [www.fromept.com](http://www.fromept.com) for your next appointment.*

*The contents in this article are not meant to be diagnostic or prescriptive. Women's hormonal problems are often complex and a physician should always be consulted before choosing a course of treatment.*



# Essential Oils for Pets

## How to Use Them Safely

by Sandra Murphy

Essential oils are derived from plant-based sources, leading people to equate natural with safe; but that's not always the case. Knowing how and when to use oils is vital, according to Gary Richter, DVM, an integrative veterinarian and medical director of Holistic Veterinary Care, in Oakland, California. A veterinarian trained in the use of essential oils understands the properties of each oil, along with its proper dilution and application, a subject not generally taught in traditional veterinary schools; holistic medicine requires additional training. With proper use under professional guidance, essential oils can be part of a larger treatment plan, says Richter. Cats are generally more sensitive to oils

One thing I'd say is, learn all you can before using oils around pets.

~Gary Richter, integrative veterinarian and founder of Ultimate Pet Nutrition

because they don't metabolize medicine as efficiently as dogs, he notes. "As one professor used to tell our veterinary class, 'Cats are not small dogs, so they can't be treated as if they are'—always good to remember."

### Soothing Effects

Just as chamomile tea relaxes humans, anxious dogs find its scent calming. Some vets spray the exam room with lavender between appointments to calm anxious clients.

Sally Morgan, a physical therapist and advanced certified practitioner of the gentle animal bodywork therapy known as Tellington TTouch, sees clients in her Northampton, Massachusetts, office. "I put a drop of a peace and calming blend

or lavender on the carpet or a pillow," she says. "It relaxes the animal and dissipates the smells of previous clients. I don't use diffusers. The odor can be too strong for their sensitive noses. There's also a danger it could spill and be licked up."

Certified Professional Dog Trainer - Knowledge Assessed Kim Paciotti, owner of Training Canines, LLC, based in Statesville, North Carolina, finds the scent of green apples relieves anxiety and soothes upset tummies for dogs and puppies that suffer from motion sickness. "Cotton balls placed inside a small container clipped to the outside of their crates deliver the smell," she says. "They don't have direct contact, but still reap the benefits, allowing the dogs to self-medicate by sniffing when they feel the need."

Kimberley Wallace, founder of kW Sustainable Brands, in San Diego, burns



organic, sweet basil-scented candles for their antiviral, antibacterial properties. Her pugs love the smell. "Our rescue pug has mast cell tumors which compromise her immune system. I do my due diligence to buy all-natural products whenever I can."

### Proceed With Caution

Pure essential oils are far too strong to use undiluted, Richter says. Age, physical condition and species are so varied that guessing which oil and how to use it can be dangerous to the pet. "Skin irritation like a hot spot or rash is a relatively minor problem that could benefit from the right essential oil. An open wound requires a veterinary visit," he says. "Some oils aren't recommended unless under veterinary guidance. Reactions can range from mere annoyance to toxicity."

Wintergreen, melaleuca, pennyroyal, tea tree and pine

oils cause the most reported problems for dogs, according to *PetPoisonHelpline.com*. Peppermint, cloves, cinnamon and oregano oil also can be quite strong and require educated use, says Richter. An uneven gait, vomiting, diarrhea, drooling and weakness can be symptoms of toxicity, requiring immediate veterinary care to prevent damage to the central nervous system or organ failure.

In its fragrance and taste, plants have defense mechanisms to ward off destructive insects or to attract bees and butterflies. Those same properties can help people and animals. The plant's natural compounds can ward off fungi, bacteria, parasites or inflammation. However, just reading a label isn't enough to know which oils will work best for these problems.

"*The Animal Desk Reference II: Essential Oils for Animals, Second Edition*, by Melissa Shelton, is a reader-friendly guide," says Richter. "I touch on the subject in my book *The Ultimate Pet Health Guide: Breakthrough Nutrition and Integrative Care for Dogs and Cats*, but for deeper study, I recommend Shelton's book."

"One thing I'd say is, learn all you can before using oils around pets," Richter says. "There's not a one-size-fits-all formula for dilution for safe use. There are too many variables with oils and animals."

Be more than a well-meaning pet lover—also be well-educated.

Sandra Murphy is a freelance writer in St. Louis, MO. Connect at [StLouisFreelanceWriter@mindspring.com](mailto:StLouisFreelanceWriter@mindspring.com).

