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TRUTH TELLERS

Real News Matters to
Independent Media

Eat for Your GUT

Healthy Greek
Salad Recipe



EVERY ISSUE IS
A GREEN ISSUE

July 2016 | Monmouth • Ocean | njerseyshore.com

Hormone Therapy for Men and Women Is a Life-Changing Program

Benefits of Bio-Identical Hormone Therapy for Women:

- Reduced night sweats
- Reduced body fat
- Improved bone density
- Enhanced libido
- Improved blood pressure
- Increase in energy & strength
- Improve lean muscle and prevent bone loss
- Protect against heart disease
- Reduce stress levels
- And much more

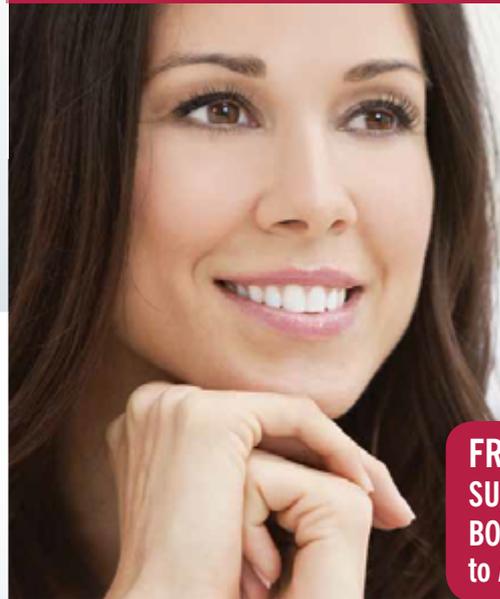
Benefits of Bio-Identical Hormones (Testosterone Therapy/HGH Therapy) for Men:

- Improved sense of well-being
- Reduced body fat
- Enhanced sex drive
- Stop muscle loss and bone loss
- Increase energy and strength
- Protect against heart disease
- Improve sleep and cognitive function
- Lower bad cholesterol
- Reduce stress levels

Naturally treat and prevent:

- Obesity
- Heart Disease
- Diabetes
- Cancer
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- Hypertension
- Thyroid
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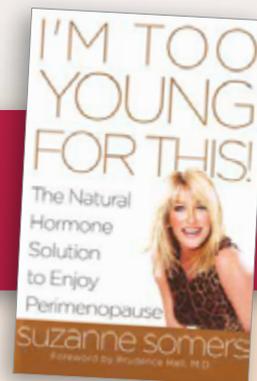
The Secret to Great Health, Super High Energy, Vitality & Sexuality



Did You Know 70-80% of Doctor Visits Are Stress Related?

Headaches • Hypertension
Moodiness • Irritable Bowel Syndrome
Asthma • Neck/Back Pain
Anxiety • Insomnia • Depression

FREE SUZANNE SOMERS BOOK OFFER to All New Patients



Healthy Living

Changing your behavior to be healthy and lose weight takes time and support. Our Healthy Living Program will provide you with plenty of both before, during, and, most importantly, after your program ends—a LIFETIME PLAN to make your Health and Weight Loss goals last!

Balancing Hormones and Body Chemistry

Anti-aging and Regenerative Medicine has as its focus, the slowing down of the human aging process as well as optimizing biological performance through identifying and treating hormonal biochemical imbalances and deficiencies. *Program featured in several Suzanne Somers books.*

Stress Reduction & Emotional Resiliency

We also address the strong relationship between our psychological and emotional states and our physical and medical conditions. We use counseling, and a variety of biofeedback techniques that improve your ability to adapt and better deal with stress—greatly improving emotional resiliency.

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To advertise with *Natural Awakenings* or request a media kit, please contact us at 732-230-7337 or email: advertise@NAjerseyshore.com. Deadline for ads: the 7th of the month.

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Email articles, news items and ideas to: editorial@NAjerseyshore.com. Deadline for editorial: the 5th of the month.

CALENDAR SUBMISSIONS

Email Calendar Events to: editorial@NAjerseyshore.com. Deadline for calendar: the 10th of the month. Cost is \$10/listing.

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

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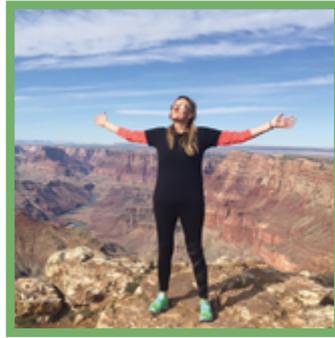
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letter from publisher

Hello Friends,



This month we celebrate our Independence. I have so much to say about that topic, I don't know where to begin.

I am grateful that I can do and say what I want and not be stoned for it. I am grateful that when my head hits my pillow I can drift off to sleep without bombs breaking the silence. I am grateful that I can't even fathom what that is like. I am grateful that I can drive my car and own my home. I am grateful that I have access to food that isn't designed to poison and sterilize me. I am grateful that I can love who I choose, and not be exchanged as currency. I am grateful that all humans are welcomed by our society and given the opportunity to thrive. I am grateful that my dog is my best friend and not my dinner. (Say a prayer for Venezuela – pets are disappearing because people are starving. Can you imagine being so desperate you have to eat your pet? With the amount of food that is wasted on this planet everyday, no human should have to endure that). I am grateful that there are alternative news outlets who are not afraid to share the truth.

This is not the finest hour of our democracy, but America is still the greatest country on Earth. And this freedom that we enjoy allows us to explore the human potential. In this pursuit we have barely scratched the surface. I hope these wise words touch your spirit:

Liberty cannot be preserved without general knowledge among the people.
- John Adams

If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter. - George Washington

America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves. - Abraham Lincoln

Conformity is the jailer of freedom and the enemy of growth. - John F. Kennedy

Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same. - Ronald Reagan

It is a universal truth that the loss of liberty at home is to be charged to the provisions against danger, real or pretended, from abroad. - James Madison

Those who expect to reap the blessings of freedom must, like men, undergo the fatigue of supporting it. - Thomas Paine

It does not take a majority to prevail... but rather an irate, tireless minority, keen on setting brushfires of freedom in the minds of men. - Samuel Adams

When we lose the right to be different, we lose the privilege to be free.
- Charles Evans Hughes

There is a lot that is wrong in America, but there is so much more that is right. Keep on the sunny side. And thank you for your continued support!

Warm wishes,

Sharon

newsbriefs

HYPNOSIS for PREVENTION and MANAGEMENT of DIABETES - FREE Workshop

Do you have Diabetes? Do you have difficulty maintaining your Blood Sugar? Are you concerned about developing



Diabetes due to poor habits and/or family history?

Learn more about how Hypnosis can be utilized effectively to help you to prevent developing Diabetes, or how to manage this serious illness better once diagnosed.

We will address the common issues related to Diabetes such as being Overweight, lack of Exercise, high Stress, Smoking, etc., and how Hypnotherapy (using Hypnosis therapeutically) can be a powerful tool in assisting you to overcome stubborn, undesirable, and unhealthy habits in order to improve your health.

Join us on Wed. July 20th from 7-8 pm. Please call Ada at 732-333-6680 to RSVP (reservations required due to limited seating) or contact via website at [Hypnotherapy Advantage.com](http://HypnotherapyAdvantage.com). Wemrock Professional Mall (sign at the entrance), 501 Stillwells Corner Rd., Building A / Dr. Borgersen's office, Freehold.

Join Monmouth Beach Yoga & Wellness for another season on the BEACH!

What a great way to start or end your day with this oceanfront yoga class. Enjoy the sun, sea and wildlife.

The class will vary in style based on participants and weather. June-August We meet on the beach in front of the Monmouth Beach Cultural Center which is on the corner of Seacrest Rd & Ocean Ave. Please bring your own mat or a big beach towel to practice on. You'll want to bring water and don't forget to wear sunscreen. Everyone is welcome!



Friday's 5:15-6:15pm, Saturday's 7:30-8:15am & Sunday's 7:30-8:15am. If raining class will be held in the studio at 36 Beach Road, Suite 10, Monmouth Beach. Beach Classes are \$10 or you may use your studio class pass. For more information please call Lisa Matthews at 973-452-2828... Also check us out on FACEBOOK. Like us to see daily schedule.

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Beatrice Fulciniti, M.Ed MS Ph.D
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The Dogs of Summer

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The Big Latch On Returns to Red Bank

As part of World Breast Feeding Week, Dr. Jacquelyn Hines of Connectivity Therapy and Holistic Health will be hosting The Big Latch On in Red Bank on Sat, Aug 6.



The Big Latch On is a global event that aims to protect, promote & support breastfeeding families by creating a community of breastfeeding women, babies, and families, raising awareness of breastfeeding, helping communities to positively support breastfeeding in public places, and to normalize breast

feeding as part of day-to-day life. The Global Big Latch On is a highly successful, targeted community development initiative that consists of women around the world latching their babies for one timed minute from 10:30-10:31 AM.

In 2015, 28 countries and 36,502 people participated in the Global Big Latch On! There were 71 people participating last year in Red Bank and hoping for more this year!

Registration will begin at 9:30 AM on Sat, Aug 6, at the top of the hill overlooking the playground at Marine Park in Red Bank. The event is free and there will be door prizes! If you are a breast feeding mother, please come to The Big Latch On in Red Bank with your baby, your partner, your family, your friends, and a blanket!

Please join the Facebook Group for more information and updates - www.facebook.com/BigLatchOnRedBank

FREE Brunch and Body Work Event at IWG- Sun July 24th

Have you been interested in learning more about the amazing services at Integrative Wellness Group? Meet the practitioners of Integrative Wellness Group at our FREE Brunch & Bodywork event on Sun, July 24th at 11am. Sample services like muscle work, sound wave therapy, cold laser treatment, and learn more about our functional medicine and nutritional programs.



While you're hanging out with the doctors and sampling the services, enjoy delicious organic snacks from local restaurants, juices, and mimosas! This event is FREE, and open to all.

Please RSVP by calling Integrative Wellness Group at 732-359-8263 or email info@integrativewellnessgroup.com.

A Perfect Night Has Been Designed For You at The Yoga Loft - Restorative, Reiki & Candlelight

On July 23th 6:30 pm to 8:00 pm with Claire Sadankas, the evening is offered in the Urban Zen Integrative Therapy Practice of restorative poses, aromatherapy, Reiki, breath awareness, and guided meditations. Whether you are dealing with the over stimulation from life or the effects of illness we all need time for TLC and the reminder to self-care.

Restorative offers relaxing supported postures, using props (blankets, blocks and bolsters) to find comfort in each pose. It is a practice designed to bring the body - muscles, joints, organs, connective tissue - back into its natural balance.

The practice of Reiki and Yoga go hand in hand. Reiki helps us understand the deeper energies of Yoga while Yoga increases our flow of Reiki. The class will begin in daylight and end in candlelight using diffused pure therapeutic grade essential oils. Everyone is welcome to join in this journey of caring for you.

The Yoga Loft is located at 462 Adelphia Road, Freehold, Preregistration is required, please call 732-239-2333 or email info@theyogaloftnj.com to register \$25.

Claire is a Registered Yoga Teacher 500, Movement Therapist, Nutritionist, Personal Trainer, Reiki Master, Muay Thai & Aquatic Practitioner.



TDI/Health Hosts Dr. Trovato on Biologic Dentistry

Thermographic Diagnostic Imaging/Health Through Awareness free webinar series presents Louis Trovato, DDS, NMD, FAGD, FICOI, FAACP, IBDM, AIAOMT. In this webinar he will shed some light on the burning question, "What is biologic dentistry and why do we need it?" Too often a dentist may claim to be a holistic or "mercury free" dentist, but he/she may have only taken a weekend course or read a book about biocompatible dentistry.

Learning the true art of biocompatible dentistry requires much training and time. We continue to hear horror stories about well-meaning but untrained family dentists who remove silver fillings without the proper precautions - exposing both parties to high levels of mercury vapor. Even when the dentist claimed to be skilled in non-toxic biocompatible dentistry, we have found many were not adequately trained and demonstrated numerous unacceptable shortcomings such as:

- Improper, unsafe removal techniques
- Incorrect testing of biocompatible dental materials
- Improper dental restoration methods
- Lack of proper dental equipment such as rubber dams, room air filtration, nasal oxygen, etc.

Dr. Trovato is a 1982 graduate of Temple University School of Dentistry. He has attained fellowships in the Academy of General Dentistry, the American Academy of Craniofacial Pain, and the International Congress of Oral Implantology. He is an accredited member of the IAOMT, past president of the Pennsylvania Cranio-mandibular Society, and a graduate of the American College of Integrative Medicine and Dentistry, School of Integrative Biologic Dental Medicine.



Dr. Trovato

He is the owner and senior doctor at Meetinghouse Dental Care, a biologic dental practice in Hatboro, Pennsylvania.

For more information or to register: 856-596-5834, www.tdinj.com- Webinar and Events page.

Monmouth Beach Yoga & Wellness now offers a Gentle Yoga Class For Healthy Aging

This class is a gentle, slow flowing yoga practice which incorporates breath work and some mind body techniques. Improving flexibility, circulation, strength, and balance while



calming the effects of stress on your physical and emotional health. Gentle movement can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum. It also helps with injury prevention, improving joint motion and spine health.

Maintaining the full range-of-motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older.

You are as young as your spine is flexible. Flexible muscles can improve your daily performance. Flexibility tends to diminish as you get older, but you can regain and maintain it. This is a wonderful class for any age. Students will feel refreshed, rejuvenated and empowered by their practice. The Instructor Mary Christensen is certified in Yoga for Healthy aging.

This class is every Thursday from 11-11:45am at Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach) Any questions or for more information please contact Lisa Matthews at 973-452-2828.



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Functional Medicine focuses on the root cause of health problem. We specialize in female natural hormone balancing, adrenal fatigue, digestive problems, autoimmune diseases, Crohn's, colitis, food cravings and more. We help patients using functional diagnostic testing, coming up with individualized wellness plan that WORKS!

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Inna Lukyanovsky, RPh
Registered Pharmacist and Functional medicine practitioner

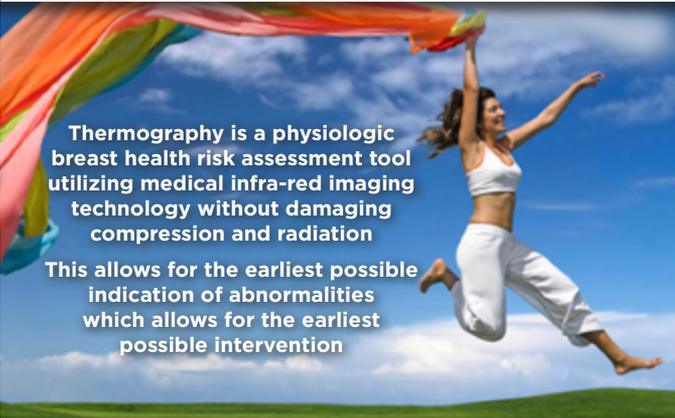
Russell Lukyanovsky, RPh
Registered Pharmacist and certified BioEnergy therapist



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Soulsational Festival to Take Place at Veterans' Park

For the 6th consecutive year, Music & Wellness will be blissfully joined together at the Soulsational Festival to take place at Veterans' Park in Bayville, NJ on July 30, 2016, at 11 am. The festival is a free family community event featuring live music, local health and wellness businesses and practitioners, giveaways, a silent auction, and lots of opportunities to give back and unite the Jersey Shore commUNITY! It is being organized by Alternative Health Solutions of NJ and Michelle A Leonard. This year is sponsored by Berkeley Township Recreation, Glen Kelly Real Estate, The Zen Den, Shore Pointe Chiropractic, and Natural Awakenings.



The Soulsational Music & Wellness Festival was created to honor, share, and explore the many healing practitioners and businesses devoted to health and wellness. Its goal is to

increase awareness, motivate, and inspire modalities that create health, hope, happiness, and harmony through a unique interactive family experience for all those in attendance.

This year the festival is expected to again reach an audience of over 5,000 people with continuous entertainment, free group classes, vendors, crafters, and demonstrations. The day will feature a full schedule of free events for the entire family of all age. Some featured vendors this year include businesses such as Ocean Organics, The Vitamin Shoppe, Anchorage Spine & Physical Therapy, Hannah Mary and more. The event will be rounded off with interactive exhibits, healthy food options and organic beer, with numerous planned activities- there is something for everyone! Bring your beach blankets, bring your beach chairs, and stay all day!

For More Information and to get involved Contact Michelle Leonard at www.soulsational.info

Discover the Healing Powers of Crystals at The Yoga Loft

Are you interested in crystals but don't know where to begin? Do you have a collection, but don't know how to use them or care for them? Would you like to raise your vibration, heighten your meditation practice, get motivated? Or need protection? Crystals are powerful spiritual tools, to help us on our journey.



On July 22nd from 7pm to 9pm The Yoga Loft is hosting Adrienne Gammal, Certified Crystal Master Teacher. Adrienne has been working with Crystals for over 20 years, and loves sharing her knowledge with others!

In this class, you will discover:

- How and why Crystals effect our vibration
 - The top 7 crystals and their many uses
 - How to choose your crystal
 - The history and Modern day applications
 - Experience a Crystal meditation
 - How to properly Activate, Clean and Charge your crystals
 - Receive a FREE take home Crystal of your choice!
- There will be a selection of Crystals available for purchase.

The Yoga Loft is located at 462 Adelphia Road, Freehold. Please call 732-239-2333 or e-mail info@theyogaloftnj.com to register \$35. Adrienne Gammal is a Certified Crystal Master Teacher and Healer, Reiki Master and guided Meditation teacher for over 20 years. Studied with Anodea Judith; Chakra Wisdom and Chakra Yoga Serving the community with her Top Quality Crystals, she loves introducing people to The Wonderful World Of Crystals and Chakras! She currently holds workshops in NJ and NYC.

Hands-On Holistic Treatment to Facilitate Healing and Wellness for the Body, Mind, and Spirit

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- Concussions/Post-Concussion Syndrome
- Autism/ADD/ADHD/Sensory Processing
- Anxiety/Depression/Stress
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- Headaches and Migraines
- Infertility, Pregnancy, and Women's Health
- Neurological and Orthopedic Conditions
- Trauma/Post-Traumatic Stress Disorder
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Jacquelyn Hines, PT, DPT, MPT, C/NDT, CST
Doctor of Physical Therapy
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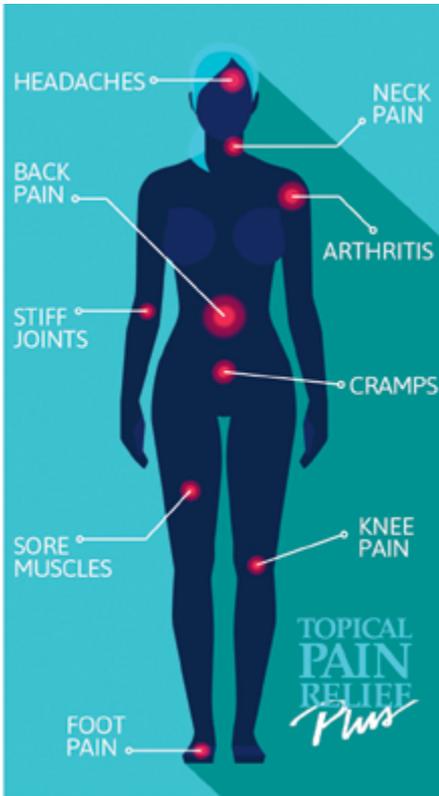
Every Day Can Be A Day Without Pain!

Natural Awakenings Topical Pain Relief Plus

A cute pain from an accident, burn or insect bite may cramp your style at the family picnic, but the kind of pain that recurs every day and every night can make us miss out on the best times of our lives. Lost opportunities like playing with our children and grandchildren, participating in sports and other healthy activities like dancing do not give you a second chance for fun. *Natural Awakenings* Topical Pain Relief Plus relieves pain, strains and sprains while substantially reducing recovery time.

