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



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letter from publisher

Hello Friends



Sharon Shaffery

Hello Friends,

Happy Spring! Our clocks spring ahead on the 11th and the Solstice is the 20th. Woo hoo - I am sooo excited! My crocus are already showing and the daffodils and tulips won't be far behind. I get super excited for spring, I start thinking in February about what I'm going to grow in my garden.

Every year I go into farming season with the highest aspirations of growing the maximum yield, so I can share the abundance. But every year it happens, I lose discipline when the sunflowers start to grow. Sunflowers are like happy giants that make me smile. They bring so many honey bees, gold finches, humming birds and butterflies to the yard. I can't bring myself to pull them out or cut them down. Before you know it, the yard has a field of sunflowers that has taken over the garden. But this year I am going to have discipline. Why? Because I discovered an app that will help me plot my gardens so I can have both vegetables and sunflowers.

I was listening to a marketing webinar and they were talking about the 4 pillars of successful marketing: Tools, Playbook, Markets & Communication, and because I was thinking about my garden, it occurred to me that Tools and Playbook were exactly what I needed for garden success.

I started thinking about the challenge: I love sunflowers, but I can't let them take over the garden. Desired outcome: Growing as many sunflowers as possible without invading other space. Fastest solution from A to B - a garden planning tool that is super easy

So I Googled it. Many of you may be like duh... but for me I was super excited to find that software has taken a project that would consume so many hours, and compressed the effort to a simple few minutes. I expected to find something that made it easier, but they have gotten to the point where it couldn't be any easier. It's like wow! It is truly incredible the things we can achieve in a matter of minutes. I haven't tackled the process yet, but I still have some time.

The website is <http://gardenplanner.seedmoney.org>. They are a Maine-based nonprofit providing grants, crowdfunding opportunities and training to food garden projects across the country and around the world. Light Workers for sure! And speaking of Light Workers, we have a Big Event this month - can't wait to see you all at the 7th Annual Wellness Expo at Georgian Court on March 24th. It is a great time every year!

Before I close, I have to take a moment to apologize to Ennis Murphy of Two River Health. I made a mistake in his byline last month when I wrote her instead of his. I'm so sorry, please forgive me.

Thank you all for your continued support and encouragement. Thank you to our advertisers who make it all possible. And thank you to the team, for your hard work every month. May March go out like a lamb.

Warm wishes,

Sharon

news briefs

 Beat the Winter Blues with
 Far-Infrared Sauna Sessions
 Infused with Chromotherapy

Seasonal Affective Disorder (SAD) is a medically recognized form of clinical depression that typically occurs during the darker winter months. It is most likely caused by shorter day-light hours which cause shifts in the body's biological clock and hypothalamus.



The infrared saunas we have are equipped with Chromotherapy Lights. Chromotherapy is the science of using colors to adjust body vibrations to frequencies that

result in health and harmony. Each color possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms. Our bodies need the sun's light to live. Color therapy works on various energy points to help balance your body via the full spectrum of visible light, each color addressing a distinct need.

There are many health benefits that the far infrared sauna session offers to the body:

- increased blood circulation
- improved cardiovascular functioning
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- decreased stress levels in the body

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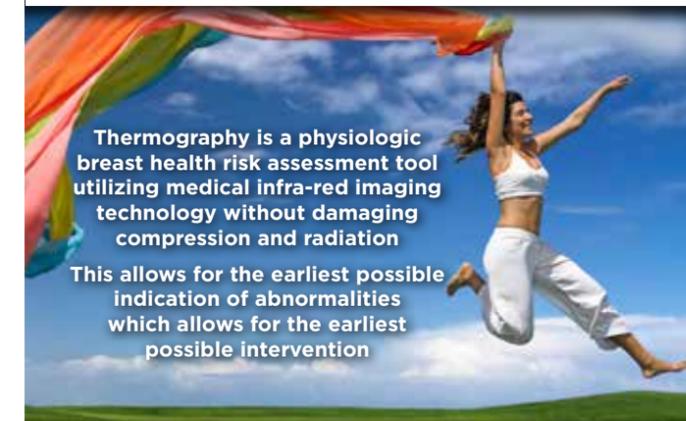
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Spring Mala Making Workshop

Planting Seeds of Intention at Monmouth Beach Yoga & Wellness March 18th 12-2pm. Spring is a time to find out where you are, who you are, and move toward where you are going.