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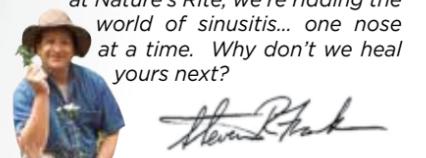
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## calendar of events

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



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### FRIDAY, FEBRUARY 1

**Friday Night Unwind**, 6-7:30pm at The Yoga Loft, 462 Adelpia Rd., Freehold, with Joan. As temperatures drop, we tend to want to close up, hibernate and stagnate. Our breath becomes shallower, our health may suffer and our bodies accumulate more tension and tightness. When we are closed off and tight, our emotions may get the best of us and we have a difficult time coming back to our authentic state of being of lightness and love. Melt into a state of bliss with the use of aromatherapy, comfy pillows, blankets and bolsters and leave ready to "go with the flow" of the season. Please email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call 732.239.2333 to register. \$25.

### SUNDAY, FEBRUARY 3

**"Souper Bowl" Sunday** 10am. Shape Up & Chill Out at The Yoga Loft, 462 Adelpia Rd., Freehold with Katie Grace. Bring at least 2 cans of soup/food to be donated to the Howell Food Pantry and your class is free. Gain confidence, core strength and flexibility in a yoga class for every body, whether you're new to yoga or a seasoned practitioner, this class helps you shape up and chill out in a mindful moving meditation that links postures with breath. Modifications are offered that help you customize the practice for your safety and comfort. Drop-in fee without donation \$14. Introduction to Spirit Guides 1-4pm. Meet your spiritual helpers that are ready to work with you! \$50.00 per person. Dimensions Reiki, 169 Main Street, Suite 105, Matawan. 732.832.1036 [dimensionsreiki.com/calendar](http://dimensionsreiki.com/calendar).

### THURSDAY, FEBRUARY 7

Wild and Free Painting 7:30-9:30pm. 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. Absolutely no prior art experience is necessary to enjoy the benefits of this process. ~ \$35 Fee includes all materials and tools. 660 Tennent Road, Suite 209 Manalapan, NJ. 347.804.8249 [wildandfreepainting.com](mailto:wildandfreepainting.com) [elissa@wildandfreepainting.com](mailto:elissa@wildandfreepainting.com)

### FRIDAY, FEBRUARY 8

**Succulent Self Love**, 6-7:30pm at The Yoga Loft 462 Adelpia Rd., Freehold with Katie Grace. This Succulent Self Love workshop will boost your self-love savvy. You'll learn which mental habits keep you trapped in self-judgment and how to overcome them. You'll discover practical self-care tips that create a solid foundation for building a more compassionate relationship with the most important person in your life, you! Learning to love yourself is the single most important thing you can do to enjoy greater freedom, authenticity and improved relationships with others. Join us, and take the first step on your succulent self-love journey. You deserve it! Call 732.239.2333 or email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) to register \$30.

### SATURDAY, FEBRUARY 9

**FREE Drumming Circle** 1:30-3pm at A Year and A Day Mystical Shoppe, 413 Bond Street, Asbury Park. Please register 848.217.2371.

**Holistic/Psychic Fair** 3-8pm at A Year and A Day Mystical Shoppe, 413 Bond Street, Asbury Park. Please register 848.217.2371.

### SUNDAY, FEBRUARY 10

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



### TUESDAY, FEBRUARY 12

**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 in Freehold 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. If you would like to learn more, please call Ada at 732.333.6680 to register for the upcoming Workshop, and visit our website at [www.OptimalHealthGuide.com](http://www.OptimalHealthGuide.com)

### WEDNESDAY, FEBRUARY 13

**FREE Workshop: RESISTANT WEIGHT LOSS - WHAT NOW?** 7-8 pm. Using a Functional Medicine & Nutrition approach, which is based on the latest cutting edge science, it's important to look at various possible Root Causes of the Resistant Weight Loss, such as Nutritional Imbalances, Gut Microbiome Dysbiosis, Food Intolerances, Environmental Toxins, Hormonal Imbalances, Heavy Metals Toxicity, Blood Sugar Dysregulation, etc., and then address each of the imbalances in order to achieve your optimal weight. For more details, please call Ada at 732.333.6680, or visit [www.OptimalHealthGuide.com](http://www.OptimalHealthGuide.com), email [adazak888@gmail.com](mailto:adazak888@gmail.com). Wemrock Professional Mall (sign at the entrance), 501 Stillwells Corner Rd., Bldg. A / Dr. Borgersen's office (1st floor), Freehold, NJ.