Unique Ingredients are How it Works

Natural Awakenings Topical Pain Relief Plus works by penetrating deep into skin and muscle tissue. Key ingredients include certified, refined emu oil, whole leaf aloe vera, MSM glucosamine and chondroitin, in a proprietary blend of essential oils, Oriental herbs, botanical extracts and complex vitamins/antioxidants.



MSM acts as an analgesic and anti-inflammatory agent, inhibits muscle spasm and increases blood flow while aloe vera, the only known vegetable source of vitamin B12, Emu oil allows the other ingredients to immediately begin to reduce pain, inflammation and swelling.

Emu oil, an all-natural food byproduct that contains high levels of linoleic acid, known to relieve arthritic pain, is obtained from the fat of the flightless emu

bird, and a series of processes refine, sterilize and deodorize it. But not all emu oil sold is of the quality used in *Natural Awakenings* Topical Pain Relief Plus; some is simply rendered, using added ingredients that pollute the natural oil. As an added benefit, emu oil increases skin layer thickness by up to 56 percent, decreasing wrinkles and age spots.

Follow the Directions

For optimum relief, apply a generous amount of *Natural Awakenings* Topical Pain Relief Plus directly onto the area of pain or discomfort, allowing it to be absorbed for two to three minutes. Don't wipe away any that is not absorbed; massage it into the surrounding areas, and use it as often as needed—there are no side effects!

Using *Natural Awakenings* Topical Pain Relief Plus three times daily is ideal—depending on your level of pain—when you wake up, at mid-day or after work and just before bedtime. Regular use will continue to alleviate pain and help keep it from returning as often or as intensely.

{ The Spray That Saved Me! }

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~ Patricia



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- Glucosamine & Chondroitin
- Vitamins/Antioxidants
- Botanical Extracts • MSM

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Calcium Pills Don't Build Bone Health

Researchers reporting in the British medical journal *The Lancet*, analyzed 44 studies on calcium supplementation or dietary calcium and bone fractures and concluded, "Dietary calcium intake is not associated with risk of fracture and there is no current evidence that

increasing dietary calcium intake prevents fractures." Qualifying studies included more than 44,000 people.

A different meta-study from New Zealand's University of Auckland, also published in *The Lancet*, reviewed 59 clinical and observational studies of calcium and bone density. The meta-analysis compared the effect of calcium doses of 500, 800 and 1,000 milligrams per day and found that bone density improvements ranged between 0.6 and 1.8 percent throughout the body during the first year of supplementation, but did not increase over time.

They concluded that the improvements in bone mineral density from calcium supplements were small and that results mirrored the increases seen from dietary sources, suggesting that neither method significantly improves bone health.

Energy Drinks Harm the Heart



In addition to alertness, energy drinks may also trigger abnormal heart rhythms and increased blood pressure. Researchers from the School of Pharmacy at the University of the Pacific, in Stockton, California, tested 27 healthy adults. The volunteers were split into three groups—one drank two cans of an energy drink per day, another consumed the same amount of a drink with *Panax ginseng* and the third a similar-tasting placebo beverage.

The subjects were given cardiovascular testing before and after the trial. After three weeks, the group imbibing the energy drinks had a significant increase in abnormal heart rhythms and higher blood pressure. The ginseng and placebo groups saw no change in their heart conditions.

Sachin A. Shah, a doctor of pharmacy and professor at Pacific's School of Pharmacy and Health Sciences, says, "Our findings suggest that certain energy drinks may increase the risk of having an abnormal heart rhythm when consumed in high volumes. While we wait for more data, some consumers should exercise caution and not blindly follow the buzz."

The Center for Science in Public Interest, a consumer health advocacy group, has reported that as of June 2014, 34 deaths have been associated with energy drinks.

The way to get started is to
quit talking and begin doing.
~Walt Disney



Colorful Produce Slows Cell Aging

A new study published in the *European Journal of Nutrition* finds that an increased intake of carotenoids, powerful antioxidants found in plant-based foods, is associated with slower aging. The research tested 3,660 U.S. adults and measured blood levels of five common carotenoids: alpha-carotene, beta-carotene, beta-cryptoxanthin, combined lutein/zeaxanthin and trans-lycopene.

The researchers found that those with levels that were in the highest quarter had 5 percent to 8 percent longer telomeres compared to those with the lowest quartile of carotenoid levels. Telomeres are located at the ends of DNA chromosomes and get shorter as we age. Longer telomeres indicate greater longevity.

Carotenoids are found in the yellow-to-red pigments in many yellow, red and orange foods. They are also contained in green foods where chlorophyll shields the yellow-red color. Alpha-carotenes are present in carrots, cantaloupes, mangoes, kale, spinach, broccoli and Brussels sprouts. Beta-carotene is found in some of the same foods, and also tomatoes, apricots and watermelons. Beta-cryptoxanthin is found in papayas, apples and orange peels. Lutein and zeaxanthin are found in some of the same foods, along with kiwifruit, grapes, oranges, zucchini and squash. Some of the highest levels are in corn. Lycopene is in tomatoes, watermelons, papayas, apricots and other red-to-yellow foods.



Neurotoxins Identified in Everyday Items

Research published in the British medical journal *The Lancet* has newly identified six neurotoxins: manganese, fluoride, chlorpyrifos, dichlorodiphenyltrichloroethane (DDT), tetrachloroethylene (perchloroethylene or PERC) and polybrominated diphenyl ethers (PBDE).

Manganese exposure is found in welding and high-octane gas fumes, among other sources; fluoride is used in many municipal water supplies, glass etching and chrome cleaners. Chlorpyrifos is an organophosphate contained in many pesticides, including Dursban and Lorsban. While DDT has been banned from insecticides within the U.S., it is still contained in other agents, including petroleum distillates. DDT is also still used in some areas to spray for mosquitoes. PERC has often been used in dry cleaning and for degreasing metals. PBDEs appear as flame retardants and to make electronics, household goods, building materials, polyurethane foams, plastics and more.

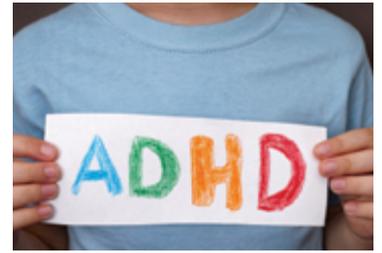
The same researchers previously identified lead, methylmercury, polychlorinated biphenyls, arsenic and toluene as neurotoxins. The neurotoxin label means they affect the nervous system and can cause neurodevelopmental conditions such as autism, attention deficit disorders, dyslexia and others.

ADHD Meds Weaken Kids' Bones

A new study announced at the 2016 annual meeting of the American Academy of Orthopaedic Surgeons shows that drugs prescribed for attention deficit hyperactivity disorder (ADHD) can weaken bones in children during a time of critical growth. This study tested 5,315 kids between 8 and 17 years old and compared the results to a subgroup of 1,967. Each child was given a bone mineral density scan on the femur, femoral neck and lumbar spine.

The children taking ADHD medications of Ritalin, Focalin, Dexedrine, Strattera and Vyvanese had lower bone mineral density in the femur, femoral neck and lumbar spine. At least 25 percent of the youngsters taking these medications were categorized as having osteopenia.

According to a 2014 Express Scripts study, prescriptions of ADHD medications to children in the U.S. grew by 36 percent between 2008 and 2012.



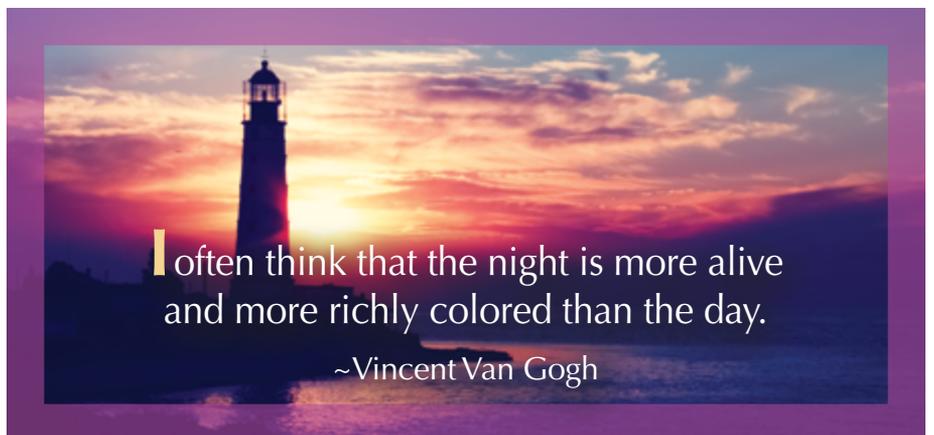
Osteopathy Alleviates Low Back Pain

More than 600,000 people undergo surgery for back pain every year, yet back surgery is often unsuccessful. Safer manual therapies provide a viable alternative, according to recent research.

A study of 455 people with low back pain found that osteopathic manipulation therapy (OMT) helped with their symptoms. The research, published in the *Journal of the American Osteopathic Association*, gave each patient six osteopathic manual therapy sessions or a placebo treatment over a two-month period. Patients were tested before and a month afterward to assess the success of the treatments, using pain severity and mobility as the main criteria.

The research showed that those that started with higher disability scores of 17 or more prior to therapy had significantly less pain and more mobility. Patients with scores of seven or greater also improved, but not to the same degree.

Lead researcher and Osteopath Dr. John Licciardone says, "Subgrouping patients according to chronic low back pain intensity and function appears to be a simple strategy for identifying patients that can attain substantial improvement with OMT. From a cost and safety perspective, it should be considered before progressing to more costly or invasive interventions."



News and resources to inspire concerned citizens to work together in building a healthier, stronger society that benefits all.

Moth Misery

Bright Lights Drive Them to Extinction

National Moth Week, held from July 23 to 31 (visit NationalMothWeek.org for podcast), has prompted the International Dark-Sky Association (IDA) to encourage cities to

install motion-sensitive dimming streetlights and is working to designate dark-sky parks that could provide a refuge for nocturnal species. The giant silk moth and other insects pollinate 80 percent of our food crops. In turn, their bodies sustain innumerable birds, rodents and bats. Entire ecosystems rest on their delicate, powdery wings.

Only two species of moths are protected under the Endangered Species Act, and three others have gone extinct in the past decade. Many populations are seeing declines of up to 99 percent. Between monoculture crops, pesticides, changing climate, urbanization and decreasing darkness due to artificial lighting, the future of night-flying moths is uncertain.

Their only goal is to reproduce, guided to suitable nesting grounds by the shadow of the moon; many moth species do not even have mouths. However, cities now glow brighter than a full moon, and ambient light pollution radiating from urban areas draws moths to their deaths. IDA Program Manager John Barentine says, "Every time a person turns off and shields a porch light on their house, they're helping."

Source: *Sierra Club*



GMO-Free Pioneer

New Grain Transport to be Contaminant-Free



Large food companies that are switching to non-GMO (genetically modified) soy and corn products must still worry about their ingredients picking up GMO contamination through conventional supply chains.

Now, Captain Drake LLC, a North Dakota grain plant, has acquired its own million-bushel terminal with dedicated rail cars used exclusively for GMO-free grains. President Mark Anderson maintains, "We'll be able to obtain the best non-GMO commodities from three regions: North Dakota, Minnesota and Manitoba, Canada."

In a 2015 Nielsen study of 30,000 consumers, 43 percent rank non-GMO as very important and 80 percent said they would pay more for foods that indicate a degree of healthfulness. Sales of non-GMO products exceeded \$10 billion last year and are growing.

Anderson explains, "The supply chain needs to be tightened up and moved domestically. We consider this to be another strategic asset for food and beverage clients seeking suppliers committed to guaranteeing the integrity and purity of non-GMO commodities."

Source: Tinyurl.com/NonGMOWheatTerminal

Farm-to-Work

Fresh Veggies Come Direct to Offices

Pioneering employers are now offering fresh vegetables to help employees improve their diet—and their health. Tech companies are even hiring professional chefs to prepare healthful lunches and snacks. In Texas, the Farm to Work program is making it easy and affordable for workers to pick up baskets of local produce at the office.

Participants aren't required to pay an initial lump sum or commit to buying every week. Instead, they can sign up to receive produce in any given week. Other groups around the country are also looking into workplace produce delivery programs, and while many use the traditional community supported agriculture (CSA) model, others are experimenting with different procedures.

The Farm Fresh Program, in Bellingham, Washington, connects local farmers to employers interested in receiving weekly deliveries. Meanwhile, Farm2Work, in Arkansas, links local purveyors of produce, meat, eggs, dairy, pies, jams and jellies to area employers. New York's Adirondack Harvest, a branch of the Cornell Cooperative Extension, started by helping a single farmer link to area employers. The next step, says Teresa Whalen, the group's southern chapter representative, is working to persuade insurance companies to subsidize workplace CSAs in the same way they're starting to subsidize gym memberships.

Source: FarmToWork.org



Fish Fried

New Numbers Confirm Global Overfishing

The United Nations Food and Agriculture Organization has been collecting reports for decades on how many fish are caught in the oceans annually. However, those numbers don't take into account small-scale, recreational and illegal fishing or the bycatch that's discarded before boats return to harbors. A study published in *Nature Communications* increases the actual total world catch from 1950 to 2010 by 50 percent.



Daniel Pauly, author of the University of British Columbia study, states, "The world is withdrawing from a joint bank account of fish without knowing what has been withdrawn or the remaining balance. Better estimates for the amount we're taking out can help ensure there's enough fish to sustain us in the future." Based on official counts, global catches peaked in 1996 and have declined modestly each year. The decline isn't due to less fishing or restrictions on certain fish, though. "It's due to the countries fishing too much and having exhausted one fish after the other," says Pauly.

The findings also emphasize the value of fisheries to low-income people in developing countries. The next steps will require well-informed action to preserve this critical resource for people and for the planet.

Source: Tinyurl.com/OverfishingReport

Toxic Teflon

Scientists Increasingly Find It Dangerous



According to a new meta-analysis of previous studies, Philippe Grandjean, of Harvard, and Richard Clapp, of the University of Massachusetts, concluded that DuPont Teflon, used for 50 years to make frictionless cookware, is much more dangerous than previously thought, causing cancer, birth defects and heart disease, and weakening the immune system.

Even though Teflon's harmful perfluorooctanoic acid (PFOA) is no longer produced or used, the Centers for Disease Control and Prevention has found it in the blood of more than 99 percent of Americans studied, because it can be passed from mother to unborn child in the womb.

The researchers say that the federal government's recommended "safe" level, set in 2009, is as much as 1,000 times too high to fully protect people's health. The U.S. Environmental Protection Agency has yet to set a legal allowable limit for its presence in drinking water.

Source: EnvironmentalHealthNews.org



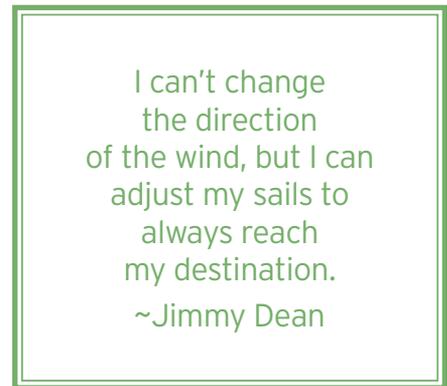
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Recycling Nutrients

Animal Droppings Help Forests Absorb CO₂

A paper published in *Forest Ecosystems* concludes that frugivores, large, fruit-eating animals like toucans, tapirs, curassows and spider monkeys, help to keep the woods healthy by eating fruits and spreading seeds. As traps for carbon and an effective defense against global warming, forests collectively absorb up to 30 percent of the world's CO₂ emissions and store more than 1,600 gigatons of carbon in the soil.



"You have a lot of large birds that play a fundamental role for large trees," says study author Mauro Galetti. "They increase the likelihood that seeds will turn into actual photosynthesizing plants." However, big, tropical birds are constantly under threat of hunting, poaching and habitat loss; the International Union of Conservation of Nature and Natural Resources' Red List notes that 14 of the world's 16 toucan species, for instance, are decreasing in population. The study found that without the help of high-capacity frugivores, there would be no way for larger seeds to grow into the towering trees that store carbon best.

Scientists now want to research individual species to calculate how much each animal's services are worth in terms of battling climate change. Putting a dollar amount on a species, say Galetti, could be the only way to persuade governments to protect it.

Find the study at Tinyurl.com/ForestCarbonReport.

Low-Cost Largesse

Nonprofit Grocery Sells Good Food at Low Prices

The biggest challenge to healthy eating in poor neighborhoods isn't always access to healthy food; it's whether people can afford to buy it. A year ago, Doug Rauch, former president of Trader Joe's, opened Daily Table, a nonprofit grocery in Boston, to take action. It gathers nutritious food that would otherwise be wasted and then sells it at low prices. After learning about food insecurity in the U.S. and that approximately 40 percent of the food we grow is thrown out, Rauch decided to address both problems by offering this new option for people that don't want handouts.

The store now has 5,000 members and hundreds of daily customers, with plans to expand to new locations. "The challenge we have in America is that the food system is designed from the farm on up to create calories that are cheap and nutrients that are expensive," he says. "People on the lowest economic rung get squeezed the hardest."

Rauch partners with vendors to get excess food, such as fruit just slightly too ripe to make it through the standard supermarket system, that chefs turn into ready-to-eat meals like prepared salads and soups, or entrées that can cost less than \$2.



For more information, visit DailyTable.org.



Eco-Beach Blast

Sustainable Ways to Enjoy Sand and Surf

When eco-conscious families hit the beach this summer, there's more to be aware of than just picking up trash like drink containers, wrappers and found litter. Here are some other ways we can enhance our beach and water experiences while upping fitness benefits.

Rising water levels and severe weather events have damaged coastlines, so extra care is needed. When setting up a beach spot, stay away from sand dunes and pockets of beach grass that serve as natural defenses against beach erosion. Also watch out for marked-off turtle hatch-

ing spots; prime nesting season is May through October, according to the nonprofit Turtle Conservancy. Teach kids not to chase birds. Walk around shorebirds to cause minimal disturbance; it's stressful dodging danger during meals and wastes precious energy stores.

Walking on soft sand is like a weight-training workout, as detailed in Michael Sandler and Jessica Lee's *Barefoot Walking* book.

Polluting chemicals enter waterways via fertilizer and industry runoff and accidents like the BP Gulf oil spill; don't contribute more by using sunscreen that contains oxybenzone, which reportedly alters hormone function. The Environmental Working Group (ewg.org) maintains an online guide of safe sunscreens. The *Huffington Post* also suggests that we can make our own by mixing zinc oxide (a sunblocking agent), coconut oil (soothes and conditions skin), beeswax (for waterproofing) and tea tree oil (soothes and repairs skin and smells good).

The same care applies to chemical hair dyes, shampoos, conditioners and straighteners. Patronize clean, green salons that use natural hair treatments free of synthetic chemicals, ammonia or para-phenylenediamine (PPD). Or search "nontoxic hair care" online.

Plan a visit to coincide with a public volunteer beach cleanup event. Check with national organizations like Keep America Beautiful (kab.org) and local or countywide groups, as well as social media sites for group activities.

Dr. Nicholas Carruthers



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Dr. Mark Hyman, chair of the Institute of Functional Medicine and director of the Cleveland Clinic Center for Functional Medicine, learned Brogan's lesson early on. "Independent media have been crucial in disseminating my life's work. Given the misinformation being spread by regular news and government channels about weight and health, we deserve to hear the truth about what's in our food, toxins in our environment and how we can truly heal our bodies," says Hyman, a nine-time bestselling author.