**Native American Drumming Journey** 7:30-9:30pm \$40 at A Year and A Day Mystical Shoppe, 413 Bond Street, Asbury Park. Please register 848.217.2371.

### THURSDAY, FEBRUARY, 14

**Maui Retreat - guided tour and healing** February 14-21 Awaken your sacred energy, experience the heart of mother earth and ignite your spiritual body. All meals and lodges are included, prices vary depending on activities you choose. Visit [www.RAYKIschool.com](http://www.RAYKIschool.com) and click retreat to find out more. [contact@RAYKIschool.com](mailto:contact@RAYKIschool.com) to learn more.

### FRIDAY, FEBRUARY 15

**Healing Circle** 7-8pm \$10 at A Year and A Day Mystical Shoppe, 413 Bond Street, Asbury Park. Please register 848.217.2371.

### SATURDAY, FEBRUARY 16

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

**Reiki Level 1 Class** 9am-5pm Join Siobhan Hutchinson for a gentle method that helps to restore balance and harmony in our hearts and lives. \$150 if paid by 1/31/19, after \$200. Hainesport, NJ RSVP [Siobhan@NextStepStrategiesLLC.com](mailto:Siobhan@NextStepStrategiesLLC.com) or call 609.752.1048. [NextStepStrategiesLLC.com](http://NextStepStrategiesLLC.com)

### SUNDAY, FEBRUARY 17

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

**Chakra Experience- An Energy Tune Up** 12-2pm at The Yoga Loft, 462 Adelpia Rd., Freehold with Adrienne Gammal. Enter a Deep Chakra Meditation, as we connect with the color, energy and power of each center. Special Breath techniques for opening and expanding the chakras will be experienced. We will be Chanting the Ancient Seed Sounds and Vowel Sounds, to help to Balance, Clear, and Activate our Chakras and removing any blockages or emotional debris, bringing us into vibrational alignment. A Perfect Chakra Tune Up! A Selection of Crystals & Chakra Tools will be available for purchase Registration is required, please email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call/text 732.239.2333 to register. \$35

### TUESDAY, FEBRUARY 19

**Full Moon Circle** 8-8:30pm \$10 at A Year and A Day Mystical Shoppe, 413 Bond Street, Asbury Park. Please register 848.217.2371.

### WEDNESDAY, FEBRUARY 20

**FREE Workshop: Chronic Fatigue Syndrome (CFS) & Fibromyalgia** - "Out of the Box" True Solutions., 7-8 pm. CFS is affecting more than 25 million Americans who suffer from extreme exhaustion, lasting at least one month at any given time, and



6 million of which also experience Fibromyalgia, widespread chronic aches and pains. Please join us to learn more about "Out of the box" long-lasting solutions. Call Ada for more details, 732.333.6680 and to register. Visit our website at [www.OptimalHealthGuide.com](http://www.OptimalHealthGuide.com), or email at [adazak888@gmail.com](mailto:adazak888@gmail.com). Wemrock Professional Mall (sign at the entrance), 501 Stillwells Corner Rd., Bldg. A / Dr. Borgersen's office (1st floor), Freehold, NJ.

### THURSDAY, FEBRUARY 21

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

### FRIDAY, FEBRUARY 22

**Mala Bead Gemstone Bracelet** 7-8:30pm at The Yoga Loft, 462 Adelpia Rd., with Dee and Lydia Santora. We'll begin with a heart opening meditation and then learn how to make a one of a kind mala bracelet using gemstone beads. You will learn the meaning of a "mala" and how to use your gemstone mala bracelet in your daily life or meditation. Choose your gemstones based on the color or the individual characteristics each stone has for you and set an intention as you create your bracelet. Please email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) or call/text 732.239.2333 to register and choose your gemstone. \$40 Choice of Gemstone: Turquoise, Rose quartz, Amethyst, Carnelian, Lapis Lazuli.

### SUNDAY, FEBRUARY 24

**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 732.832.1036. [dimensionsreiki.com/calendar](http://dimensionsreiki.com/calendar)

### WEDNESDAY, FEBRUARY 27

**Shaman Class** 7:30-9:30pm at A Year and A Day Mystical Shoppe, 413 Bond Street, Asbury Park. Please register 848.217.2371.

## SAVE THE DATE

### SUNDAY, MARCH 3

**Grow Your Own Sweet Potatoes** 1pm. Start your garden NOW! This fun, make & take class will focus on starting, growing, and harvesting sweet potatoes, and now is the time to begin. Attendees will start their own plants (slips) and learn how to grow them in straw bales or in the ground. Bring your own sweet potato (BYOSP) or use one that is provided. The South Jersey Seed Circle Library will be on hand with seeds that can be started now. Free and open to the public. Collingswood Library, 771 Haddon Ave, Collingswood, NJ

### 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. Contact Siobhan Hutchinson for more information. Georgian Court University, Lakewood, NJ & Langhorne, PA Sat/Sun in March - 3/23 & 3/24 After March 1st \$175/class. Siobhan@NextStepStrategiesLLC.com 609.752.1048 [NextStepStrategiesLLC.com](http://NextStepStrategiesLLC.com)

### SUNDAY, MARCH 23

**8th Annual Wellness Expo at Georgian Court University.** Free admission, rain or shine event at GCU's beautiful, historic Casino. Join 50+ exhibitors of natural health products and holistic health practitioners gather for a day designed to inform, inspire and energize your commitment for lifelong wellness. Free presentations by invited speakers offered every 30 min., including heart healthy integrative nutrition, innovative weight loss tips, self-care, end-of-life doula, yoga, qigong demonstrations and more. Enjoyable for all ages and diverse traditions! Saturday, March 23 from 11 a.m. - 4:00 p.m., 900 Lakewood Ave., Lakewood, NJ 08701. Event page at [georgian.edu/event/wellness-expo/](http://georgian.edu/event/wellness-expo/). For more information, contact Sachiko Komagata, Ph.D., P.T., at [komagatas@georgian.edu](mailto:komagatas@georgian.edu) or call 732.987.2663.



## 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](mailto:info@najerseyshore.com) for guidelines and to submit entries, or visit [najerseyshore.com](http://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](http://belmarwellness.com) or call 732.894.3197.

**Quantum Healing Meditation** 8-9:30pm Discover how to reclaim your vitality, creativity, and joy as you practice healing using Quantum, infinite Source fields. \$20 Visit [RAYKISchool.com](http://RAYKISchool.com) and click event & class or contact [Contact@RAYKISchool.com](mailto:Contact@RAYKISchool.com) for details.

## tuesday

**T'ai Chi Chih (Joy thru Movement Class)** For Beginners & Advanced 9:30am. Discover the Serenity at Country Lakes Clubhouse, 69 Tensaw Drive, Browns Mills. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? Affordable, continual classes starting February 5th. For more information, & registration call 609.752.1048 or email [Siobhan@NextStepStrategiesLLC.com](mailto:Siobhan@NextStepStrategiesLLC.com).

**Group Meditation** 7-8pm \$20 at A Year and A Day Mystical Shoppe, 413 Bond Street, Asbury Park. Please register 848.217.2371

**T'ai Chi Chih (Joy thru Movement Class)** For Intermediate- 6:30pm. Discover the Serenity at American Legion, 2 Meadowbrook Lane, New Egypt, NJ. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? This is a series of 8 week 1 hour classes for a total of \$125, if paid prior to 1/23/19. For more information & registration call 609.752.1048 or email [Siobhan@NextStepStrategiesLLC.com](mailto:Siobhan@NextStepStrategiesLLC.com). Space is limited.

## wednesday

**Qigong Class** taught by Shoshanna Katzman every Wednesday evening at 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](http://www.healing4u.com) or call 732.758.1800 for more information.