Independent Voices

Today's independent media landscape shifts at warp speed. With 24/7 Internet access to websites, both groundbreaking journalism and grassroots perspectives appear in original articles and blogs. Outlets include independent online radio, TV shows, newspapers, filmmakers and "citizen journalists" armed with smart phones instantly transmitting images and updates via YouTube, Facebook and Twitter. From a growing recognition that such media play a vital role in shaping a more informed and engaged citizenry, more attention is again being paid to the need for real news that matters. Breaking the reign of junk food news generators is the mission of *ProjectCensored.org*, a media research program at California's Sonoma State University.

Billions of dollars are spent annually on webinars, podcasts and e-books exploring health and healing, self-help, spiritual enlightenment and creativity, indicating a reading audience with a hunger for deeper wisdom. Since 1973, New Dimensions Radio, co-founded and hosted by Justine Willis Toms, has featured many of the world's most respected wisdom keepers. "Guests exclaim how refreshing it is to speak in-depth and at length. Mainstream, commercially based media consistently present sound bites on how things are breaking down and not working, without opening thought to constructive visions for a future that benefits all life and the planet," says Toms.

"Independent media have broken away from dependence on the moneyed interests holding tight reins on the news and information they publish. Because we're listener-supported, public radio is

In virtually all aspects of life, we are influenced consciously or subconsciously by mainstream media messages. Today, six media giants—Comcast, The Walt Disney Company, Twenty-First Century Fox, Time Warner, Viacom and DirecTV—control the vast majority of what we watch on TV and in movies, listen to on the radio and read in books, newspapers and magazines. According to Ben Bagdikian, Pulitzer Prize-winning journalist and author of *The New Media Monopoly*, this handful of conglomerates form a cartel that wields enough influence to affect U.S. politics and define social values.

Thirty years ago, before many mergers and acquisitions, 50 corporations owned nearly all of American media. Today's infotainment and rhetoric, misrepresented as news, is leading millions to conclude that these colossal powers do not exist to objectively report the truth.

Mainstream Media's True Colors

Although a recent Gallup Poll reflects Americans' lack of trust in mainstream media's reporting of news fully, fairly and accurately, fair reporting was what HarperCollins, a prominent publisher, expected upon the 2016 release of

New York City holistic psychiatrist Dr. Kelly Brogan's *A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives*. They were shocked when the book was boycotted.

"*The New York Times*, *Dr. Oz* and *Good Morning America* refused to schedule author interviews or write book reviews. There wasn't a whisper anywhere on mainstream media about my evidenced-based book on how women can holistically recover from depression without a single prescription. HarperCollins was baffled. I was their first credentialed author who spoke out against pharmaceuticals," says Brogan.

So Brogan turned to independent outlets, including print, online and social media, her own website, newsletter lists and word-of-mouth. Her work soon broke through into three of the top bestselling book lists: *USA Today*, *Publisher's Weekly* and *The New York Times*. That example serves as clear proof of the importance and power of independent media to furnish the public helpful and in-depth information on wide-ranging topics that mainstream broadcast media typically only cover in 30- to 60-second blurbs or not at all.

free to explore a wide range of timely and timeless topics," he says.

Leaning away from one-sided views gives independent media space to expand people's perspectives and positive expectations for the future. The seven-time Pulitzer Prize-winning *Christian Science Monitor* international news organization was established in Boston over a century ago to till human thought and thereby improve human lives via an uplifted journalistic standard. "Its quiet insistence for human rights and against tyranny; for generosity and against selfishness; for intelligence, charity, courage, integrity and most of all, for progress and hope—surely that has helped," remarks John Yemma, current columnist and former editor.

"We work to uncover where progress is occurring, even though headlines proclaim the contrary. There are always two sides to a story," says Susan Hackney, a senior director with the *Monitor*, which consistently resists the sensational in favor of the meaningful.

Magazines such as *Natural Awakenings*, *Mother Jones*, *The Optimist* and *Yes!* are likewise stirring up conversations on meaningful issues via larger perspectives with a focus on tangible solutions. They address such areas as the damaging health and environmental effects of genetically engineered food, championed by Jeffrey Smith, founder of the Institute for Responsible Technology.

"Europe could kick genetically modified ingredients (GMO) out of their food supply because their mainstream media covered the health dangers, while U.S. mainstream media ignored them and kept Americans in the dark. Independent media in the U.S. enable democracy and consumer-inspired transformations of all kinds. Knowledge has organizing power," advises Smith.

Success Stories

With Fran Korten at its helm, the ad-free, subscription-supported, nonprofit *Yes!* is helping to reframe our biggest issues. "Mainstream media, dependent upon advertisers that would have us believe that we can buy happiness, celebrate stories of the rich and powerful, leaving everyone else feeling small and powerless. Independents can help resist such ways of seeing the world, help people see a different path to suc-

cess and happiness and perceive themselves as change agents. Together, we share engaging stories of how people are carving out new ways of living that hold the hope of a world more in balance with the living Earth and where everyone's inherent worth and dignity are recognized," says Korten.

Allan Savory, founder of the Savory Institute and originator of a holistic land management systems approach to recover and preserve sustainable resources, underscores the need for change leaders and independent thinkers. "As we ponder who they might be, we realize it's not those that discover new, counterintuitive insights, but those that spread the knowledge. The groundbreakers are pioneers like writers, poets, artists, speakers and social networkers. After 50 years of trying to understand the intense institutional resistance to and ridiculing of my work of managing complexity in a simple manner, holistic management is now quickly spreading globally. This is only due to social networking, independent writers and my TED talk that went viral," observes Savory.

Laurie McCammon, change leader and author of *Enough! How to Liberate Yourself and Remake the World with Just One Word*, contracted with independent publisher Red Wheel Weiser to get her message out. "It's been building awareness of forbidden knowledge—that we each have unrealized potential to affect reality by changing our thoughts. We can nurture a shift in global culture away from an existing way of life that has bred fear, lack and a belief in scarcity," explains McCammon.

She suggests that to preview a new vision of, "I am enough and have enough," and, "We are enough and have enough," we should look to the fertile fringes; small communities of intentional and conscious people actively reinvent-

We in America are the best entertained and least informed society in the world.

~Neil Postman, media theorist and educator



ing society. "Look at what independent media are reporting on; as well as their unprecedented use of new terms such as organic, wellness, sustainability, permaculture, transition town, sharing economy,

social responsibility, biomimicry and the butterfly effect," says McCammon.

The existing worldview, with all of its core assumptions and rules, aims to restrain awakening individual and collective consciousness. McCammon observes, "As long as the 'old story' was told repeatedly by mainstream media with conviction, it could command our attention and make us doubt our inner story. Trusting that the outer world had our own best interests in mind meant that there was no need to turn within. This is changing. Thanks to farseeing, courageous and strong enough independent media, there's been an overturning to a more wholesome story of mind-body-spirit, abundance, innovation, collaboration and cooperation."

Mainstream and independent media coexist like two sides of a coin. Mainstream media's talking heads tell us how to act and think while independent media invite us to engage, educate and think for ourselves, dig deeper and take action. Without independent media, we would know little about the benefits of the ever-evolving grassroots movement of holistic, alternative, complementary, integrative and functional medicine. Nor would we know the truth about climate change; the health advantages of plant-based diets and community gardens; food deserts and nutrition-related illnesses; the prevalence of environmental toxins; signs of spiritual progress; alternative education; and the benefits of eco-villages to people and the planet.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at ItsAllAboutWe.com.



Natural Treatment for Tension/Stress Headaches

by Lauren Salani, LCSW, BCB

An article by Sarah Roth, ND published in Biofeedback Magazine; Spring 2016, summarizes the possible root causes of the muscular pain experienced in a tension/stress headache. The following is a shortened version of her assessment, which is meant to expand the reader's knowledge of the factors to include when seeking correct diagnosis and treatment. When seeking help for a condition, it is important for the patient to best understand how their body functions and the factors that may contribute to the problem. This way, the treatment plan best fits the underlying problem being solved.

It is distressing to even know that 90% of adults in our society experience mild to moderate head pain caused by a pressing or tightening on both sides of their head. This pain may be experienced in episodes or be chronic. Most of the time, when pain is present, there is no nausea, no aggravation of pain by exercise, and there is some sensitivity to light or sound, but not both. This constellation of symptoms is referred to as Tension-Type Headache or Stress Headache and are the most common form of headache.

Although research is on-going, it is believed that tension headache usually results from the tightening of the tissue that surrounds muscle fibers thereby, triggering various mechanisms that result in pain. Any person who is experiencing head pain should have a full medical work-up, including a complete history and physical, as there are signs and symptoms to be treated immediately. These include:

- New onset headache
- Abrupt onset headache
- Progressive symptoms
- Abnormal neurological signs
- Headache with exertion
- Change in head position
- Change with sneeze, cough or strain
- Symptoms consistent with trigeminal autonomic cephalgia

Once potentially serious conditions have been ruled out, here is a list of unsuspecting factors to consider that may, in fact, be the cause of suffering in a Tension/Stress Headache:

Dehydration:

Inadequate water intake or water loss affects the ability of the outer sheath of the muscle (fascia) to promote lubrication for transfer of nutrients. When muscle

tissue dehydrates it contracts and results in pain. Obtaining the correct amount of fluid for your body for the setting that you are in is a vital consideration in preventing tension headache.

Electrolyte Imbalance:

Electrolytes are minerals in the body that carry an electrical charge. They underlie many body processes such as; water balance, blood acidity, and muscle function. When mineral levels move out of normal levels, a person may experience headache, nausea, fatigue, muscle contractions mental status changes or even death. Correct mineral balance and hydration are essential in preventing headaches. Of all the minerals, calcium and magnesium play the greatest role in the process of muscle contraction.

Hypertension:

The connection between headache and high blood pressure is still being debated and the mechanism is not well understood. However, it has been observed that headaches are more common in people with hypertension than people with normal blood pressures. People with hypertension have a higher rate of stress and anxiety that includes knowing that their blood pressure is high that may be the cause of their raised pressures. Also, there is a higher rate of sleep apnea in people with hypertension that could contribute to morning headaches.

Food Intolerance:

A food intolerance is a difficulty in digesting certain foods due to a delayed immunologic response. The antibodies produced by a food insensitivity, versus an allergy, produce a delayed sensitivity and onset and can last for months in the body. Although the process that food intolerance is related to headache is only proposed, it may be that intolerances lead to neck, shoulder, and temporomandibular joint hypertonicity (tightness). Nutrient deficiencies, chronic constipation, and sinus problems often are attributed to intolerances, but more research is needed.

Eyestrain and Computer Vision Syndrome:

Due to our changing world, people spend many hours adapting their eyes

to varying conditions such as low light reading, long hours driving, computer work, and fluorescent lighting. The underlying cause of a tension headache results from muscle contraction, muscle fatigue and fascial tension from repetitive strain on the ocular muscles. When habit sets in, contractile forces continue resulting in chronic muscle tension and tension-type pain in the head and neck.

Temporomandibular Disorder:

TMD is a term that includes several dysfunctional chewing patterns, which are; muscle disorders, temporomandibular joint dysfunction, and a dysregulation of surrounding areas. A person with TMD usually has excessive muscle contraction due to clenching, grinding, injury, dental work, or illness. Chronic tension in the jaw and adaptations in surrounding muscles lay the ground-work for fascial changes that result in headache.

In addition to the factors listed above; sinusitis, hormones, caffeine dependency and withdrawal, and the toxic effects of chemical sensitivity can also be seen to affect muscular functioning and be underlying pain. All different factors with all different interventions.

Muscle contraction and stress/headache can be effectively addressed with a course of biofeedback therapy. Biofeedback is a process that feeds a person information about the state of their own muscles in real time. They then can gain better control over the constriction/relaxation in their own muscles and increase their knowledge of just how to manage their stress response. This process in itself helps a person better sense their own needs, such as "Am I thirsty?," "Is my blood pressure high right now?," "Are my muscles tight?." This is powerful information to know when trying to prevent or abort a headache.

Lauren Salani, LCSW, BCB, holds an advance certification in Biofeedback Therapy and runs the Stress Management Program at Lifestyles Medical in West Long Branch. Lauren has over 10 years experience in stress relief using Biofeedback, Counseling and Psychotherapy Free consultations are offered: 732-542-2638. LifestylesMedical.com

inspiration

Signs That You've Found Your Calling

by Lissa Rankin

You may think you've identified your calling, questioned it, become disillusioned, left it and then come back to it in a different form. The following clues let you know you're on the right track.

You realize you've been training for this since birth. Even the gritty things, the disappointments, regrets and screwups have all been preparation. Major life disruptions and failures were all just teaching essential lessons so that you can become who you're called to be.

You sense ease. In the face of obstacles—such as doors of suspected opportunity that are shut tight or relentless struggles impeding a course you thought was right—it can be hard to tell if your commitment is just being tested or you've veered off course. Such hurdles can be part of the growth process cultivating your "inner hero" necessary for the journey. Trust the sense of movement towards ease, which likely will include supportive synchronicities.

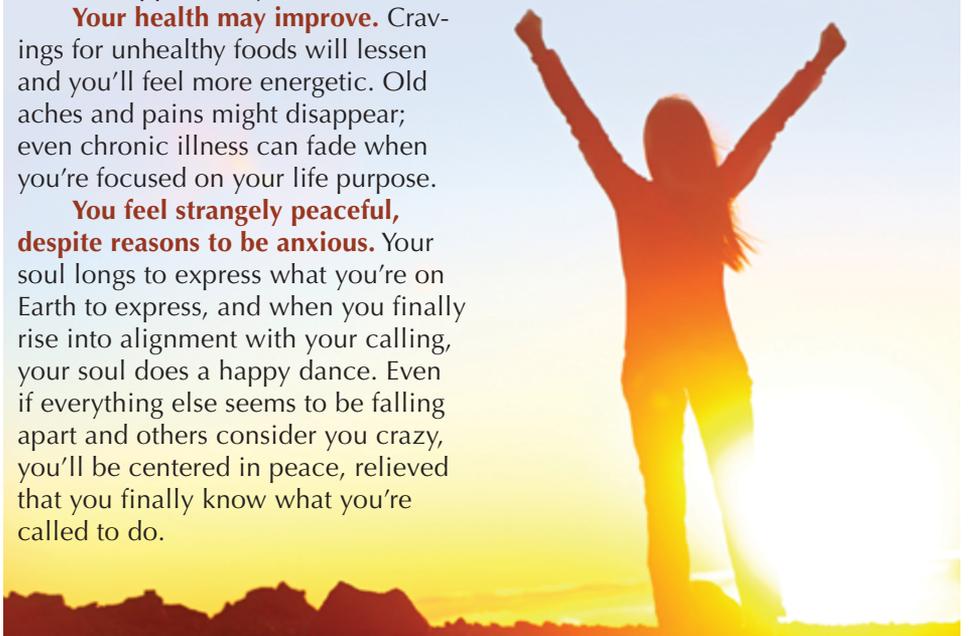
Your health may improve. Cravings for unhealthy foods will lessen and you'll feel more energetic. Old aches and pains might disappear; even chronic illness can fade when you're focused on your life purpose.

You feel strangely peaceful, despite reasons to be anxious. Your soul longs to express what you're on Earth to express, and when you finally rise into alignment with your calling, your soul does a happy dance. Even if everything else seems to be falling apart and others consider you crazy, you'll be centered in peace, relieved that you finally know what you're called to do.

The universe rolls out the red carpet. When called to do what is needed for the highest good of all beings, the universe bends over backwards to hand you whatever you need. No request is too small. Unexpected money flows in and other resources appear just as you're ready to give up. You'll know you're on track, even if it is not quite clear what you're on track to do.

People find you. Few can fulfill a calling alone. Most of us need a tribe to lift us up as we do brave, scary, world-changing things. When you're aligned with your life purpose, the right people, including magic-wielding mentors, will find you at the right time, if only you're courageous enough to be vulnerable about what you're being called to do.

Dr. Lissa Rankin, founder of the Whole Health Medicine Institute, is the author of Mind Over Medicine, The Fear Cure and The Anatomy of a Calling (TheAnatomyOfACalling.com).





A Healthy Harvest Makes for Happy Humans

by Yard2Kitchen

The Summer Harvest is fast approaching and for folks at the Shore that means a lot of expected and exciting change. Local farmers will be preparing their harvest for market; here in New Jersey that will include classics such as the famous Jersey tomatoes and sweet corn, as well as blueberries, peaches and cranberries, just to name a few. These “warm-season” crops require warm soil and high temperatures for healthy growth and a bountiful harvest. Summer crops are typically planted after the final spring frost to ensure that they aren’t killed off by the cold. Be sure to visit your local farmer’s market this summer to pick up some famous New Jersey fruits and vegetables that will support a healthy body, a sustainable environment and happy local businesses.

Summer time isn’t just important for land dwellers; it’s also a time of great activity for humans and marine species in the Atlantic Ocean. Commercial and recreational fishermen alike flock to the coast and offshore canyons in the hopes of reeling in a catch that meets the state regulation standards. Species that are most actively fished in the summer months include Black Sea Bass, Bluefish, Fluke, and Striped Bass among many others. As fish continue to grow in their role in the American diet, it is important to know how they can

benefit you and how you can be sure that you are eating safe, sustainably caught species.

Fish can be a wonderful addition to any diet for a myriad of reasons including their high level of protein and vitamin D, as well as their low level of calories relative to other high protein foods, such as meat and poultry. Seafood in general contains a protein which has all of the essential amino acids crucial to the human diet. Possibly most important of all, fish is rich in Omega 3- fatty acids which are linked to increased heart health, brain growth and development, and have even been cited as beneficial in fighting against depression and other mental illnesses.

Another wonderful aspect of the summer marine activity is the beautiful species that migrate through the Mid-Atlantic coastal waters! Each spring as the water warms, schools of fish begin to migrate north into the mid-Atlantic region. Not far behind the schools of fish are pods of dolphins following their food source into the area. With a little luck and some knowledge of where to look, one can also witness another species, the Atlantic humpback whale, as it migrates north from the Caribbean to the New England and Canadian coasts.

The sight of these magnificent migrations is not only visually appealing but it also serves as a tangible reminder

of the impact that clean water has on coastal and marine ecosystems. As pollution and contamination are reduced, water quality improves and creates a more hospitable environment for microorganisms, such as zooplankton, a staple in the diet of a vast array of marine life. The health of the smallest links in the marine food chain, organisms hidden from the naked eye, is crucial to the survival of every species from crustaceans all the way up to the great humpback whale. The relationship between clean water and healthy marine life is beautifully displayed before our eyes as migrating species follow their abundant food sources just off our coast.

Summer is a brilliant time for rich crops, diverse ecosystems and plenty of opportunities to spend time with friends and families. Make this summer the best one yet and be sure to make responsible decisions that will positively affect your environment so that it can continue to provide a healthy summer harvest for generations to come!

Using Your “Senses” To Guide You To a Bountiful Summer Harvest

When harvest time comes, use your “senses” to determine peak flavor and texture to get your produce from your garden to table. The senses of sight, touch and smell are most important to guide you to a beautiful and flavorful harvest. And then you will excite the best sense of all... TASTE!

It's best to take a basket out to the garden every day to see what has ripened. Picking vegetables as soon as they are ripe often encourages the plant to produce more.

Most vegetables are at their peak of tenderness and flavor when they are relatively small. Zucchini for example, are best when they are no more than six or seven inches long. Then they get tough and woody (if you discover an overlooked monster, grate it and make zucchini cookies or zucchini bread).

When you harvest, look out for signs of trouble, such as yellowing leaves or rotting fruit, and remove the problem parts. Even if it's something you can do little about at harvest-- such as blossom end rot or cracking from too much rain -- there's no point in letting

the plant put energy into fruit you won't be able to eat.

Here are some tips for harvesting some common vegetable-garden bounty:



Herbs. Here is where your "sense" of smell guides you best. One sniff and you can start harvesting. Pinch or cut back herbs frequently to keep them producing more stems and leaves (the parts we eat) and to keep them from blooming, which changes the flavor. Basil, especially, needs frequent pinching back to keep it bushy and productive. At some point in July or August everybody has too much basil, which is why the Italians invented pesto (find many recipes on the internet).



Tomatoes. There is a huge range of tomato varieties. Many kinds are red when ripe, but some are orange, yellow, striped or even green... So learn what to expect from your variety and monitor the plant closely as its due date nears. Generally, a tomato is fully ripe when it releases easily from the stem. Another "sense" to employ here is touch. A ripe tomato will feel "heavy and "give" a little when you touch them gently. Not picking it too early will provide the fullest sweet flavor. Let them ripen in the sun on the vine, not on your window sill. Once you have picked the first few tomatoes of a particular variety, you will get a feel for what a ripe one will look and taste like.



Peppers: Peppers are mature and ready to eat when full-sized but still green. If

left on the vine longer, they will change color to red, orange, yellow or brown, depending on the variety, and will deepen in flavor and become less crisp in texture. Hot peppers left to change color will get hotter. So whether you pick at the green stage or later will depend on the variety and what you plan to use the pepper for. As with tomatoes, the first few you pick will teach you to gauge ripeness.



Lettuce. It's important to pick lettuce before hot weather encourages the plant to "bolt," or develop a flower stalk, which makes the leaves taste bitter. With leaf lettuce and many other greens, you can "cut and come again" while the leaves are young and tender, no more than five inches long. Use scissors to cut the largest leaves individually from the plants. When the smaller leaves get big enough, harvest carefully by snipping with scissors. You may be able to come back to a plant two, three or four times, a few days apart, before it gives up in the summer heat. To prolong the lettuce harvest, look for bolt-resistant varieties and sow seeds several times at two-week intervals. A tent of shade cloth or translucent row cover -- or a site in part shade -- also may delay bolting in hot climates. In late summer, sow green seeds again for a fall crop.



Green beans: Pick the pods when they are a little shy of their maximum size, to be sure that they are tender, with immature seeds. If you delay, the seeds will mature and harden and the pod will become tough. Don't pick green beans in the morning when the dew is still on the vines; wait until they are fully dry to avoid spreading disease. And keep up

with the picking to encourage the vine to keep flowering and producing pods.



Cantaloupes or muskmelons. Melons are tricky, even for melon farmers. You can thump the melon and listen for a dull, hollow sound or sniff (another "sense" to employ) it to see if it smells sweet. A ripe cantaloupe or muskmelon will begin to have a tan or yellowish color beneath the corky "netting" on its skin.



Watermelons. When the spot beneath the melon, where it sits on the ground, turns yellowish, rather than white or green, the melon is close to ripe. The rind also gets tougher, so test it with your thumbnail ("sense" of touch) to how easily it dents. For old-fashioned full-sized watermelons, the traditional ripeness test is to thump and listen for a dull, hollow sound, but this may not work as well with the smaller "icebox" varieties. Ultimately, you'll have to cut one open and decide if it's ripe, and use that as a standard for the rest of the crop.



Cucumbers. Check the seed packet to see how large your variety of cucumber will get and how long that is expected to take. But bear in mind that you can pick cucumbers at any stage, depending on what you want to use them for. Smaller ones will be more tender, with thinner skins and few or immature seeds. Too-old cucumbers get dry and woody. Like melons, cucumbers should be cut from the vine, not pulled. These are a few tips to be guided by your senses to have a bountiful, flavorful summer harvest.

Yard2Kitchen Organic Gardens designs, installs and maintains organic gardens. For details: www.yard2kitchen.com (732)-410-6173.



Liza Huber and her four children

Liza Huber on Healthy Meals and Happy Kids

Start with Homemade, Organic Baby Food

by Gerry Strauss

For many actresses, landing a role on the hit show *Passions* would be a career highlight. For Liza Huber, daughter of soap opera icon Susan Lucci, a successful acting career was

one step *en route* to her calling as a mother, public speaker and entrepreneur. Her inspiration was to launch Sage Spoonfuls (*SageSpoonfuls.com*) to make it easier for parents to make homemade,

organic food for their little ones. It's all about enabling parents to provide a legacy of health, all wrapped up in love.

How did becoming a parent boost your relationship with organic foods and health?

I was raised on a diet of mostly fresh, homemade, food and knew it was something I wanted for my own children. At that point, I knew the basics; that it was healthier and tasted better than store-bought baby food. The more I learned, the more I became fascinated by how switching to an organic diet positively affects our health.

Why is it vital to introduce organic food during a youngster's early development?

America's food supply is loaded with more chemicals and GMOs [genetically modified organisms] than ever before. I believe, as many others do, that the rapid rise of food allergies in children is a direct result. Many chemical pesticides and artificial flavors and colors are known to contain carcinogens, suspected hormone disruptors and neurotoxins. It is widely believed that even small doses of these common pesticides can have lasting negative effects on a child's health. I believe that teaching our kids about the importance of fresh, organic food and the potential dangers of a conventionally processed diet helps set the stage for a lifetime of healthy choices.

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"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear." -Buddha

How do homemade organics and packaged organics differ?

Store-bought baby food, organic or not, is processed to have a long shelf life of up to two years. So much of the nutrient content is lost during processing that most manufacturers artificially add it back in, but aren't obligated to inform consumers. The added nutrients are synthetic and aren't absorbed by the body the same way as naturally occurring nutrients.

The taste, color and aroma of commercial baby food isn't as appealing. By feeding your baby a steady tasty diet of fresh, homemade, organic baby food, you greatly reduce the risk they'll grow into a picky eater. Plus, making your own baby food is three to five times less expensive than what is store-bought.

Homemade food has a far smaller impact on the environment compared with commercial manufacturing, transportation and packaging. By the time a baby turns 1, they will have eaten from nearly 700 jars or pouches of store-bought baby food that generally end up in landfills, because little is recycled.

Which favorite foods do you love to make for your babies and why?

I focus on whole foods. Great first foods include bananas, apples, butternut squash, pears, avocados, peas and sweet potatoes. Once a baby has successfully tried a couple of these, start mixing them together. Banana and avocado, apple and butternut squash, and peas and sweet potato are good combos. They're loaded with nutrients and antioxidants, easy to make and yummy. Avocados' healthy fat is also essential to brain development.

What key lessons learned from your mother have you carried forward with your young family?

Two lessons really stick with me: "Stay open and leave room for life to surprise you," and "You can have it all... just not all at the same time." In my teens and 20s, I was a meticulous planner, disappointed if things didn't go exactly as I

wanted. Amazing things happened after taking Mom's advice to leave myself open to wonder.

Growing up, I saw my mom have an amazing career, yet also be a fantastic wife and mother. Her secret, and now mine, is to prioritize and focus on one thing at a time, whether it's work, kids or my husband. This way, everything in your life gets 100 percent of your attention some of the time, rather than trying to do everything at the same time, which rarely works.

What's the best gift a mother can give her child?

There's nothing more important to a child's overall health and well-being than being raised in a loving, warm environment where they feel safe, loved and important. My deep love for my children guides every decision I make for them. A mother's intuition is a superpower.

Gerry Strauss is a freelance writer in Hamilton, NJ. Connect at GerryStrauss@aol.com.

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COOL CHOW

Icy Treats for Hot Summer Days

by Sandra Murphy



In 2015, manufacturers of commercial dog and cat foods and treats issued 28 recalls, some for multiple products, due to the potential presence of listeria or salmonella bacteria, mold, dangerous levels of cumulatively harmful propylene glycol, inadequate thiamine, elevated levels of vitamin D, off odors or labeling problems (Tinyurl.com/PetFoodManufacturerRecalls). In response, homemade treats have grown in popularity to ensure that pets enjoy safe and healthy snacks.

"Most summer fruits work naturally to cool the body," advises Cathy Alinovi, co-author of *Dinner PAWsible: A Cookbook of Nutritious Homemade Meals for Cats and Dogs*, in Pine Village, Indiana. "Healthful treats, made from the best ingredients, are a good way to take a break from summer heat."

She suggests taking a refreshing look at low-calorie fruits and veggies such as stuffed celery used in creative,

tasty ways. After removing strings, fill celery logs with plain yogurt and freeze. To serve, cut into one-bite pieces appropriate for a dog's size.

Another easy favorite is filling an ice cube tray two-thirds full with Greek-style or traditional plain yogurt mixed with diced strawberries

or whole blueberries and freeze overnight. For cats, omit the fruit and instead add bits of mercury-free water-packed tuna or salmon as a special treat. Add fresh or dried catnip to catch Kitty's attention.

"Once when fixing dinner, I dropped a piece of frozen yellow squash and the dogs

dove for it," says writer Livia J. Washburn, in Azle, Texas, of her Chihuahuas. "Nicki waits for things to hit the floor; Nora showed her game face and won the Squash War."

"Obesity is the number one nutritional disease affecting our pets, so summertime activities that avoid overheating are vital for overall health," says

Use the freshest ingredients, organic and non-GMO (no genetic modification) where possible; tuna or salmon in a pouch is safer than BPA-canned fish.

Veterinarian Jeff Werber, a veterinary medical journalist with a Los Angeles practice. "Proper nutrition is critical—not only to the foods we feed, but to the treats we give."

Twelve years ago, Rick Woodford's Belgian Malinois/Labrador mix, Jackson, was diagnosed with lymphoma. In order to keep him eating, Woodford shared his own food. Jackson lived an additional four years, in part due to improved nutrition. "Portion control is important," he says. "What's right for an 80-pound dog is way too much for a 30-pounder." Woodford, the author of *Feed Your Best Friend Better* and *Chow*, lives near Portland, Oregon.

Frosty Paws is a lower lactose version of ice cream for dogs and discriminating cats. Recipes for homemade versions can be found online. The basics are one ripe, mashed banana, 32 ounces of plain or vanilla yogurt and two tablespoons of honey, all mixed in a blender and frozen in small ice cube trays. Variations may substitute goat's milk yogurt or add a quarter-cup of strawberries, cranberries or blueberries for antioxidants in lieu of the honey. Frozen vegetable broth, primed with added bits of cooked chopped spinach, broccoli, carrots or a small cheese cube, is a hit with dogs. Cats like theirs with tidbits of chicken, turkey or a few shreds of cheese.

Using a bone-shaped ice cube tray lets humans know it's the pet's treat. "When I was developing frozen treat recipes, my husband came in from the yard one hot afternoon and went straight to the freezer," says Paris Permenter about John Bigley, co-authors of *The Healthy Hound Cookbook*, in Cedar Park, Texas, who live with mixed breeds Irie and Tiki. "I watched him eat two helpings of the dog ice cream and then told him what it was. We often share our food with our dogs. It was nice for them to share their goodies with us!"

The bottom line for the best summertime treats is to go healthy, be creative, use fresh ingredients, don't overindulge and stay cool.

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

Summer Loving, Come and Get Some

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Whitney and **Penny** originally southern girls, came to us from a hoarding situation where they never got the opportunity to socialize with people :- (Upon arrival at the MCSPCA, they were so shy and shut down that they would not approach people at all, and when they were petted, they would just go to their own internal happy place. Looking for a wonderful foster family, with lots of patience.



ELSA is one year old and is the absolute perfect bunny. She's extremely friendly and good with both children and adults. Many rabbits are skittish around children but not Elsa, she loves kids! She is very playful and smart- and will nudge her wicker ball over in your direction so you can roll it back to her!

**Associated
Humane Society**
732-922-0101

BOOMER is a big boy who is 5 years young. This Black Lab is looking for a special home. He is very smart and knows quite a few tricks. He's a little picky with his doggie friends and that is why he ended up here with us. No small dogs or cats or small children please. If you have a dog and want to do a meet, we will gladly assist. Boomer is very easy to walk on leash and he loves cookies and to play.



LIBBY is 13-years-old and arrived to us, as her owner was hospitalized and there is no one to care for her. Libby is dog, cat and kid approved. She loves to go for walks, knows several commands and is a real sweetie! Does anyone out there have space for this senior girl? Please tell your friends about her her and let's find her a home ASAP as she needs a quiet home and soft bed to curl up on.



Rescue Ridge
732-681-3450



MERMAID wiggles like a fish and is beautiful. That's why this stray dog from Manhattan is named "Mermaid" with Grace added by one of her fans as a last name. She appears to have been raised with cats and it's been hard getting her to eat dog food. She likes people, follows you everywhere, but is not a dog who likes to be carried AROUND.



CALEB is a fabulous boy! At 8-years-young. This Hound/ Staffordshire Terrier sweet guy has just the right mix of moderate energy and easygoing, well-balanced gentleness. He lived in a home with children and loves kids of all ages! Caleb is fully housebroken, professionally obedience trained, loves to go for long or short walks, fetch balls and sticks, and is a kind and loving companion.



The Smart Summer Toy Box

20 Award-Winning, Brain-Boosting Toys Under \$25

by Michael Ginsberg

If you're looking for ways to keep your kids busy over the summer without breaking the bank or sitting them in front of the TV all day, LearningRx can help! We've put together a list of award-winning toys that can help build your child's cognitive skills—like memory, auditory and visual processing, attention, logic & reasoning, and processing speed—for less than \$25*! Best of all, your kids will have fun without even knowing they're learning!

1. **Compose Yourself by Think Fun** (\$14.99)

Create a world-class composition in minutes. No musical experience required!

Ages: 6+

Cognitive skills: Visual and auditory processing

Awards: 2015 Major Fun Award, 2015 Play Advances Language Award, 2015 *FamilyFun Magazine* Toy Fair Favorites, 2015 BSCKids Bestie Awards

2. **Clumsy Thief by Melon Rind** (\$14.99)

A fast-paced card game requiring a mix of strategy, addition skills, and luck!

Ages: 8+

Cognitive skills: Strategy, planning, math computations, attention

Awards: Tillywig Toy Awards Best Family Fun, 2013 Dr. Toy's Best Picks, Academics Choice Brain Toy Award Winner, Major Fun Award

3. **Distraction by ThinkFun** (\$9.99)

Memorize the numbers on the cards as the sequence of digits continues to grow. Draw and answer a Distraction card before reciting the cards' numbers in order. The player who gets rid of their cards first wins.

Ages: 8+

Cognitive skills: memory, attention

Awards: 2012 Oppenheim Toy Portfolio, 2012 Parents' Choice Recommended Game, 2012 Dr. Toy's 10 Best Games, 2012 Dr. Toy's 100 Best Children's Products, 2012 Creative Child Preferred Choice Award, 2012 Major Fun Award

4. **STARE! Junior Game by Game Development Group** (\$21.99)

Take turns staring at fun images on the cards until the timer runs out. Then answer questions about what you remember!

Ages: 8+

Cognitive skills: Memory, attention, visual perception

Awards: Teachers' Choice Award, National Parenting Publications Awards Nappa Honors, The National Parenting Center seal of approval

5. **Quiddler by SET Enterprises Inc.** (\$4.99)

Combine your hand into one or more words trying to use the highest point value letters.

Ages: 8+

Cognitive skills: Sound blending, visual processing, attention, segmenting

Awards: Parents' Council Award, Educational Clearinghouse A+ Award, MENSA Select Award, Dr. Toy's Best Vacation Winner, Creative Child's Preferred Choice Award, and more

6. **Five Crowns Junior by SET Enterprises Inc.** (\$10.43)

Match all five cards in your hand by either number or color to win a treasure chip. Avoid earning Robby chips or you could lose your treasure!

Ages: 5+

Cognitive skills: Visual processing, attention

Awards: Family Choice Award, Creative Child's Travel Fun of the Year Award

7. **Blokus by Mattel** (\$16.74)

Place your pieces on the board so that they touch another piece of the same color, but only at the corners.

Ages: 7+

Cognitive skills: Strategy, logic & reasoning, visual processing, processing speed, planning

Awards: Mensa Select Award, Teacher's Choice Award

8. **SET by SET Enterprises Inc.** (\$10.97)

Be the first to call out a set of three from the cards dealt. The one with the most sets when the cards are done wins.

Ages: 6+

Cognitive skills: Visual processing, processing speed, attention, spatial reasoning skills

Awards: Winner of over 35 Best Game Awards

9. **Back 2 Back by SmartGames** (\$10.75)

A challenging grid-based puzzle game that's played on both sides.

Ages: 7+

Cognitive skills: Planning, visual processing, attention

Awards: Oppenheim Toy Portfolio Gold Seal Award

10. Wordplay for Kids by Game Development Group (\$17.45)

Build words that fit the category and include the letters required as you race to the finish.

Ages: 8+

Cognitive skills: Phonemic awareness, sound blending, visual processing, processing speed, attention

Awards: Teacher's Choice Award

11. Telepathy Jr. by LMD (\$23.99)

Through the process of elimination, guess your opponent's secret square.

Ages: 6+

Cognitive skills: Deductive reasoning, logic, problem solving, memory, visual processing

Awards: National Parenting Center Award

12. CUBU by Funnybone Toys (\$9.78)

Try to follow color numbers and color sequences to get to 100 points first.

Ages: 10+

Cognitive skills: Visual processing, processing speed, attention

Awards: *Creative Child Magazine* 2012 Preferred Choice, Family Review Center Best of 2012

13. Arrazzles by Funnybone Toys (\$17.49)

Imagine, build, connect, and play with these metallic color cards.

Ages: 4+

Cognitive skills: Planning, visual processing

Awards: *Creative Child Magazine* 2013 Top Toy of the Year Award, Academics' Choice Brain Toy Gold Award

14. Stomple by Spin Master Games (\$15.95)

Use strategy to stomp your opponent's marbles before they stomp yours.

Ages: 8+

Cognitive skills: Planning, strategy, visual processing

Awards: Mensa Select National Competition Winner, More Fun Award

15. Tapple by USAopoly (\$13.00)

Choose a category card and name a word matching the category within 10 seconds, then press the first letter of the word on the wheel. Can't think of a word in time? You're out! The player that collects the most cards wins!

Ages: 8+

Cognitive skills: Processing speed, memory, attention

Awards: National Association for Gifted Children 2013 Toy List, Mom's Choice Gold Award, Major Fun Award, Tillywig Toy & Media Awards' Top Fun Award, and more

16. IQ Twist by SmartGames (\$9.99)

Try to fit all the twisted playing pieces on the game board for any of 100 challenges.

Ages: 6+

Cognitive skills: Logic, planning, strategy, visual processing

Awards: Best New Puzzle - Games Magazine

17. Apples to Apples Junior by Mattel (\$17.07)

Try to convince the judge that the word you've chosen from your hand best matches the judge's card.

Ages: 9+

Cognitive skills: Logic & reasoning, attention, critical thinking skills

Awards: Mensa Select prizewinner, Party Game of the Year by *Games Magazine*, National Parenting Center's seal of approval



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18. Balance Benders by Critical Thinking Press (\$14.98)

Solve these quick, fun logic problems that develop deductive thinking and pre-algebra skills.

Ages: 9+

Cognitive skills: Logic & reasoning, math skills, attention

Awards: Smart Toy Product, Dr. Toy Best Smart Play, iParenting Media Award, The National Parenting Center seal of approval, Association of Educational Publishers Distinguished Achievement Finalist Award, and more

19. Match It! Spelling Memory by The Learning Journey International (\$10.28)

Find matching pairs that teach short spelling words, like "cat" and "frog."

Ages: 3+

Cognitive skills: Memory, problem solving, sound blending, auditory processing, phonemic awareness

Awards: *Creative Child Magazine* seal of excellence

20. Spot It! by Blue Orange (\$9.97)

Find the symbol that each of two cards has in common. A fun, fast game for the entire family.