**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](http://Belmarlibrary.org).

**Sound Healing Group Meditation** 6-7pm \$20 at A Year and A Day Mystical Shoppe, 413 Bond Street, Asbury Park. Please register 848.217.2371

**Qigong & Gentle yoga** 5:30-6:30pm. Learn or practice Qigong energy exercises and Gentle Yoga stretches for flexibility, strength, balance, cardio, deep connective tissue (fascia), & bone health, including knees, hips, pelvis & spine. May be helpful for recovery from injury/repetitive injury or surgery. Ends with restorative guided imagery. Please bring yoga mat. Supportive props provided. Beginner & All Levels welcome. Neptune City Community Center, 117 Third Ave, across Stop & Shop Plaza. \$8.00 Fee. Carol Z is a Certified Yoga Therapist, and Certified in Hatha Vinyasa, Advanced Yin, Pre-Natal & Children's Yoga and holds Qigong Certifications from two generational lineage instructors. Email [cazstarpup@aol.com](mailto:cazstarpup@aol.com) for addtl. yoga/qigong classes/locations, more info, class changes/weather cancellations.

**Yoga Kalachakra Astrology Charts & Readings by Carol Z.** This chart offers physical & emotional body/mind info as your inner chakra organs & planets move through patterned cycles. Energy exercises, yoga asanas and holistic practices are

suggested to balance & strengthen each chakra planet system, depending on where it is located in your chart. Carol has been reading individual charts & teaching Yoga Kalachakra Astrology, for over two decades. Additionally, she has studied Energy Medicine/Sacred Space, Ayurvedic Health with Andreas Moritz and Mental Imagery over many years, and includes this information as part of her sessions. Email [cazstarpup@aol.com](mailto:cazstarpup@aol.com) for ongoing yoga/qigong classes/locations, individual sessions, or more info.

## thursday

**T'ai Chi Class for Beginners** taught by Shoshanna Katzman every Thursday morning at 10:00am 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](http://www.healing4u.com) or call 732.758.1800 for more information.

**T'ai Chi Chih (Joy thru Movement Class)-** For Beginners at 6pm & Advanced at 7:15pm starting February 7th. Discover the Serenity at 1970 Hwy. 33, Hamilton, NJ. This is a series of 8 week 1 hour classes for a total of \$125, if paid prior to 1/23/19. 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](mailto: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)** For Intermediate at 6:30pm starting February 8th. Discover the Serenity at Array of Light, 511 Dover Rd., Toms River. This is a series of 8 week 1 hour classes for a total of \$125, if paid prior to 1/23/19. 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](mailto: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](http://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](mailto: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](http://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](http://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.

### 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](mailto: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](http://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](http://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.

### CREATIVE SERVICES

#### DESIGN & PRODUCTION FOR NA

Joe Steele  
Advertizing Creative Director  
Copy, Art Direction, Production  
917.753.3390  
[steeledesign@yahoo.com](mailto:steeledesign@yahoo.com)



Just tell me what you'd like to say and choose the size of AD you want to see in Natural Awakenings. Rates start at \$45 for a Biz Card Size to \$260 for a Full Page. That includes the initial ad concept, 1 round of comments and 1 final PDF for approval. Changes after that will be \$25 / 15min of design time. See my work at: [steeledesign-ny.com](http://steeledesign-ny.com)

### ENERGY MEDICINE

#### NEXT STEP STRATEGIES, LLC

Siobhan  
Serving Central NJ & Bucks Co, PA  
Will travel to you  
609-752-1048  
[NextStepStrategiesLLC.com](http://NextStepStrategiesLLC.com)



Struggling with a chronic condition or feel there is no where else to turn? Let's work together to balance energies and create a customized strategy for you. Clients can choose one-on-one sessions or classes and workshops in Reiki, T'ai Chi, Qigong, or Energy Medicine.

## FINANCIAL SERVICES

### STRAIGHT TALK, CPA'S

Salim Omar, CPA  
500 Campus Drive, Ste 103, Morganville,  
NJ 07751 732-566-3660  
Salim@StraightTalkCPAs.com  
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).

## FUNCTIONAL MEDICINE

### INTEGRATIVE WELLNESS GROUP

616 5th Avenue #105  
Belmar, NJ 07719 732.359.8263  
integrativewellnessgroup.com



IWG's mission is to get you to your optimal health through Functional, Physical, BioEnergetic Medicine, and our Detox Spa to Get Well and Stay Well. We offer a wide variety of services, including Viaderm Therapy, Autonomic Response Testing, Cupping, Soundwave, and many more. Give us a ring to schedule a free strategy session!

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Private, safe, comfortable. Lose weight, gain energy, improve skin and sleep, help with digestive issues and help reduce the risk of disease. Spa-like atmosphere. Feel completely relaxed!