Ages: 3 - 12 years

Cognitive Skills: Attention, processing speed, visual perception

Awards: Winner of 15 awards

"We now know that, thanks to neuroplasticity, our brains can change, adapt, and grow at any age," explains Tanya Mitchell, co-author of *Unlock the Einstein Inside: Applying New Brain Science to Wake up the Smart in Your Child* (UnlockTheEinsteinInside.com). "While we encourage parents to consider one-on-one brain training to target weak cognitive skills—such as attention, memory, visual and auditory processing, logic & reasoning, and processing speed—on a smaller scale, parents can help strengthen their children's brain skills by choosing games and activities that use these essential skills."

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

**Prices based on Amazon.com at the time of compilation. Michael Ginsberg is the owner and executive director of Learning Rx in Marlboro and Red Bank, NJ. LearningRx specializes in one-on-one brain training. We train cognitive skills through game-like exercises that are both fun and challenging—and we do it with a unique personal trainer approach. LearningRx's customer satisfaction speaks for itself with an average rating of 9.5 out of 10. With 80 centers across the country, LearningRx is a pioneer in the one-on-one brain training industry. Learn more at LearningRX.com or call 732-444-8579.*

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Nourishing the Yang: Ancient Healing for Men

by Shoshanna Katzman

Chinese medicine treatment for men's health concerns dates back well over 2700 years. Many of the common health issues men face are addressed holistically with acupuncture, Chinese herbal medicine, Qigong and/or Tai Chi exercises, Chinese dietary therapy, and lifestyle recommendations according to Chinese medicine principles. This is a specialty known as andrology (an Ancient Greek word) dealing with problems of the male reproductive and urological systems - also known as "the science of men".

Chinese medicine treatments provide an integrated view of the physical and energetic components of the body. Its diagnostic approach involves detection of a particular dysfunction through traditional analytical methods such as tongue and pulse diagnosis. A Chinese medicine practitioner also stays cognizant of various symptoms and signs, which are then woven together with other diagnostic information to establish a "pattern of disharmony" for each individual.

According to Yin Yang theory, a male is classified as exhibiting more yang qualities. Yang is associated with Qi (vital energy), predominance of heat, a more robust and loud demeanor, more external symptoms, and a harder and more outgoing nature. A major component of a Chinese medicine approach to men's health thus involves an analysis of these yang qualities to establish a baseline for treatment. The treatment goal is to ultimately bring the yin and yang energies of the body into harmony and thus restore homeostasis.

The most common energetic deficiency for males stems from Qi deficiency, especially within the kidney meridian. According to Chinese medicine, the kidney is an extremely important organ that provides vital energy to all organs - serving as a powerful reserve of Qi support for the entire body. In fact, it is commonly said "when kidney Qi is gone, so is life".

When the kidney fails to function at its optimal level, symptoms emerge which signify the need for treatment to

strengthen the energetics of the kidney. This necessitates a boost of kidney Qi, kidney yang and kidney essence – each being vital energies which naturally deplete with age and become unnecessarily squandered through unhealthy lifestyle habits. This requires caution and care to follow a consistent lifestyle regimen that includes healthful habits in terms of exercise, stress, play, rest, sleep, diet, emotions, sexual activity, and relationship patterns.

When a man lives with moderation and attention to right living habits positive outcomes are the result. Preventative Chinese medicine treatment sought before kidney deficiency progresses leads to ample energetic resources for a long healthy life. Alternatively when left untreated, kidney deficiency worsens and becomes the energetic root cause of underlying cardiovascular disease, lung problems, prostatitis, infertility, bladder issues, hair loss, sexual dysfunction and depression.

The kidney is traditionally said to nourish the lower back and is thus an integral aspect of Chinese diagnosis

for men in terms of symptoms such as weakness and/or pain. In fact, there is a Chinese saying that “the health of the lower back is very important for men”. Hair on the top of the head is said to be nourished by the kidney. Therefore, Chinese medicine treatments that strengthen kidney energy will help maintain a healthy head of hair. The same is true for issues with growth and development, as well as with sexual function and reproduction which are directly associated with the energetics of the kidney.

The Liver meridian is also important in terms of sexual dysfunction because the liver meridian flows through the genitalia. Balanced flow within the liver meridian stimulates increase of blood and Qi flow to the genital region to enhance sexual health. Furthermore, curtailment of excessive or repressed anger is also helpful to balance the energetics of the liver because anger issues suppress the flow of liver Qi.

Spleen meridian health is a key component for prostate health. This is because excessive spleen damp-

ness blocks the free flow of Qi and blood to this area. Ingestion of more warming food and drink is recommended to diminish the chance for development of damp accumulation of the spleen as well as Qi deficiency of the kidney.

Chinese medicine treatment is rich with preventative measures. It is a specialized approach taking into consideration an individual's full medical history, energetic background, and current physical complaints. This ancient paradigm for health and healing provides treatments and lifestyle recommendations which focus on disease prevention, natural immunity, and overall well-being achieved through maintaining ample levels of Qi to sustain optimal health for males of all ages.

Shoshanna Katzman, L.Ac., M.S., is the author of Qigong for Staying Young, co-author of Feeling Light and the director of the Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ. For more information, visit www.healing4u.com.

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What All the Food Labels Really Mean

by Judith Fertig

Locally grown foods are more likely to have been bred for flavor and nutrition than durability and a long shelf life, says Emily Akins, outreach director for the Kansas City Food Circle, a cooperative that links residents with farmers that grow and raise organic and free-range food. An added benefit is getting to know the farmer and being able to ask the questions—and receive the answers—that are important to us.

The U.S. Department of Agriculture (USDA) reports that local food sales totaled \$12 billion in 2014, up from \$5 billion in 2008. They continue to grow.

Organic or Certified Organic

Consumers want to know the difference between organics and certified organics. Today's number of U.S. certified organic operations has jumped nearly 300 percent since 2002 to more than 21,700.

Although a certified organic designation might be the preferred index of

how foods are grown and raised, it is not always possible for certain foods in some climates. Sometimes there's a tradeoff in buying organic foods in the carbon footprint of its transport to market.

According to the Sweetwater Organic Community Farm, in Tampa, Florida, "Organic refers to a specific method of growing and processing foods, and is defined as produce grown, packaged and stored without synthetic fertilizers, pesticides, herbicides or irradiation."

To be considered certified organic under the Code of Federal Regulations 7 CFR Part 205, products must meet these standards:

- No harmful chemicals have been applied to the land for at least three years.
- Farmers and processors are inspected annually by a certifying agency.
- Farmers and processors must keep detailed records of practices.
- Farmers are required to maintain a written organic management plan.

Certified Humane

When we buy local cheese, poultry or meat at the farmers' market, we sometimes see a certified humane notice. One such producer is Baetje Farms, outside St. Louis, Missouri. Their highly regarded goat cheeses offer traceability via a lot number, so buyers can know exactly which milking the cheese came from.

In factory farming, which often involves penning or caging animals that never go outdoors, "certified humane" means that this producer meets Humane Farm Animal Care standards:

- Fed a nutritious diet without antibiotics or hormones.
- Provided proper shelter with resting areas and sufficient space.
- Animals have to ability to behave naturally.

Veronica Baetje says her farm's goats receive organic mineral supplements and locally grown alfalfa hay in addition to pasture grass every day. She adds, "They are free to choose what they prefer to do, whether skip and run up a hill, lie under the shade of a tree, soak up some sunshine or play with their herd mates."

Wild Food

At times, farmers' markets will offer foraged foods from the wild or wild game. Sources are listed online at EatWild.com. "Few of us will go back to foraging in the wild, but we can learn to forage in our supermarkets, farmers' markets and from local farmers to select the most nutritious and delicious foods available," says founder Jo Robinson, in Vashon, Washington,

For example, Dave and Sue Whitteley, at High Wire Ranch, in Hotchkiss, Colorado, raise bison (buffalo) and elk that they sell both through local stores and at the Aspen Saturday Market. The wild game is 100 percent pasture-fed, non-GMO (no genetically modified feed), gluten-free and not given hormones or any antibiotics unless the animal is sick.

Trusted Sources

The land, climate and growing season dictate the best natural farming practices for each area, often described along with their products on farm and farmers' market websites.

Wisconsin's Dane County Farmers' Market, in Madison, provides detailed de-

scriptions of farm products and agricultural practices so customers can make informed choices. Sometimes, the type of farm makes a difference. "We are intentionally human scale," says Virginia Goeke, of Sylvan Meadows Farm, in Viroqua, Wisconsin. "We choose to husband our land to promote harmony and synergy. We are creating a sustainable farm ecosystem where herbal meadows, prairies, heirloom gardens, orchards, woodlands, and rare breeds of livestock and wildlife flourish."

Sometimes, we'd just like someone else to do the food curating for us. The Kansas City Food Circle requires member farmers to take a pledge to follow certain agricultural practices. "When you buy food from our members, you can rely on the co-op's pledge that it's been certified naturally grown or that the farmer has USDA Organic certification," says Akins.

Lancaster Farm Fresh Cooperative, the joint effort of 100 small-scale family farms providing fresh, organic, seasonal produce, in Leola, Pennsylvania, gives similar assurances.

The USDA reports that 160,000 farmers nationwide are currently selling to their local markets via farmers' markets, community supported agriculture organizations, restaurants, groceries and institutions, generating health, social, economic and environmental benefits for local communities. It keeps growing because we keep asking questions.

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com.

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What is Craniopathy? Can it help you?

by Pure Health Services

A lot of patients ask if Chiropractic Craniopathy® can benefit them. The answer, in many cases - yes. To explain a little further as to why, is where it gets amazing. A lot of people are coming around to the value of chiropractic and seeing the benefits of restoring motion to the spine and how that influences the Central Nervous System (CNS) via the spinal cord. The spinal cord makes up only 20% of the CNS. The brain makes up 80%. The spine is the protective case for the spinal cord and the skull is the protector of the brain. What most people do not know is that the skull is also intended to be a pumping mechanism for the cerebrospinal fluid (CSF) to ensure circulation, providing nutrition, and waste removal for the entire nervous system. So just imagine if that pump is jammed. The entire CNS will function as if you were to run a marathon without eating a proper meal. You will probably make it to the finish line but you definitely won't be making your best time.

This is where Chiropractic Craniopathy® comes into play. A Craniopath's job is to ensure that the pump is working to its best ability. The correction is accomplished by using gentle, focused forces to influence the bone position and physiological function of the cranial complex. This is usually when patients ask what it can help with. To name a few... it has helped with the symptoms of vertigo, tinnitus, sudden onset hearing loss, migraines and headaches, eye pain, eye pressure, TMJ, teeth sensitivities, and even facial pain and brain fog.

Information provided by Pure Health. If you suffer from any of these difficulties and would like to schedule a consultation call us at 732-747-0083. Mention *Natural Awakenings* and get your consultation for only \$20.

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choose not to think about it.

It's not easy to know what causes inflammation or recognize signs of inflammation. There is just too much information to consider. You really have to be an expert to figure this stuff out. Luckily, a functional medicine practitioner has great experience in recognizing and improving inflammatory health conditions. Functional medicine has great success in resolving many health conditions because it works by getting to the root cause of the health problem in a safe and natural way. This means that results are real and lasting.

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Inna Lukyanovsky, RPh is a Functional medicine practitioner, natural health expert and a pharmacist on a mission for safe, effective and natural health options. We offer great options for functional anti-inflammatory programs. FunctionalMedicineNYNJ.com Call 732-414-6223 or 800-557-8039 to make an appointment.

SUMMERTIME INFLAMMATION

by Inna Lukyanovsky

Have you ever wondered how inflammation affects your life? If you haven't, then you really should think about it. There are some obvious and not so obvious ways that inflammation is affecting you right now.

Many of us know what inflammation is in its most obvious form. For example, if you sprain your ankle or get a bruise, there is some obvious inflammation occurring with pain, redness or swelling. This is something that everyone is familiar with. But, what about all the hidden or indirect inflammation that affects our health and causes disease. Once you begin uncovering some facts about inflammation you will be surprised at how much it controls our life.

Inflammation triggers the symptoms of disease. If you were to back-track to the beginnings of most diseases it would take you back to an inflammatory process that started it all. It takes years of inflammation before a disease presents itself. Some diseases whose symptoms are triggered by inflammation are Alzheimer's disease, asthma, arthritis, celiac disease, crohn's disease, fibromyalgia, GERD, lupus, multiple sclerosis, psoriasis, rheumatoid arthritis, scleroderma and more. Inflamma-

tion is also a starting point for kidney failure, stroke, pancreatitis, neuropathy, and heat attacks.

Most of our health problems stem from our poor diet, life style choices and environmental conditions. And, with summer here, we tend to indulge in foods that may cause additional inflammation. Some inflammatory ingredients, foods or additives are sugar, vegetable oil, fried foods, refined flour, dairy, synthetic sweeteners, artificial additives, saturated fats, conventional grain-fed meats, processed meats, gluten, excess alcohol, trans fat foods, and fast foods.

On the flip side, there are foods that are anti-inflammatory. And, yes, these are health foods. And, you can use them in recipes that taste great. Some of these are green leafy vegetables, bok choy, celery, beets, broccoli, blueberries, pineapple, salmon, mackerel, sardines bone broth, nuts such as almonds and walnuts, coconut oil, chia seeds, flaxseeds, turmeric, ginger and more. Just from these ingredients alone you can make meals that are delicious, nutritious and healthy. The bottom line is that it's our choice to make the right choice for our health. Most of us know this, but we



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Meditation: Planting The Seeds For A Lifelong Harvest

by Nicole Simone

Life can certainly become hectic and along with the “busy” that our physical beings are occupied with, our minds also become busy. From the moment we wake, the constant mental chatter of making plans, doing business, reviewing regrets and smiling or frowning over memories occupies our minds throughout the day and sometimes that mental busyness even intrudes upon our ability to fall asleep.

These mental acrobats are both a blessing and a curse. The useful bits help us to organize and learn, remind us to act with caution and alert us to danger. The “extra” chatter that fills up the space in between is what distracts us, causes worry or anger, undermines our confidence and fatigues us both mentally and physically. We interpret this fatigue as inability or a sense of being over burdened and the expression “I have a full plate,” or the simple “I’m too busy” have become common responses in our communications with one another.

Our minds demand that we be super heroes by accomplishing an impossible number of tasks while remembering everyone and everything and dealing with the emotions that arise from the chatter that fills the spaces between the useful thoughts. As a result we find ourselves making poor business decisions, snapping at others when we become moody, forgetting simple things and forgetting important things. When we find ourselves missing family time and losing sleep, we realize that our days have become consumed by stress and somehow, realizing that you are stressed creates even more stress.

Now, we all know that stress is bad. We have even given it a nickname, “The Silent Killer.” Stress can lead to a variety of physical ailments such as high blood pressure, heart attack, menstrual irregularities, anxiety and depression, a compromised immune system, sleeplessness, headaches and numerous other unpleasant manifestations.

What we may not know is that stress is common and can be experienced by everyone including adolescents, children and infants. Stress is not exclusively an adult phenomenon and it is not exclusively triggered by negativity. Positive events in life can also trigger moments of extreme stress. Getting married, having a baby or even getting a promotion at work are all positive moments that can lead to periods of heightened stress.

Most of us are not very adept at managing our stress and sometimes the solutions suggested such as exercise, diet changes, confiding in friends or family, add stress to our daily regime as they require planning, timing and adding to an already packed schedule.

An alternative solution to managing stress is Meditation. Meditation is being studied by science all around the world. Harvard Medical School, The University of California and The Emory School of Medicine as well as research institutes in Belgium, France and Spain are publishing their findings on how meditation benefits a number of conditions such as ADHD, high blood pressure, pain and anxiety. These studies have shown that stress reduction through meditation could be the key to positive effects upon the health. It has been noted that meditation greatly reduces the risk of heart attack, stroke and death in heart disease patients by lowering the blood pressure and psychosocial stress factors. Meditation practiced by adult ADHD patients resulted in reduced hyperactivity and impulsivity. These patients also improved their inattention symptoms by improving their awareness skills.

On a physical level, meditation can lower high blood pressure, reduce anxiety and anxiety attacks, decrease tension related pain, increase serotonin production and increase energy levels. Since meditation brings the brainwave pattern into a relaxed state, additional benefits can manifest as increased happiness, increased focus, and improvement in emotional stability.

The best part about meditation becoming your solution to stress and therefore better health is that meditation does not require much thought. Hopefully you’ll pardon the pun for the

logic. The beauty of meditation is that it does not require a special outfit or a special place to practice. You don't need to know poses or have great balance or coordination. You can practice alone or with other people. The elderly can do it, adolescents and children can do it, YOU can do it.

Meditation is a fantastic habit to develop and when you first start to incorporate meditation into your daily life, don't put too much pressure on yourself. Nobody expects a beginner to start off sitting as still as a statue in a perfect lotus pose for an hour or two, so don't place the expectation upon yourself. All meditation asks of you is that you simply BE in the moment. You can start off with ten minutes; you can fidget if it's hard to sit still, you can have soft music playing, you can sit on a park bench and listen to the birds or go for complete silence, it is as you wish. Close your eyes, focus on the gentle in and out of your breath and when you notice that your mind is caught up in chatter, gently redirect your focus to your breath.

Over time and with practice your meditation will lengthen and your sense of well being, your awareness of self and others will develop into health and success. The obligations and projects will seem easier and fewer and you will find yourself with a better-managed life with more time for your loved ones and for yourself. The stressful moments will still come, that is part of life, but how you deal with the stress will have changed and evolved into a practice that promotes health and happiness in your life.

Information provided by Nicole Simone of Bodhi Work of Shrewsbury. Group and private meditation sessions available. If you would like to learn more about meditation or would like to start a practice please call for an appointment or reserve your space in one of our groups. Bodhi Work is located at 621 Shrewsbury Ave. Shrewsbury. Hours are by appointment only. For more information, please call 732 645 6726.

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Where Does the Mind End

And the Body Begin?



Mind + Body = One

by Dr. Jacquelyn Hines

In viewing the human body and mind from a holistic perspective, it is impossible to create a separation between the body and the mind. As per the Miriam-Webster Dictionary, holistic means relating to or concerned with wholes or with complete systems rather than with the analysis of, treatment of, or dissection into parts; it states that holistic medicine attempts to treat both the mind and the body.

We are one, with our minds and bodies connected, allowing our physical health and mental health to reflect one another. How can the mind and body be viewed and treated separately when they are so intimately connected?

Depression from Anatomical Compression

Idiopathic depression means depression of an unknown cause. Through his research, Dr. John Upledger, Doctor of Osteopathic Medicine, clinical researcher, and Professor of Biomechanics, recognized a compression pattern in the craniosacral system of patients who were suffering from idiopathic depression. By releasing these compressions, Dr. Upledger found that his patients were able to experience relief of their symptoms.

The areas of compression are at the occipital cranial base, lumbosacral joint, and sphenobasilar junction. The membranes in the brain have resultant tightness causing dysfunction and imbalance. Blood flow to the brain, the

function of the pituitary gland, endocrine system, and hormonal regulation can be negatively impacted. Severe head pain (migraines, headaches, sinusitis), allergies, personality disorders, low back pain, scoliosis, eye motor coordination problems, and learning disabilities may also occur.

CranioSacral Therapy can eliminate the triad of compression to allow patients to experience improved symptoms and quality of life.

Anxiety Impacts the Body's Ability to Function

The Anxiety Disorders Association of America has reported that anxiety disorders are the most prominent mental health issue in the United States. When anxiety is present, many biological changes can occur due to the activation of the sympathetic nervous system. When this system is active, the body goes into a fight or flight response. The body experiences physical reactions, such as increased heart and respiratory rate, inhibition of digestion, and constriction of blood flow to many parts of the body with increased blood flow to the muscles.

When the body is in this heightened state, it is no longer in homeostasis and cannot respond to stressors appropriately. As a result, individuals may lack the ability to calm their bodies and may experience an increased physiological response to minor stressors.

CranioSacral Therapy can assist in stopping this cycle of anxiety by calming the Central Nervous System, creating balance in the sympathetic and parasympathetic systems.