## HYPNOSIS

### DR JAIME FELDMAN, DCH

Chairman, Medical & Dental Division,  
International Hypnosis Federation  
214 W Main St, Ste L4, Moorestown, NJ  
08057, 856.231.0432  
DrJaimeF@aol.com PartsTherapy.com



Dr. Jaime Feldman, one of the pioneers in an advanced technique called "Advanced Parts Therapy," has been able to unlock the subconscious and remove unwanted behaviors: stop smoke (guaranteed), weight loss, stress, depression, pain and anger management, and more. Outstanding success in curing phobias and deep-seated trauma, and treating the immune system to put cancer into complete remission.

## LEADERSHIP CONSULTANT

### DLG CONSULTING

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



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

### INTUITIVE BUSINESS & EMPOWERMENT COACH

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



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

## MASSAGE

### SANCTUARY MASSAGE

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



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



## MINDFUL HYPNOSIS/REIKI

### BELMARWELLNESS

Roseann Petropoulos  
1814 South N St. WBelmar, NJ 07719  
www.Belmarwellness.com  
732 894-3197



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

413 Bond Street, Asbury Park, NJ 07712  
(848)217-2371  
www.ayearandadaymysticalshoppe.com  
Facebook.com/ayearandadaymysticalshoppe



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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732-536-8577, 1-888-540-2709  
www.naturalwatersystems.com  
info@naturalwatersystems.com



Blue Dolphin specializes in Non-Chlorine pool & spa conversions and whole-house water filtration, softening, and structuring systems. We also offer pool service, pool safety covers/fences, heaters, etc. Chlorine is one of the most toxic chemicals on Earth yet everyone is swimming in it. Please feel free to call, ask any questions, and share your concerns. We welcome the opportunity to teach people how to swim without chlorine and practice all-natural pool and spa care. Here's to a great Winter season and here's to your health and wellness!

## POSITIVE PSYCHOLOGY PRACTITIONER

### GEMMA HEALTH COACH, LLC

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

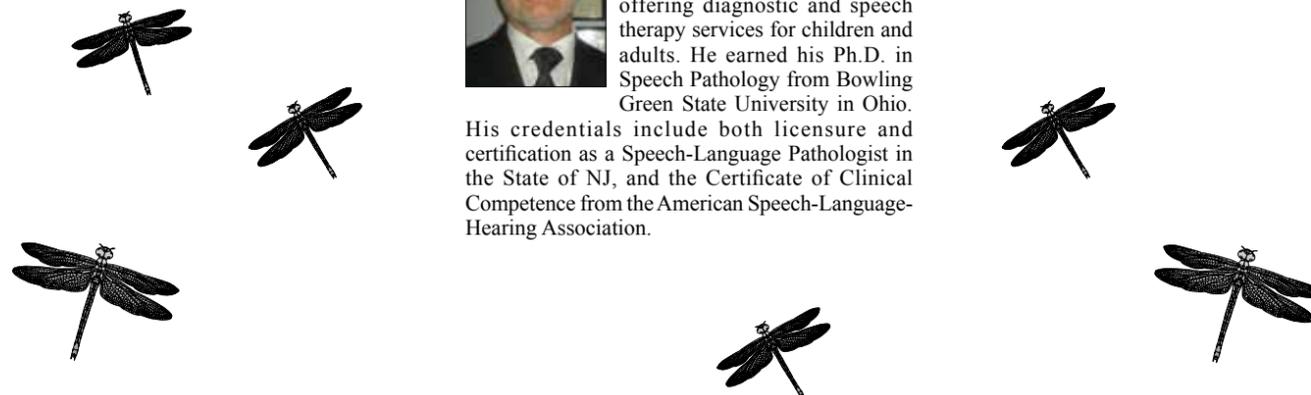
## PSYCHIC READINGS MEDIUMSHIP

### MOONSTRUCK

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



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



## 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

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Makiko Suzuki Fliss, PhD, MBA, MSC  
Phone/text: 609-495-4229  
Contact@RAYKISchool.com  
RaykiSchool.com



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 Adelpia 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.

YOGA

**TRINITY WELLNESS EMPORIUM**  
 Union Beach Plaza  
 1017 RT 36 #2  
 Union Beach, NJ 07730  
 732-217-1566  
 www.trinitywellnessemporiumllc.com  
 info@trinitywellnessemporiumllc.com



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!

YOGA

**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.

MARCH

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Plus:  
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the wellness practioners directory

ACUPUNCTURE

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 David Frome,  
 560 Main St Suite 2B Loch Arbour  
 (Allenhurst) NJ 07711 www.fromept.com

**Red Bank Acupuncture** 732.758.1800  
 Shoshanna Katzman, Shrewsbury  
 Healing4U.com  
 Acupuncture, therapeutic massage, Chinese  
 herbal medicine, T'ai chi & qigong group  
 classes and private sessions available

**Won Wellness Center** 848.863.6698  
 Acupuncture, Herbal medicine, Massage,  
 Meditation www.wonwellnesscenter.org/

CHIROPRACTIC

**Integrative Wellness Group** 732.359.8263  
 616 5th Avenue, Suite 105  
 Belmar, NJ 07719  
 Chiropractic, Functional Medicine & more

**Page Wellness Center** 732.291.5575  
 Atlantic Highlands

**Upper Cervical Chiropractic of Mon Co.**  
 See CRG for details 732.617.9355

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 Learn to live a happy, healthy life.  
 www.RecreatingBalance.com

DENTIST

**John J. Tortora D.D.S.** 732.295.1616

ENERGY & HOLISTIC HEALING

**Siobhan Hutchinson** 609-752-1048  
 Eden Energy, T'ai Chi/Qigong, Reiki  
 Toms River & Central NJ locations  
 Siobhan@NextStepStrategiesLLC.com  
 www.NextStepStrategiesLLC.com

CREATIVE SERVICES

**Joe Steele** 917-753-3390  
 Ad designer. Professional, affordable cre-  
 ative services with 20+ years of experience.  
 Visit my portfolio at: steeledesign-ny.com.

FUNCTIONAL MEDICINE

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 Functional Lab Testing to get to the Root  
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 www.OptimalHealthGuide.com

**Russell Lukyanovsky** 800.557.8039  
 RHS Pure Bioenergy Healing &LET -Safe  
 Lymphatic Drainage Great Detox & A Must  
 After Cosmetic Surgery- Marlboro NJ  
 RealHealthSolutionsLLC.com

HYPNOSIS

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 Improve your life and health with HYPNOSIS  
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NON-CHLORINE SYSTEMS

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 Blue Dolphin Natural Water Systems  
 www.naturalwatersystems.com  
 "Go GREEN, Get OUTTA CHLORINE"

ORGANIC COFFEE

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 Leonardo, Wholesale & Retail  
 www.jerseyshorecoffeeroasters.com

OFFICIANT

**Dearly Beloved Officiant** 732-645-6726  
 Civil and All Faith Ceremonies  
 Dearlybelovedceremonies@gmail.com

PREGNANCY & FAMILY WELLNESS

**Reflections of Light LLC** 732.604.2282  
 Ann M. Mort LPN Reiki Master/Teacher  
 1398 State Highway 35 Ocean NJ 07712  
 www.reflectionsoflightreiki.com

ROLFING

**Frome Physical Therapy** 973-509-8464  
 Rebekah Frome,  
 560 Main St Suite 2B Loch Arbour  
 (Allenhurst) NJ 07711

SPIRITUAL ADVISING, PSYCHIC READINGS & MEDIUMSHIP

**Moonstruck** 732.936.1889  
 See CRG for details

THERAPEUTIC MASSAGE

**Bodhi Work** 732-645-6726  
 Shrewsbury. Face Sculpting Massage,  
 Cupping Therapy, Massage

**Frome Physical Therapy** 973-509-8464  
**Deep, Gentle & Balancing Massage Therapy.**  
 Rebekah Frome,  
 560 Main St Suite 2B Loch Arbour  
 (Allenhurst) NJ 07711  
 www.fromept.com

**Nancy Rutherford RN, LMT** 732-773-2728  
 John Barnes Method  
 Myo-fascial Release  
 Structural bodywork and  
 self care education  
 Brick and Tinton Falls, NJ

WELLNESS

**Certified Holistic Nurse** 732-539-8804  
 Reiki/Aromatherapy  
 Gina Melillo, BSN, RN, HN-BC  
 3001 Route 88, Point Pleasant  
 www.njbeachblends.com