Trauma Can Reside in the Body

When the body experiences trauma, the memory of this experience can cause dysfunction throughout the body. It does not matter if the trauma is real or perceived, but how the body responds to the experience. Our cells, tissues, and fascia never forget. A traumatic memory can create an imprint in the body holding the emotional experience, while creating physical dysfunctions, such as pain, increased blood pressure, and decreased sleep, and emotional challenges, such as anxiety, depression, and post-traumatic stress disorder.

A CranioSacral Therapist is able to perceive trauma in the body as disorganized energy or entropy. This energy can become walled off to create what is referred to as an energy cyst. Through hands on CranioSacral Therapy treatment, including SomatoEmotional Release and dialoguing, energy cysts can be released allowing the traumatic experience to be released, which enables the body to return to a more balanced state.

CranioSacral Therapy for Depression, Anxiety, and Trauma

CranioSacral Therapy is a gentle, hands-on treatment technique that works on the body, mind, and spirit, recognizing that healing occurs when individuals are treated holistically. CranioSacral Therapy optimizes the functioning of the Central Nervous System through realigning the physical anatomical structures, releasing restrictions, compressions, and tension patterns, calming the body and mind, and releasing trauma to empower individuals to rewrite their story in a place of homeostasis, peace, well-being, and strength.

Dr. Jacquelyn Hines is a Doctor of Physical Therapy and Upledger Certified CranioSacral Therapist who treats individuals suffering from depression, anxiety, and trauma, at her private practice, Connectivity Therapy and Holistic Health at 211 Broad Street, Suite 102, in Red Bank. For more information, please call 732-224-1280 or visit www.connectivitytherapy.com.

“Do you have a pinched nerve?” We Can Help!

Dear Friend,

Let me start by explaining the photo in this letter. You know, when I meet people in town they usually say, “Oh yeah I know you, you’re Dr. Arbeitman. I’ve seen your stories for years...” Well, that’s me. I’m the guy in the picture with my lovely family.

Fifteen years ago something happened to me that changed my life forever. In 1999, I was a first year student in chiropractic school. Having played 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 a week but it didn’t help me. This led me to question my decision to become a chiropractor and I was considering leaving chiropractic school for another profession. I thought I was going to have to live like this forever.

A fellow classmate of mine introduced me to a doctor in Atlanta who specializes in a chiropractic technique called “Upper Cervical”. The Upper Cervical chiropractor did an exam, took three-dimensional films, and then “adjusted” me. The adjustment was so light I didn’t even feel it.

Immediately after the first visit I felt relief, and for the first time in years everything felt “right” again. I spent the next 3 years as an intern, training in that doctor’s office.

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 chiropractic.

In 2003, I returned home to central New Jersey to open a practice that solely focuses on Upper Cervical chiropractic technique. Since then, we’ve delivered over 100,000 spinal adjustments.

My children, Jayde and Easton were adjusted within hours of being born. Most parents don’t realize how traumatic the birth process can be on a newborn’s spine. They obviously didn’t complain of neck or back pain; I adjust them to keep them healthy... as with all the children I care for in the office.

You see, although it’s becoming increasingly more common, it’s not normal for kids to get ear infections and headaches or a number of other health challenges that we see helped in our office.

One study demonstrated that over 50% of adults over the age of 50 to be on 5 drugs or more. I must ask... Are our bodies designed so poorly that we need so many medications by the age of 50? Are we that sick? Are all these drugs medically necessary?

If drugs make people well...the United States consumes more medication than the rest of the world, but the amount spent doesn’t translate into better health outcomes.

Many people are beginning to understand that health comes from within. This is why Upper Cervical chiropractic helps so many people. You see the human body was created to heal itself. Your body doesn’t need any help; it just can’t have any interference to its healing mechanisms. With chiropractic, we don’t add anything to the body of take anything from it. We find interference in the nervous system and correct it thus enhancing the healing capacities of the body.

We get tremendous results...it really is as simple as that



Here’s what some of my patients had to say:

A MIRACLE “ I was suffering with Fibromyalgia, bone spurs in my neck, Headaches, TMJ, Fatigue, Arthritis and Tendonitis. I was taking anti-inflammatory medicine, topical analgesics, patches and creams to help alleviate my symptoms. I was in constant pain, which made me cranky at times - I couldn’t keep up with housework, shopping etc. and I even end up limiting my visits with my grandchildren. I just didn’t have the energy! I now “sleep deep” and feel rested not cranky. I now have many days of NO PAIN at all and my energy is back. My TMJ is gone and I have no pain in the back of my neck anymore. “A Miracle” is what I call upper cervical care. -Lenore R.

“I feel like a new person. I am able to deal with my everyday chores without pain and feel great. Believe in Dr. Larry and give your body time to heal with this special technique. I am so grateful that I found this special doctor.” -Fran A.

“...the headaches were so severe that at times I was unable to work; thank you for all that you have done for me... It is the best I have felt in years.” -Ken T.

Being a chiropractor can be tough because there’s a host of so-called experts out there. They tell people a lot of things that are just plain ridiculous about my profession... usually it’s. “My neighbor’s sister’s friend said...” Let me ask you, do you make your healthcare decisions based on honest facts or biased opinions? Interesting question, isn’t it?

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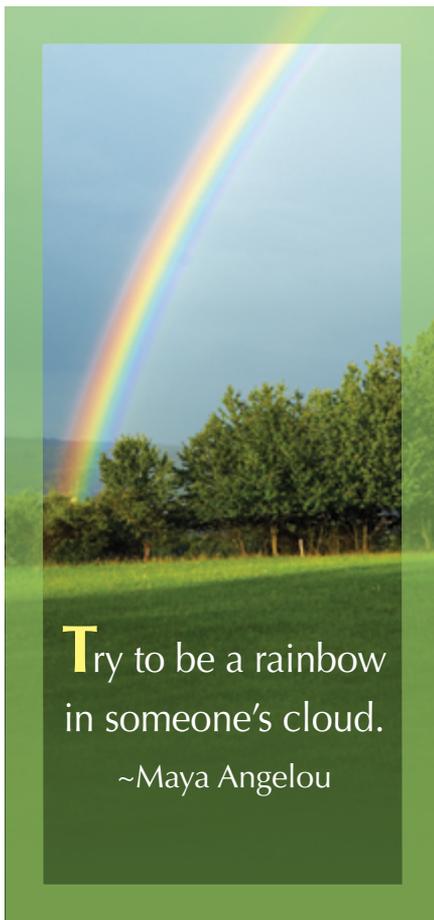
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Try to be a rainbow
in someone's cloud.

~Maya Angelou



SOIL SISTERS

Female Farmers Come of Age

by Lisa Kivirist

More women are becoming farmers, bringing with them a passion for producing organic and sustainably raised fare and transforming America's food system. The U.S. Census of Agriculture reports that their numbers rose by more than 20 percent between 2002 and 2012, to 288,264.

Historic Roots

"Women have played an integral role in farming for centuries, but in the last 100 years they've started to self-organize and be recognized for their important work," says University of California garden historian Rose Hayden-Smith, Ph.D., author of *Sowing the Seeds of Victory: American Gardening Programs of World War I* and editor of the *UC Food Observer*. "During that war, the Women's Land Army of America, a female-led initiative, recruited nearly 20,000 mostly middle-class urban and suburban women to enter the agricultural sector as wage laborers at farms, dairies and canneries, often in rural areas, where farmers urgently needed help while the male labor force was off fighting."

Women also helped feed Americans during the Victory Garden era of

World War II. "It's also estimated that more than 40 percent of fruits and vegetables consumed on the American home front then were grown in school, home, community and workplace gardens," says Hayden-Smith, possibly resulting in America's highest period of produce consumption ever.

When the commercial organic industry launched in the 1990s, women organized to provide overlooked and undervalued perspectives. The wake-up call for Denise O'Brien, an organic vegetable farmer and owner of Rolling Hills Acres, near Atlantic, Iowa, came during the farm economic crisis of the preceding decade. Although still considered "just" farm wives, "It was the women on the farms that had foreseen where things were heading, because they often kept the accounting books, though nobody took their voices seriously," O'Brien recalls.

This launched O'Brien's agriculture activism: balancing farming, raising children and serving as a national advocate and spokeswoman for women in agriculture in an ecological and just food system. In 1997, she launched the Women, Food and

Tap into Your Power to Change with Lisa Klein Raphael, LSW, CCP

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Ag Network to collectively advocate for a stronger voice.

"Throughout history, women in agriculture have been relegated to providing assistance, rather than making decisions," O'Brien explains. "It's up to us as women to collaboratively support each other while challenging the system."

Cultivating Change

For her 50th birthday, Paula Foreman gave her life a new chapter. She launched her midlife "second act" in 2007 with Encore Farm, a name that serves as a rallying mantra for her peers. "The name is a tribute declaring that fresh starts and new beginnings can happen at any age," explains Foreman, now an urban farmer in St. Paul, Minnesota. Embodying this business moxie, she chose to specialize, producing one thing very well: organic dried beans.

Relinda Walker, of Walker Organic Farms, outside Savannah, Georgia, represents a cadre of "boomerang" farmers; women that return to the land to continue a family farm with a commitment to organics. Like many farm kids, after college, Walker left to pursue a corporate career in the city. Then the

Innovation, independence and vision drive women to use their organic farm ventures to create a livelihood, express themselves and do their part to change how America eats.

9/11 terror attack shifted her priorities. "All roads led me to coming back home and growing food," she says. Launched in 2005, Walker's farm was one of southern Georgia's first organic operations, yielding specialty varieties like rainbow carrots in vivid shades of purple, orange and red.

Future Femme Power

Young women in their 20s and 30s are adding energy, diversity, vibrancy and fresh outlooks to the female farming movement. Lindsey Morris Carpenter runs Grassroots Farm, in Monroe, Wisconsin, a diversified operation of certified organic vegetables and

pastured livestock, in partnership with her mother, Gail Carpenter.

"A crucial key to farming happiness is being a good neighbor," she shares. "I call around when I see livestock and pets outside of fences; maintain my fences; share my garlic and potato seed; and always invite neighbors to parties and events, even though they may not attend. Even if others' personal lifestyle and farming philosophies are radical opposites, we still have our physical location and appreciation of nature in common, and that's big."

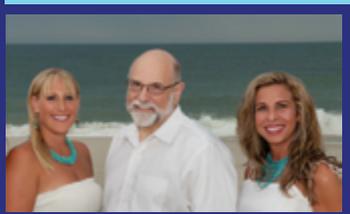
"The women farmer movement is just a toddler," sums up O'Brien. "We've come a long way, but we're not there yet, especially with representation on the national leadership platform." It's easy to support female growers at local farmers' markets. Cultivating change can be rewarding—and tasty.

Lisa Kivirist is the author of the new book Soil Sisters: A Toolkit for Women Farmers and a senior fellow at the University of Minnesota Institute for Sustainable Agriculture. Her family runs the energy-independent Inn Serendipity Farm and B&B, in southwestern Wisconsin.

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“Ozone/Oxygen Saturation Therapy Can Transform Your Life”

by Robert H. Sorge, N.D., Ph.D.

Scientists uncovered ancient fossils from the time of the Noachian Flood era, they tell us that they contained 52% oxygen. Prior

to the Industrial Revolution, oxygen levels still exceeded 30%. Today even in the most oxygen rich places on our globe, such as the high moun-

tains, desserts and beaches along the shore line removed from industry, pollutants and people, our oxygen is at best, 20 to 22%. In short: Atmospheric oxygen levels have continued to decrease over time.

In our large cities, oxygen levels can drop drastically, as low as 8 to 14%. The significance to this, is in areas of lowest oxygen, physical and mental disease is the highest. There is a direct relationship between oxygen and levels of health. This information is not new. In 1910, decades ahead of the pack, one of the greatest scientists of the 20th century, wrote in a European Medical Journal that, “Hypoxia” was the primary cause of 100% of all cancers and all other infectious diseases. There is a direct correlation between oxygen and our state of health, individually and nationally.

This theory didn’t quite fit with the ideas of the International Drug Trust and orthodox drug medicine, that was bent on selling chemotherapy and other highly profitable, poisonous and toxic substances, and patented drugs, under the guise of medications and health care.

The rejection of scientific truth motivated Dr. Otto Warberg to work day and night for 20 years to prove irrefutably that hypoxic was the primary cause of 100% of all cancers. What is Hypoxia? Hypoxia is basically a deficiency of oxygen at the cellular level. Let there be no doubt, cancer is a very complex disease. There are many secondary causes as well as nutritional, environmental, mental, emotional, spiritual, and congenital contributions, but the bottom, line cause in all cancers, without exception, is oxygen deficiency at the cell level.

Dr. Otto Warberg won the Nobel Prize for Medicine, for the whole world, in 1931. He proved his hypothesis scientifically. In the last 100 years, his thesis has remained unimpeachable. Dr. Warberg won his 2nd Nobel Prize in 1950.

Dr. Robert Sorge, N.D., Ph.D., has been a Doctor of Naturopathic Medicine Since 1964.

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Let the good times grow!

Sitting, Posture and Rolfing

By Rebekah Frome



it is pointing behind you. If your body has enough flexibility your waistline will now be pulled forward and you will have an arch at the low back. Now just relax that arch a bit until you have a curve that is soft and without strain. This is a position that brings your head back and up on top of your spine.

The benefits are many. Not only is this posture good for your neck, it establishes the optimal alignment for your entire spine. By establishing correct spinal posture when sitting you can avoid problems that often accompany long hours of sitting at a desk such as carpal tunnel syndrome. Arm and shoulder positioning is intimately connected with the spine. A spine that fulfills its potential for length and ease provides good support for the collarbone and shoulders. Stress free sitting provides support for the entire body.

Many of our clients come to Rolfing lacking the flexibility to move through these positions. This loss of flexibility reflects a shortening in the soft tissues including muscle, fascia, tendons of the spine, abdomen, hips and legs. In the Rolfing sessions, these tissues are gently elongated and repositioned, allowing for full, unimpeded movement.

Once you have good sitting posture, you can move through your spine with length as you reach for objects in front of you. Sitting is not meant to be a static pose. Ideally, when we have good verticality, sitting is a dynamic process with many subtle movements in response to our breath.

Sitting is stressful, especially if it is endured for long hours. Hence the invention of lumbar support, to help you maintain that crucial curve even when sitting for long periods of time.

Rebekah Frome is an Advanced Certified Practitioner of Structural Integration, Massage Therapist and Physical Therapy Assistant. Why not explore your potential with a Rolfing series? At Frome Physical Therapy, we are committed to supporting you in Caring For Your Health. Rebekah now practices in Matawan and Ocean Grove. For more information or to schedule and appointment call (973) 509 - 8464 or visit www.FromePT.com.

If you are sitting in a slumped position than you have lost your head. Your head is no longer on top of your shoulders where it functions best. Instead, your upper back, shoulder and neck muscles are making a heroic effort to support your head.

Sitting habitually without a lumbar lordosis (low back curve) is a precursor for neck, shoulder, upper back and low back pain. By restoring the lumbar curve, your trunk becomes more vertical and your head moves back on top where it belongs. Sitting with balance is critical to having a healthy spine.

How is your sitting posture? Find out by arranging your chair sideways in front of a mirror. Now watch your

entire body profile as you slump with your spine in a C curve. Look at what happens to your head and neck. Can you see that your head drops forward and that the entire front of the body shortens? Next, try sitting with your trunk upright and restore the lumbar lordosis. Notice that your head moves up and back over your shoulders as your spine lengthens. If you can develop the habit of sitting upright with a slight lumbar curve you will be doing a lot for your neck.

Here's how you can reduce the stress on your neck while sitting. Find a seat with a hard flat surface. Sit squarely with both feet planted on the floor. Now, draw your tailbone back so that



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Kids That Learn to Cook Grow Up Eating Healthier

by Jen Haugen

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Envision walking the supermarket aisles and picking up a favorite pasta sauce and breakfast cereal, then adding favorite fruits and vegetables to the cart. When we think about the grocery brands we buy or our go-to recipes, they tend to begin with one common thread—the influence of our mothers—our first teachers about food and cooking.

In their Project EAT study, University of Minnesota researchers found that Mom has the biggest impact on the family's eating habits and continues to play a significant role in our food choices, brands and how we cook, even influencing our ideas about health itself by their example.

Cooking Together

Most of us learn about cooking from our mothers, and one way moms have a tremendous impact on their children is by collaborating on recipes and cooking meals together. The idea of an at-home “kitchen counter cooking school” doesn't focus on a hard and

fast course on cooking; instead, it's a place where family members gather around the counter and cook together. This almost guarantees that meals will be healthier and more fun, affording a sense of ongoing adventure where kids can explore ingredients from around the U.S. and even the world. Consider creating a “United States of My Plate” project by preparing a recipe from each state during the summer, and then rating the recipes based on taste and flavor (startup tools are at *ChooseMyPlate.gov*).

Our senses are engaged during food preparation activities. While chopping red peppers for a recipe, we are noting their appearance, feeling their texture, smelling their fragrance, hearing the sounds of preparation and likely tasting some on the spot. Involving more of our senses as we explore our food makes the whole activity more enticing. It helps to adopt Julia Child's motto: “Learn how to cook, try new recipes, learn from your mistakes, be fearless and above all, have fun.”

Moms can change the world by teaching their kids healthy cooking lessons at home and planting an organic garden together.

Gardening Together

The freshest ingredients come from our own gardens and produce the most delicious meals. Gardening as a family can change the way everyone looks at food through the simple act of planting, growing and harvesting. Knowing where everything on the plate comes from makes us more mindful of the energy it takes to grow food, and kids will naturally eat what they help grow.

Moms can change the world—right in their own yard or patio—with the power of a traditional or urban garden. Just one square foot of organic gardening space can yield half a pound of fresh fruits and vegetables. A 300-square-foot garden can produce 150 pounds each summer; plus it provides a good workout.

In 2011, I started a teaching garden at our local supermarket as a means of showing kids how to grow their own food, with the hope that it would also inspire their families. The goal was to plant the seeds for healthier habits that would last a lifetime. During its first four years, 52 percent of the students' parents noted a more positive attitude about fruits and vegetables exhibited by their own children. After participating in the program, one mother shared her young daughter's noteworthy query, "Mom, could you go to the store and get me some Swiss chard?"

By planting gardens and creating kitchen counter cooking schools at home throughout America, our country could become victorious in ensuring that families are healthier. They will be eating healthier foods, working out in the garden and learning about food in a whole new way, all while connecting in a family activity.

Jen Haugen, a registered and licensed dietitian and certified master gardener, is the author of The Mom's Guide to a Nourishing Garden. She blogs at JenHaugen.com.

Voices of Experience Tips from Registered Dietitian Moms

"It's not going to be a Norman Rockwell-like experience. It's going to be messy, and everything associated with it might take 10 times longer than anticipated. It's not about the outcome, it's about the journey.

"Allow your children to participate in the cooking process by **giving them age-appropriate duties in the kitchen.** We're talking about rinsing produce in the colander, 'looking' at cookbooks, stirring, scooping, squeezing and setting the table. As they grow older, give them more to do."
~Robin Plotkin, Dallas

"Every other Wednesday, each child had to cook dinner. I gave them a piece of paper with fill-in-the-blanks. **Every Sunday, they had to turn in their menu** so I could go grocery shopping. Now, both my kids cook really healthy meals."
~Chere Bork, near Minneapolis-St. Paul

"Have kids **look through kid-friendly cookbooks and scroll through their favorite recipe app.** My girls regularly pick out recipes they would like to try for our next meal."
~Suzanne Farrell, Denver

"Giving them choices makes them feel like they're contributing, and **lets them**



put their own twist on a recipe."
~Naomi May, Charleston, South Carolina

"We **watch videos together** that demonstrate proper techniques. Everyone is designated an 'official taste tester'."
~Jillian O'Neil, New York City

"**Teaching someone else solidifies your own knowledge;** I knew if her brothers taught my 8-year-old daughter, it would boost their own confidence, too. I always start by teaching about some food they are excited to make on their own. Then I start asking them to help with meal prep. Pretty soon, they have an arsenal of skills and can prepare a meal by themselves."
~Niki Streatly, Portland, Oregon

Primary Source: Adapted from JenHaugen.com.