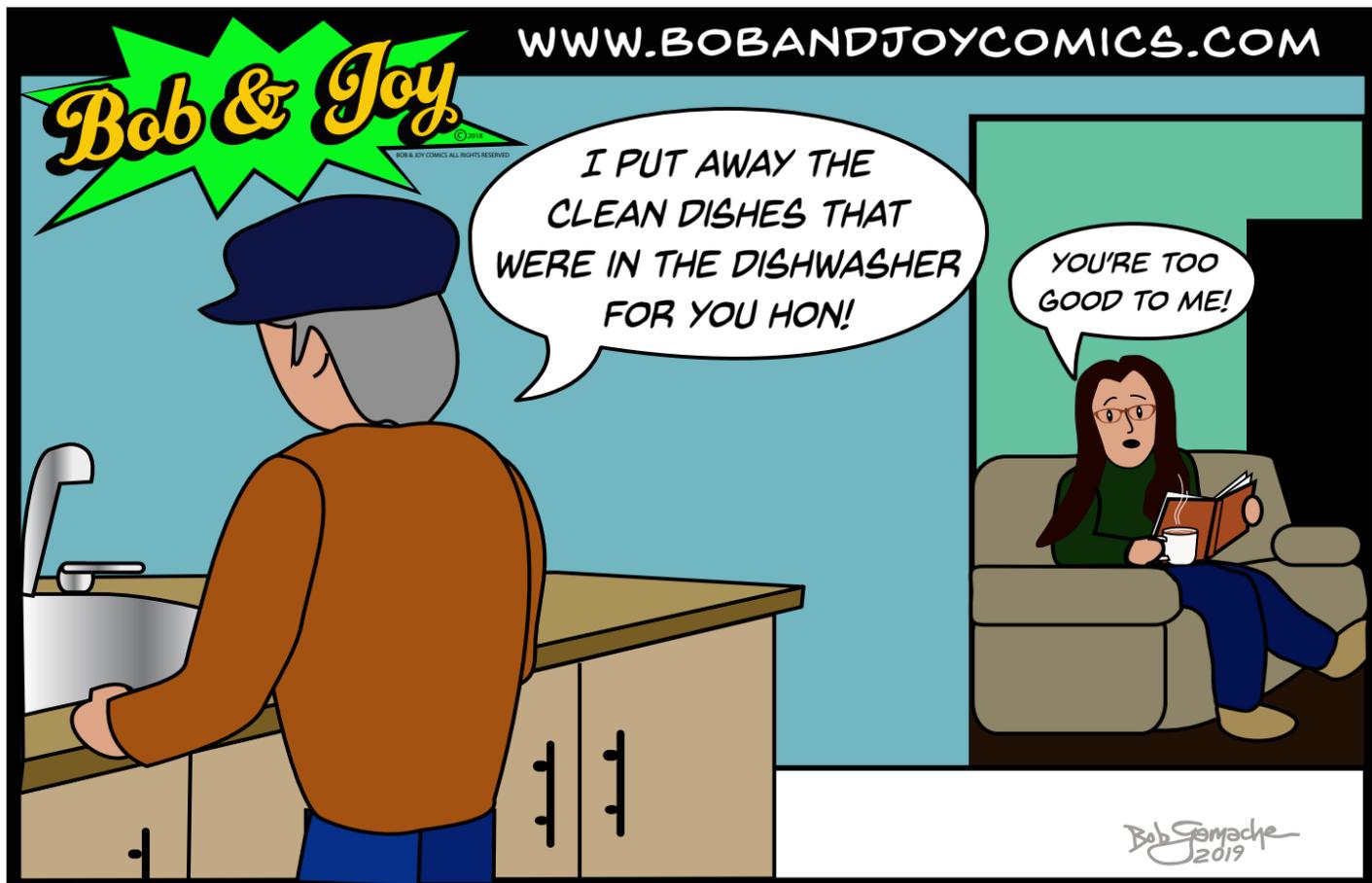
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 Women's Holistic Health and Sports  
 Nutrition Consultant. AASI, ISMA, M.A.  
 in Education. Ocean Township.  
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YOGA

**Monmouth Beach Yoga** 973.452.2828  
 See CRG page 50 for info

**Serene Yogi** 973-951-4334  
 Private yoga lessons with RYT Nancy Aufiero  
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 www.sereneyogi.com

**Twisted Sister Yoga...yoga with a Christian twist** 603-608-6226  
 www.TwistedSisterYogaLLC.com. Wall, NJ



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