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Greek Salad Recipe

- 1 pint of cherry tomatoes, cut in half
- 1 ½ cups kalamata olives
- 3 artichoke hearts, quartered (12 pieces)
- 1 orange bell pepper, chopped
- ½ cucumber, chopped
- ½ red onion, chopped
- 1 avocado, chopped
- 1 lemon, juiced
- ¼ cup olive oil
- 1 tsp oregano
- Salt and pepper to taste

Place all ingredients into a large salad bowl. Mix together well, until the avocado breaks down a bit, and the olive oil and lemon juice are incorporated. Can serve immediately or after chilled.

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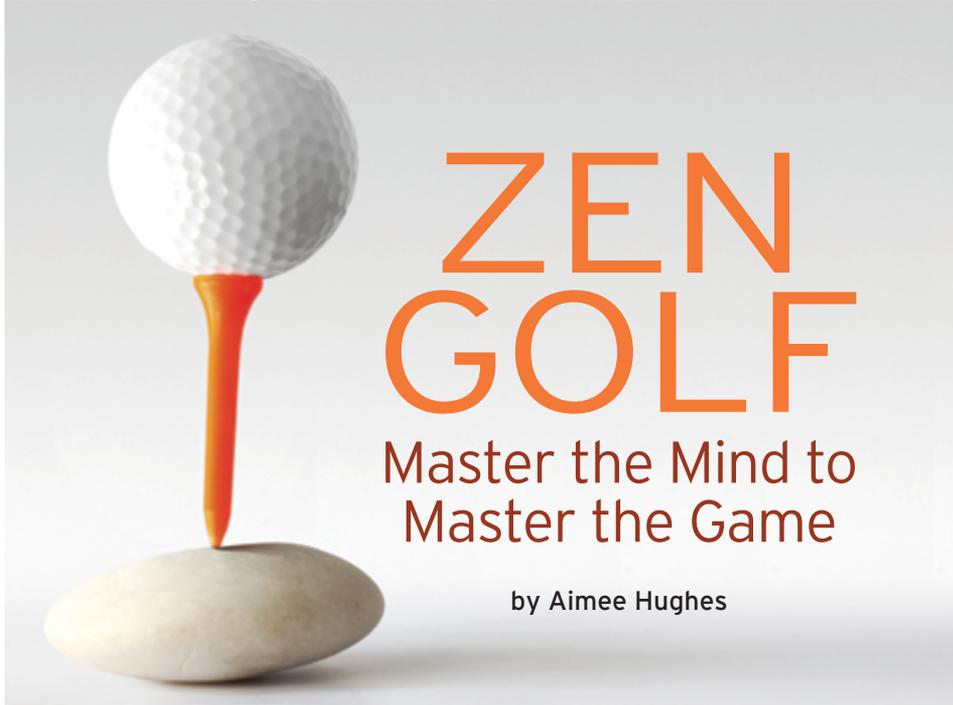


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ZEN GOLF

Master the Mind to Master the Game

by Aimee Hughes

“I remember the moment I had what I call my ‘golf game epiphany,’” recalls Steve Hughes, a passionate golfer from Richmond, Missouri. “I realized that my main obstacles were in my head, and from that day on, my golf game changed.”

In any athletic or fitness endeavor, the pursuit of excellence unfolds an array of challenges. While golf presents some of the toughest hurdles to improvement, any links enthusiast can better their game by acquiring a champion’s mindset. Applying a few Zen techniques and disciplines adapted from the Buddhist tradition of mindful awareness—which teaches that the mind is everything—can work wonders.

Zen Golf master and performance psychologist Joe Parent, Ph.D., of Ojai, California, advises: “The key is finding a way to let the ‘thinking’ mind do all the preliminaries to physical performance—selecting a target, judging the lie, gauging weather influences, etc.—and then letting our ‘intuitive’ mind take over, enabling our body to make a swing that’s free from second-guessing ourselves.” He calls the optimal playing mentality, “Not too tight, not too loose.” It’s the sweet spot that allows us to perform via our best self. Some key techniques

prepare us to find and reside in this just-right Goldilocks place of being not too hot and not too cold.

Developing mental fortitude takes us even further than we can imagine. Mastery is born from discipline, focused attention and a deep core desire to adopt habits and behaviors that will upgrade our mindset.

Author of *Zen Golf: Mastering the Mental Game*, Parent teaches his students to enter a state that he calls “trusting versus trying.” He teaches a “one stroke at a time” approach, which emphasizes awareness of being in the present moment, as many contemplative spiritual traditions do. When the golfer is deeply engaged in the present moment with just the right level of emotional intensity, free of distractions and worries about future swings, they become integrated with what’s taking place on the course in the here and now to the point of total absorption.

In yoga, *pranayama*, or breathing techniques, are employed to promote relaxation in the mind and body. The Zen approach to golf uses breath work to allow body and mind to make the most fluid and powerful golf swing possible for the player. “The single factor that sets apart the top performers

in any athletic discipline from the rest of us is their state of mind,” says Craig Perkins, a yoga master and founder of the Yandara Yoga Institute, in Baja California, Mexico. “From all my years of yogic study, there’s one teaching that always sticks with me: If we want to master our game, whether it’s golf, yoga or chess, we must first and foremost master our mind.” Practitioners maintain that, meditation can take our mental game to its optimal level and Perkins believes, “Meditation is the number one practice for cultivating self-trust.”

Positive visualization, which can be supported by meditation, is another method champion golfers leverage to improve their performance levels. Parent teaches his students, “Establish a clear image in your mind’s eye, and the body will follow.” Repeating this technique with every shot helps the golfer cultivate the habit of positive visualization by seeing the results.

Physical prowess is of little consequence if our mental game is off. Under the intense pressure of a golf match, execution suffers when performance anxiety isn’t kept under control. While many golfers have what it takes to succeed—the requisite native ability, experience, technique and talent—mental hang-ups can cause them to call it a day. Detrimental habits can undermine our self-confidence, as well as our score. The solution lies in pinpointing what’s behind them and applying pertinent Zen techniques to either gradually alleviate or winningly work with them.

Hughes, who makes his home overlooking the greens of Shirkey Golf Course, says, “It’s about getting out of your own way. When you’re at one with the game as it presents itself, you know your game will be much better than when your mind is racing off to work issues, family dramas and all the other usual life stuff. When I learned how to establish myself in this present moment awareness, not only did my golf game change for the better, so did the rest of my life.”

Aimee Hughes, a freelance writer in Kansas City, MO, is a doctor of naturopathy on the faculty of the Yandara Yoga Institute. Connect at ChezAimee@gmail.com.

calendar of events

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

FRIDAY, JULY 1

Boat Tours of the Manasquan Reservoir: These 45-minute tours of the Manasquan Reservoir, Howell, are narrated by Park System Naturalists and include opportunities to view local wildlife. The cost is \$6 per adult and \$4 per child, 12 and under. Please call to confirm schedule as tours are both weather and water level dependent. All tours leave from the Visitor Center. 6:30 & 7:30 p.m. 732-751-9453

SATURDAY, JULY 2

Thompson Park Weekend Canoe Rentals: Canoes will be available for rent on Marlu Lake in Thompson Park, Lincroft. Sat. & Sun. All equipment provided; limited number of canoes available. Open to ages 3 and up, under 18 with adult. Fee is \$15 per boat for 1-3 people for two hours. Cash or check only. 10 a.m.-3 p.m. 732-842-4000

SUNDAY, JULY 3

New Jersey Friends of Clearwater Circle of Song will be welcoming Dale Lakata. Directions for both (to the Community Center, 72 Broad Street, Eatontown, NJ): To respond to rsvp or for more details, please email ingrh7@yahoo.com.

MONDAY, JULY 4

Independence Day Celebration at Historic Longstreet Farm: Join the staff at Historic Longstreet Farm, Holmdel, as they celebrate the holiday with games and contests. FREE! 12-3 p.m. 732-946-3758

TUESDAY, JULY 5

Deep Stretch-Yoga is for EVERYONE not just the flexible! Tight hamstrings and quads no problem, we have a class for you! Yoga is not just touching your toes or doing those fancy poses. Join us as we focus on improving balance, flexibility, power & stamina. Improve performance, injury reduction and faster recovery. After you will feel great. This class is for all ages. Suitable for EVERYONE. 8-9PM. Drop ins welcome. New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

WEDNESDAY, JULY 6

Seining Along Sandy Hook Bay at Bayshore Waterfront Park: Join us at Bayshore Waterfront Park in Port Monmouth for this hands-on nature program. Discover a variety of fish, crabs, and other sea creatures as we pull a seine net through the calm waters of Sandy Hook Bay. Closed-toe shoes are required. Meet on the beach near the park entrance. Parents or guardians are required to stay with and supervise their children. No swimming during the event. Weather permitting. FREE! 11 a.m.-12 p.m.

THURSDAY, JULY 7

Tarot 101 - Become your own reader with Angel - 7-9pm. Learn how to use Tarot Deck, an ancient spiritual tool, as a guide for everyday living. Explore the Tarot Deck. The Tarot is made up of 78 Tarot cards, each with its own unique Tarot card meaning. There are 22 Major Arcana cards and 56 Minor Arcana cards across four suits (Cups, Pentacles, Swords and Wands). Learn how to read a 14 card spread and beyond. \$40 per person; Pre-Registration is required. Where: Spirit Cove - 413 Bond Street, Asbury Park 732-807-4107. Spiritcovellc.com - see Events page.

FRIDAY, JULY 8

Chakra Healing: Chakra Cleansing and Activating Guided Meditation with Elena: 8-9:30pm. This amazing guided chakra cleansing meditation will help heal and activate your 7 chakras, leaving you feeling energized, refreshed and full of life. Workshop includes guided meditation, interactive discussion, the tools needed to continue your journey and a mini reading. See more details on our Events page of our website: Spiritcovellc.com. Cost is \$40.00 per person; Pre-Registration is required. Where: Spirit Cove - 413 Bond Street, Asbury Park. 732-807-4107. Spiritcovellc.com - see Events page.

SATURDAY, JULY 9

Blood Chemistry Part One, Reading Medical Blood Tests Naturally - 11am - 1:30 pm - Knowing how to read medical tests and what deficiencies may be causing what indicators on the test is a powerful way to be in control of your own health. Classes Held by Dian's Wellness Simplified at Basking Ridge, NJ. Taught by Dian Freeman, Cost: \$50 for Public - \$35 for Dian's Nutritional Course Students. www.WellnessSimplified.com. SVP Required - Call 973 267-4816.

Energy Overview Part Two, Electro-Magnetic Vibrational Tools - 2pm - 4:30 pm - A discussion of the common healing bonds between all things Metaphysical. Healing comes from within and without by the use of energetic vibrations. Today healing vibrations can be dispersed by electro magnetic machines. Many examples of these machines will be demonstrated. Classes Held by Dian's Wellness Simplified at Basking Ridge, NJ. Taught by Dian Freeman, Cost: \$50 for Public - \$35 for Dian's Nutritional Course Students. www.WellnessSimplified.com. RSVP Required - Call 973 267-4816.

Goddess Journey 1 - 2:30 at The Yoga Loft, 462 Adelphia Road, Freehold with Kathleen Roskos In this workshop you will learn about essential oil, we will use the Diffuser and benefit from the scents as they energize us throughout the Asana (poses). Together we will create Puja (prayers) and hold space for each other and support to unfold our deepest dreams and cre-

ate a Happy and Joyful Life . This workshop will consist of Mantra (song) Mudra (hand gesture). Also a beautiful story of one of the Goddesses to support us on our Journey of Love Prosperity and Abundance . Please join me in this workshop only for Women. Preregistration is required, please call 732-239-2333 or e-mail info@theyogaloftnj.com \$25.

SUNDAY, JULY 10

Sunday Afternoon Unwind 12:30 -2pm at The Yoga Loft, 462 Adelphia Road, Freehold with Leigh Anne Let's get out of the sun and cool our minds and restore our sense of equanimity. Equanimity is remaining steady, being poised, having an even temperament. Our practice will cultivate this quality of being still and composed, cool, calm and collected. Please call 732-239-2333 or e-mail info@theyogaloftnj.com to register \$25

Join us for our free Drumming Circle from 1-2pm and stay and get a reading from one of our gifted Psychics at our Psychic Fair from 3-7pm. Circle to be led by Shaman, Lauren Porter. Experience the healing energy vibrations of this Native American drumming. You may bring one instrument (drum, rattle, etc.), or just be here for the experience. Where: Spirit Cove - 413 Bond Street, Asbury Park. 732-807-4107. Spiritcovellc.com - see Events page.

MONDAY, JULY 11

Enviro-Quest at Thompson Park: Start in the Old Orchard parking lot in Thompson Park, Lincroft, and follow the Enviro-Quest signs to where the Park System Naturalist is waiting. Once there, join in nature-related activities, crafts or games for 30-60 minutes of nature fun. FREE! 11 a.m. TUESDAY, July 12

Meditation Mixer with Bodhi Work: Come enjoy a little zen on a summer evening! 7-9PM All levels welcome. Start the evening with a little refreshment and meeting others that share your interest in meditation. This is a perfect opportunity for beginners to ask questions of the instructor on how to start or advance their practice. The meditation will include ambient music and very light guidance for the opening breath work. Participants are not obliged to stay the whole two hours, when your meditation feels complete you are free to go if you wish. Seating is limited so please reserve in advance by calling 732 645 6726. Bodhi Work is located at 621 Shrewsbury Ave Shrewsbury \$30

WEDNESDAY, JULY 13

Power Dance Ritual - with Shaman, Lauren Porter: 7:30-9pm. In order to honor our protector spirits, the ritual of the power dance was used to help raise their energy and to strengthen the connection. In this ritual, participants drum, sing and dance as everyone brings their protector spirits forward in a symbolic dance. It raises the energies of everyone involved and helps bring balance both spiritually, mentally and physically. Come join us in drumming and dancing forward your own medicine! \$35 per person; Pre-Registration is required. Where: Spirit Cove - 413 Bond Street, Asbury Park. 732-807-4107. Spiritcovellc.com - see Events page.

THURSDAY, JULY 14

Tarot & Beyond: conducted by expert Tarot Reader, Angel from 7:30pm-8:30pm. This workshop is a support group where like-minded individuals, who already know the Tarot can get together and examine different approaches to understanding the Tarot. Let's explore different spreads or techniques and put our minds together to answer and tackle the questions at hand. \$20 per person; Pre-Registration is required. Where: Spirit Cove - 413 Bond Street, Asbury Park 732-807-4107. Spiritcovellc.com - see Events page.

FRIDAY, JULY 15

Diet Demystified: 7-8:30 pm at The Yoga Loft, 462 Adelphia Road, Freehold with Katie Grace Join us outdoor for tips, tastes and tried-and-true tricks that will help you eat healthier. Create a lifelong dining plan that features natural foods, simply prepared, using ingredients that you already love. Learn to plan, shop and easily prepare meals that nourish your mind, body and soul. Please call 732-239-2333 or e-mail info@theyogaloftnj.com to register

SATURDAY, JULY 16

Butterfly Walk at Thompson Park: Join a Park System Naturalist at Thompson Park, Lincroft, and take a walk to identify butterflies. Walk may be a mile or more. Open to ages 8 and up, under 18 with adult. Meet in the Old Orchard parking lot. FREE! 10:30 a.m.

Metaphysical and Spiritual Studies Training: 2.5 years course, meeting one weekend per month. Parapsychologist and Spiritual Healer certificate with initiations. The Academy was founded 22 years ago by Katalin Szabo in Hungary and currently has running classes in seven countries, teaching in five languages. Comfort Inn 2016 Rt 37 West Manchester NJ 08759 9am-4 pm for more info: metakad@gmail.com or 908-992-0924 (16th & 17th).

Drop-In Kayak Tour at Hartshorne Woods Park: Meet at the Claypit Creek section of Hartshorne Woods Park, Middletown. Novice paddlers welcome. All equipment is provided - single and tandem kayaks are available. Program limited to available kayaks; first come, first served. Wear appropriate clothing that can get wet. Open to ages 12 and up, under 18 must be accompanied by an adult. The cost is \$20 per person; cash or check only. Note: The kayak launch system is off a bulkhead. Participants must be physically fit and able to easily bend down and rotate their body to get in and out of the kayak. Weight limits for kayaks are 250 lbs. for a single and 400 lbs. for a double. Inclement weather will cancel a tour. 6-7:30 p.m. 732-842-4000

SUNDAY, JULY 17

Golf Fore Fun! Stop by Bel-Aire Golf Course, Wall, and try a variety of nontraditional golf games. Open to all ages. FREE! 4-7 PM 3120 Allaire Road. Wall Township, 732-449-6024

MONDAY, JULY 18

Mala's on the BEACH - We meet on the beach in front of the Monmouth Beach Cultural Center, which is on the corner of Seacrest Road

& Ocean Avenue in Monmouth Beach. Park on the rocks at the Cultural Center. The Mala is a strand of beads traditionally used used for counting during meditation. Today many people wear their Mala as a necklace or bracelet as a reminder of their personal and spiritual intentions. Join Monmouth Beach Yoga & Wellness and Krista Lynn Eggering Spiritual Facilitator & Jewelry Designer for a fun, inspiring workshop. Each person will individually make a Mala Necklace (using wood beads & semi precious stones) talk about the meaning of Mala Necklace, the spiritual qualities of gemstones, mantras and healing techniques through Mala. You will also be working with the Healing with the Angles Oracle Cards by Doreen Virtue. Beads will be provided to create your personal Mala Necklace. ALL AGES WELCOME!!! Cost: \$40/pp - wood kit or upgrade to a semi precious stone kit for \$60/pp. Pre-registration is required sign up online, in studio or call 973-452-2828. RAIN DATE IS MONDAY, JULY 25th.

TUESDAY, JULY 19

YIN YOGA- Yin yoga is a nourishing practice to complement our daily active lifestyles. This practice is a meditative, gentle style of Yoga. The student will hold each pose for several minutes, stretching the connective tissues in target areas like the hips and spine, increasing circulation, increasing flexibility, and exploring familiar poses on a deeper level. Suitable for EVERYONE. 8-9PM. Drop ins welcome. New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828

WEDNESDAY, JULY 20

Kids on a Mission 1:30-3pm. \$15. Get ready for creative movement and arts at Monmouth Beach Yoga & Wellness. Each class will have a theme to introduce current events to the children in the classroom. Letting little minds create and use their knowledge to solve everyday problems. Mindful movement, yoga dance, and creative circle. Summer Workshop #1-The recycle project! We love EARTH Turn your recyclables into sustainable farming, artwork, and so much more. Where does our trash and recyclables go? During this time kids will learn the impact of their carbon footprint and help create a better future. Each child will be asked to collect items they feel can be turned into something magical. Mindful Movement and yoga dance will continue to focus on a mantra clean home clean heart. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

FREE Workshop - HYPNOSIS for PREVENTION and MANAGEMENT of DIABETES. Do you have Diabetes? Do you have difficulty maintaining your Blood Sugar? Are you concerned about developing Diabetes due to poor habits and/or family history? Then come and join us at the Workshop from 7-8 pm to learn more about how Hypnosis can be utilized effectively to help you to prevent developing Diabetes, or how to manage better this serious illness once already diagnosed. We will address the common issues related to Diabetes such as being Overweight, lack of Exercise, high Stress, Smoking, etc., and how Hypnotherapy (using

Hypnosis therapeutically) can be a powerful tool in assisting you to overcome stubborn, undesirable, and unhealthy habits in order to improve your health. Call 732-333-6680 to RSVP for the Workshop (reservations required due to limited seating) or contact via website at www.HypnotherapyAdvantage.com Wemrock Professional Mall (sign at the entrance), 501 Stillwells Corner Rd., Building A / Dr. Borgersen's office, Freehold.

THURSDAY, JULY 21

The Casual Birder at Weltz Park: Join a Park System Naturalist for this laid-back morning bird walk in Weltz Park, Oakhurst. We'll meander for about an hour and see what birds we can find. No need to be an expert at identifying birds to enjoy this walk. A limited number of binoculars will be available to borrow if needed. Open to ages 8 and up. Meet in the main parking lot. FREE! 9 a.m.

Butterfly Walk at Huber Woods Park : Join a Park System Naturalist at Huber Woods Park, Locust, and take a walk to identify butterflies. Meet at the Environmental Center. Walk may be a mile or more. Open to ages 8 and up, under 18 with adult. FREE! 10:30 a.m.

FRIDAY, JULY 22

Real Health Solutions Presents Free Adrenal Health Assessment. 3pm-5pm. Stop into or Call our office and get your Free assessment; also learn about great functional medicine options for getting rid of your FATIGUE and INFLAMMATION. Call our office at 732-414-6223 for more info.

Healing Circle and Reiki Share: This will be held from 7 -9pm on these days. It is wonderful for Reiki Practitioners to practice their skills and do work on one another. It is also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. Newcomers and practitioners are welcome. See more details on our Events page of our website: Spiritcovellc.com \$20. per person; Pre-Registration is required. Where: Spirit Cove - 413 Bond Street, Asbury Park. 732-807-4107. Spiritcovellc.com - see Events page.

SATURDAY, JULY 23

Blood Chemistry Part Two, Reading Medical Blood Tests Naturally - 11am - 1:30 pm - Continuation of Blood Chemistry One, Knowing how to read medical tests and what deficiencies may be causing what indicators on the test is a powerful way to be in control of your own health. Classes Held by Dian's Wellness Simplified at Basking Ridge, NJ. Taught by Dian Freeman, Cost: \$50 for Public - \$35 for Dian's Nutritional Course Students www.WellnessSimplified.com ... RSVP Required - Call 973 267-4816.

When and How to Safely and Thoroughly Detox and Cleanse - 2pm - 4:30 pm - Join us to learn why we need to cleanse and detox, when and how often, what fiber to use, the best cleanses to try and in what order to detox. Classes Held by Dian's Wellness Simplified at Basking Ridge, NJ. Taught by Dian Freeman,

Cost: \$50 for Public - \$35 for Dian's Nutritional Course Students www.WellnessSimplified.com RSVP Required - Call 973 267-4816.

Astrology Workshop with Debe: 11am-1pm. What is Astrology and what can it mean for you? Most people know their sun sign, but do you know what the other planets say about you? Let's explore who you really are. Each person gets a personalized astrological charting and Debe will explain the details of your Aspects, Houses, etc. and how it shapes who you are. \$30. per person; Pre-Registration is required. Where: Spirit Cove - 413 Bond Street, Asbury Park, NJ. 732-807-4107. Spiritcove.com - see Events page.

SUNDAY, JULY 24

OUTDOOR CONCERT: STRINGBEAN & THE STALKERS BAND -LONG BRANCH (West End) 7:00 PM - 8:30 PM West End Park Ocean & Brighton Avenue, Long Branch Info: 732-222-7000 x 5447, dkawut@longbranch.org 50/50 Sold, Hosted by Jersey Shore Jazz & Blues Foundation Rain Location: Jack's Goal Line Stand 149 Brighton Avenue, Long Branch.

OUTDOOR CONCERT-FREEHOLD CHUCK LAMBERT: 7:00 PM - 9:00 PM Downtown Freehold Gazebo 10 East Main Street, Freehold 908-614-6195. Info: 908-614-6195 Presented by Freehold Borough Arts Council

MONDAY, JULY 25

Seining Along Sandy Hook Bay at Bayshore Waterfront Park: 11 a.m.-12 p.m. Join us at Bayshore Waterfront Park in Port Monmouth for this hands-on nature program. Discover a variety of fish, crabs, and other sea creatures as we pull a seine net through the calm waters of Sandy Hook Bay. Closed-toe shoes are required. Meet on the beach near the park entrance. Parents or guardians are required to stay with and supervise their children. No swimming during the event. Weather permitting. FREE!

TUESDAY, JULY 26

ORGAN RECITAL-GUEST ORGANIST MICHAEL HEY 7:30 PM - 8:30 PM Ocean Grove Great Auditorium 21 Pilgrim Pathway, Ocean Grove Info: 732-774-1391

OUTDOOR MOVIE ZOOTOPIA: RED BANK 8- 10:30 PM Riverside Gardens Park 54 West Front Street, Red Bank Info: 732-530-2700 Donations of non-perishable food items accepted for local food pantry

WEDNESDAY, JULY 27

Free Holistic Health Webinar 7-8 p.m.- Ther-mographic Diagnostic Imaging/Health Through Awareness present Louis Trovato, DDS. Dr. Trovato is a graduate of the American College of Integrative Medicine and Dentistry, School of Integrative Biologic Dental Medicine. He is the owner and senior doctor at Meetinghouse Dental Care, a biologic dental practice in Hat-boro, Pennsylvania. Dr. Trovato is going to shed some light on the burning question, "What is biologic dentistry and why do we need it?" This talk will prepare you to ask the right ques-

tions and demand materials and procedures that are more biocompatible to keep you safe. For more info or to register: 856-596-5834, www.tdinj.com- Webinar & Events

OUTDOOR MOVIE FERRIS BUELLER'S DAY OFF (30th anniversary)--SPRING LAKE OUTDOOR MOVIE--SPRING LAKE 8- 10:30 PM North End Pavilion Beach Ocean & Atlantic Avenue, Spring Lake Info: 732-449-0800 Donations of non-perishable food items accepted for local food pantry

THURSDAY, JULY 28

SUMMER STAR CONCERT: 7:30- 8:30 PM Ocean Grove Great Auditorium. 21 Pilgrim Pathway, Ocean Grove Info: 732-774-1391 Tickets: \$16/\$75 for all 5 shows, plus applicable fees MAKSIM SHTRYKOV, CLARINET & MISUZU TANAKA, PIANO Sensational players with international fame, back for a return engagement..

FRIDAY, JULY 29

Increase your Intuition with the Help of the Angels 7- 8:30 at The Yoga Loft, 462 Adelpia Road, Freehold with Katie Grace Your Angels are ready and willing to bring you daily messages that can help with all areas of life: love, work, relationships and questions about your life's purpose. Tune up your intuitive apparatus so that you can hear and use the profound guidance offered to you from the Angelic Realm. Using Angel Cards in a group setting, we will practice receiving messages for ourselves and others. Participating in this monthly workshop increases your ability to engage with the angels and enhances your intuition. Please call 732-239-2333 or e-mail info@theyogaloftnj.com to register \$25.

OUTDOOR MOVIE-HOWELL STAR WARS THE FORCE AWAKENS 8 - 10:30 PM Howell Library Hill 318 Old Tavern Road, Howell Info: 732-938-4500, x 2196 *STAR WARS THE FORCE AWAKENS*. Donations of non-perishable food items accepted for local food pantry.

SATURDAY, JULY 30

Stretch: 12-1:30 pm at The Yoga Loft, 462 Adelpia Road, Freehold with Claire This class is all about learning how to stretch your body, topically and then going deeper as your body is ready. It is a slow paced stretch, opening your body and expanding your breadth. Learn to listen to your body, use your breath and methods of engaging and releasing muscles and connective tissue to deepen your stretches and improve your range of motion. This is made for all levels, anyone who is particularly tight, working with physical limitations and those who want to move - but not necessarily "flow". Preregistration is required, please call 732-239-2333 or email info@theyogaloftnj.com to register \$25.

SUNDAY, JULY 31

Reiki 3 Training With Diane Todd, 12-7:30PM. \$200. Monmouth beach yoga & wellness is located at 36 Beach Road, Suite 10 in Monmouth Beach - in the complex that houses the Monmouth Beach Post Office. 973-452-2828.

savethedate

WEDNESDAY, AUGUST 3RD

Kids on a mission! 1:30-3pm. Cost \$15. Kids pop up summer workshops. Get ready for creative movement and arts at Monmouth Beach Yoga & Wellness. Each class will have a theme to introduce current events to the children in the classroom. Letting little minds create and use their knowledge to solve everyday problems. Mindful movement, yoga dance, and creative circle. Summer Workshop #2 Clean water act! How safe are our waters and local rivers. Kids will be asked to bring in different water bottles of local water samples. During this class kids will place thinking caps on and begins water testing. Don't worry all ages welcome. Kids will come up with ideas on how to keep our water clean. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach - by the Monmouth Beach Post Office. 973-452-2828.

SATURDAY, AUGUST 6TH

The Big Latch On: As part of World Breast Feeding Week, Dr. Jacquelyn Hines of Connectivity Therapy and Holistic Health will be hosting "The Big Latch On", a global event that aims to protect, promote & support breastfeeding families by creating a community of breastfeeding women, babies, and families, raising awareness of breastfeeding, helping communities to positively support breastfeeding in public places, and to normalize breast feeding as part of day-to-day life. The Global Big Latch On is a highly successful, targeted community development initiative that consists of women around the world latching their babies for one timed minute from 10:30-10:31 AM. Registration is at 9:30 AM at the top of the hill overlooking the playground at Marine Park in Red Bank. The event is free and there will be door prizes! If you are a breast feeding mother, please bring your baby, partner, family, friends, and a blanket! For more info www.facebook.com/BigLatchOnRedBank

WEDNESDAY, AUGUST 17TH

Kids on a mission! 1:30-3pm. Cost \$15. Kids pop up summer workshops. Get ready for creative movement and arts at Monmouth Beach Yoga & Wellness. Each class will have a theme to introduce current events to the children in the classroom. Letting little minds create and use their knowledge to solve everyday problems. Mindful movement, yoga dance, and creative circle. Summer Workshop #3- Local farming & clean smoothies. Kids get to create the perfect smoothie. We will name our smoothie and present it to a local juice bar and see if they will feature it in their shop. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach - by the Monmouth Beach Post Office. 973-452-2828.

ongoing events

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

mondays

T'ai Chi Class for Beginners: taught by Shoshanna Katzman every Monday afternoon at 4pm held outside weather permitting or indoors both at the Red Bank Acupuncture & Wellness Center. This is a class for beginners so come ready to learn the very first move. Speed of learning the T'ai Chi Set one movement at a time is determined by the readiness of the group. It is a wonderful, supportive experience that you will enjoy. Simply call before coming so we can give you more specifics. The T'ai Chi form is a Yang style that Shoshanna has practiced for over 40 years to enhance health & longevity. T'ai Chi movements are practiced to integrate body and mind, strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation and develop strong immunity and personal defense. Check out www.healing4u.com or call 732-758-1800 for more info.

Yoga Basics-This practice is great for beginners as well as students wanting to get acquainted with yoga or deepen their practice. Students practice proper alignment in a relaxed, non-competitive setting. This class will help you learn yogic fundamentals and develop a solid yoga foundation by learning the basic postures step by step. Suitable for EVERYONE. 5:15-6:15pm. Drop ins welcome. New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

tuesdays

Endless-light-healing-Center 20% OFF Tuesdays. Schedule a Qigong healing energy session today & get 20% off your next visit -use it yourself or pass it on to your friend. All you have to do is mention the 20% OFF Tuesdays deal you saw in Natural Awakenings & you're in! Call 646-679-8055 or Visit us at Endless-light-healing-Center.weebly.com or by email endlesslighthealing@yahoo.com.

Qigong Class taught by Shoshanna Katzman – every Tuesday morning at 11am held outside weather permitting or indoors both at the Red Bank Acupuncture & Wellness Center. Beginners are welcome! Call before coming so we can give you more specifics. 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". 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. Check out www.healing4u.com or call 732-758-1800 for more info.

Mommy & Me- (Crawlers-2 years old) 11-11:45am. This is a fun way to reconnect with your body while bonding with your baby. We will combine music, breath, play and movement to create a joyful experience for both momma and baby. This class is ap-

propriate for beginner to advanced practitioners and beginning crawlers to toddlers. Drop ins welcome. New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

Tween/Teen Yoga- Ages 9+-This practice is specifically designed for TWEENS & TEENS to work on strength and flexibility, while relieving the stress of their daily academic and athletic schedule. Whether you have been practicing yoga for years or never stepped on a mat this class is for you. During these sessions we will break down the asanas, power through vinyasa, learn to take flight, and jam out to music while discussing real life issues. All levels welcome, as yoga is for everyone. Bring an open mind, open heart, and get ready to have fun in the world of YOGA. 4-5pm. Drop In's \$10. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

wednesdays

Yoga Sculpt 12-1pm- A dynamic yoga practice that incorporates 2 lb weights & blocks to build strength & definition. A total body workout designed to tone and sculpt every major muscle group. Free weights are added creating resistance and intensifying each pose. The true workout comes from listening to your body and taking care of yourself. Suitable for all. Drop ins welcome. New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828

Yoga Basics-This practice is great for beginners as well as students wanting to get acquainted with yoga or deepen their practice. Students practice proper alignment in a relaxed, non-competitive setting. This class will help you learn yogic fundamentals and develop a solid yoga foundation by learning the basic postures step by step. Suitable for EVERYONE. 5:15-6:15pm. Drop ins welcome. New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

Qigong Class taught by Shoshanna Katzman: every Wednesday evening at 6pm held outside weather permitting or indoors both at the Red Bank Acupuncture & Wellness Center. Beginners are welcome! Simply call before coming so we can give you more specifics. Qigong is suitable for all ages and abilities! 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". 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. Check out www.healing4u.com or call 732-758-1800 for more info.

T'ai Chi Class for Beginners: taught by Shoshanna Katzman every Wednesday evening at 7:15pm held outside weather permitting or indoors both at the Red Bank Acupuncture & Wellness Center. Speed of learning the T'ai Chi Set one movement at a time

is determined by the readiness of the group. It is a wonderful, supportive experience that you will enjoy. Simply call before coming so we can give you more specifics. The T'ai Chi form is a Yang style that Shoshanna has practiced for over 40 years to enhance health & longevity. T'ai Chi movements are practiced to integrate body and mind, strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation and develop strong immunity and personal defense. Check out www.healing4u.com or call 732-758-1800 for more info.

thursdays

Yoga for Healthy Aging- 11-11:45am This class is a slow flowing Hatha yoga which incorporates Level 1 poses, breath work and some mind body techniques to improve flexibility, strength and balance while calming the effects of stress on your physical and emotional health and quieting your mind. A wonderful class for any age. Drop ins welcome. New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

Kids Yoga (Ages 3-8)- This practice is designed with yoga as the foundation. Each class explores yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self-expression, body image, social skills, positive thinking, and environmental awareness. Yoga props add to the playful enjoyment. 4-5pm. Drop ins welcome. 1 Class \$10 or buy a 10 class pass for \$80/ Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

fridays

Yoga Boot Camp -This class combines the best of yoga, core work and high intensity interval training that will transform your body and inspire your overall well-being! If you want to kick up your fitness and are up for challenging workouts this class is for you! It will not only help to advance your yoga practice, it will fire up your metabolism, and bring your body and health to a whole new level. 12-1pm. Drop ins welcome. New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

saturdays

Weekly Tai chi/qi gong class with Dr. Kuan DC, LAc, DAOM, CA: Saturdays 8:45 AM. Location: 952 Hwy 34 Ste 207 Matawan, NJ 07747. www.ProspertyHealthCenter.com for more info call: (732) 696-8282.

MAT PILATES for All- Beginners welcome- 12-12:45pm. Be prepared to be challenged with this well rounded Mat Pilates class designed for all levels. Students will work on the essential sequences for elongating and strengthening the core to improve muscle elasticity and joint mobility. The class will also focus on flexibility and creating a toned and conditioned body. No previous Pilates experience necessary. Drop ins welcome. New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach – by the Monmouth Beach Post Office. 973-452-2828..

community resource guide

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

ACUPUNCTURIST & CHIROPRACTOR

PROSPERITY HEALTH CENTER

Chiropractic, Acupuncture, Massage, Herbal Care
Dr. J.K.Kuan, DC, LAc, DOAM, CA
drkuan@yahoo.com
732-696-8282
952 Highway 34, Suite 207,
Matawan, NJ 07747
www.ProspertyHealthCenter.com



Dr. Kuan has combined many concepts of Traditional Chinese Medicine with modern Acupuncture and Chiropractic techniques for excellent healing and wellness. He has built his reputation as a practitioner who is passionate about healing and providing care. Dr. J.

K. Kuan is National Board Certified and a Licensed Chiropractic Physician and Acupuncturist in the states of NJ, NY, and CA. With years of clinical experience, Dr. Kuan has helped people with conditions such as allergies, migraines, smoking addiction, obesity, PMS, insomnia, infertility, pain syndrome (joint pain, tendonitis, LBP), I.B.S., anxiety/depression. We offer free consultations as well as monthly lectures. *See ad and article, page 37.*

MATAWAN WELLNESS CENTER

Acupuncture, Acupressure, Herbal Therapy
732-888-3896
123C Main Street, Matawan, NJ 07747
www.123WellnessCenter.com



Matawan Wellness Center is a alternative medicine clinic. Our licensed acupuncturists and herbalists are well trained doctors from China with Integrated Chinese medicine, Western medicine, and

nutrition background. With 10 years experience, our practitioners provide Acupuncture, Acupressure, and Herbal therapy to promote your body's self-healing from either Inflammation or Degeneration, Anxiety or Depression, Insomnia or Fatigue, Pain or Numbness, Autoimmune or Immunodeficiency, and more. *See ad, page 22.*

BUSINESS CONSULTANT

DONNALYN GIEGERICH MBA CIC RYT

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Holistic leaders prioritize presenting well...Hone the skill of representing your brand or service with impact and influence through our interactive workshops. Join us for our local Red Bank events @ DonnaLynSpeaks or by adding to our email list at dgiegerich@aol.com.

CHIROPRACTIC

DR. JULIE PAGE

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



Dr. Julie Page is the founder of Page Wellness Center located in Atlantic Highlands NJ. She has been in practice for over 15 years and continues to excel in her fields of Chiropractic and body work. Dr. Page uses many modalities that are at the forefront of sports medicine; including Kinesio Taping, Graston Method, and Fascial Manipulation (Stecco Method). More recently she has been certified in Ashiatsu and Ashi-Thai body techniques which she incorporates into her already well rounded practice. *See article page 35*

UPPER CERVICAL CHIROPRACTIC OF MONMOUTH, LLC

Larry Arbeitman, DC
280 U.S. 9 (Shop Rite Shopping Center)
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THE HOLISTIC NATUROPATH

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Doctor of Naturopathy
Certified Traditional Naturopath
East Brunswick N.J. Facility
Inner Wisdom Wellness Center, Milltown, N.J.
naturopathfrancine@gmail.com
908-812-1722



As a Naturopathic Practitioner, Dr. Francine Neidle provides her clients with the proper tools, empowering them to treat their conditions holistically and naturally. She educates her clients on proper nutrition, diet, herbs, therapeutic oils and supplements, in order to most effectively fight infection and inflammation, which is at the root of most illnesses. The mind/body connection is an essential component in maintaining good health.

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~Wayne Dyer

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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

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Dolores is a Psychic Medium, Reiki Master and a Hypnotherapist. She is the founder of Supreme Soul Healing and Learning Center. Her extensive learning background makes her a phenomenal medium and teacher. Her passion and dedication to the Spirit world is bar none. She loves nothing more than

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but the view is
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~Arnold Bennett



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