Join Krista Lynn, Jewelry Designer and Creative Spiritual Workshop Facilitator as she takes you through a wonderful spiritual and intuitive event where you make your own Mala Beads using Rudraksha beads and Semi-Precious stones. A rudraksha is the seed of the Elicarpus ganitrus

tree and plays an important role in a spiritual seeker's life. The Mala is a strand of beads traditionally used for counting during meditations. Today, many people wear their Mala as a necklace or bracelet as a reminder of their personal and spiritual intentions.

Making your own Mala Beads infuses your energy into the beads and encourages you to have a mindful experience in connection to the power of intention. Beautiful beads of spiritual quality will be provided. You will learn the meaning of Mala Beads, how to use them and the spiritual meanings behind the stones you chose. Come get inspired and tap into your creativity. Take some time just for you to create a beautiful talisman to support you on your journey.

Cost: \$65/per person - (all supplies included). Limited to 15 people. Pre-registration is a must. Monmouth Beach Yoga & Wellness is located at 36 Beach Road Suite 10, Monmouth Beach. Contact Lisa Matthews to register 973-452-2828 or stop into the studio.

Qigong for Good Health – Spring Series

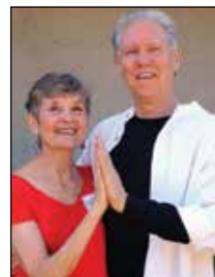
Spring is a time of new growth and new beginnings. Join Maxine Forster Guenther, M.A. certified Instructor of Integral Qigong. The 9 Week Spring Series begins on Tuesday, April 3. Join us as a beginner or return and deepen your practice. All are welcome.

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

For more information about classes and this workshop, please visit www.qigongforgoodhealth.org

TWO 1 Hour classes for 9 Tuesdays 1pm – Primordial Qigong – recommended for students with some Qigong experience
2:30pm Everyday Qigong – favorite forms & more - for experienced & new students

Place: The Earth Room, Unitarian Universalist Meeting House 1475 West Front



Street, Lincroft. Cost: \$90 for 9 sessions. For a partner in the same household, the 2nd person's fee is \$45. If you cannot afford the cost of the series, please e-mail Maxine to request adjustment in the fee. qigongomi5@gmail.com These amazing classes do fill. Sign up soon by e-mail.

Coming April 21st "The Gateway to the Ultimate – Primordial Qigong/WujiGong," a 1-day workshop with Dr. Roger Jahnke, O.M.D., Master Teacher & Author. This workshop is only open to those who have learned the Primordial Form. Registration is online only.

The Stations of the Cross

The Yoga Loft is honored to offer The Stations of the Cross on March 25th 6p-7:30p with Dianne Suozzo.

The practice of The Stations of the Cross is an ancient tradition in the church, usually characterized by prayer and meditation before artist renditions of the journey of Jesus on the day of his crucifixion. It is a time to contemplate his suffering and the purpose of it. Jesus went to the cross to open the door to Heaven for us. He endured humiliation and pain so we could have life with God eternally, but also, that we could have access to God even now in this broken world.

Contemplating the Stations is not a religious act of duty, but a time of sitting with our friend Jesus and remembering his love for us and how he showed his love in action.

3:18 in the Bible says "let us not love with words or tongue, but with actions and truth." "When we take time to put our minds on



how Jesus loves us with perfect sacrificial love, we learn how to be love those around us.

The Stations of the Cross is a meditative journey along the "Via Dolorosa," the way of suffering. We will take time on our mats to meditate, pray and focus on the Biblical account of Jesus' journey to the cross. This will be a time we use our body,

mind and soul to focus on Jesus precious sacrifice for us. We will take some time to contemplate the Stations of the Cross and Scripture while incorporating yoga as we let truth of God's Word sink in deeply.

The Yoga Loft, 462 Adelphia Rd., Freehold. Please call or text 732-239-2333 or e-mail info@theyogaloftnj.com \$25.

Yoga Maha Sadhana (The Great Practice)

The Yoga Loft in Freehold is honored to be offering Yoga Maha Sadhana (The Great Practice). All are welcome to join us Fri, March 9th 6-8p with Tony Costa.

This will be a two-hour yoga practice that will begin with a group Kirtan, which are ancient chants that can have the ability to quiet the mind if listened to with intention. From there

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it will flow into a breath centric Vinyasa designed to help focus the mind, invigorate the body and sooth the spirit. The flow will contain healing mantras (sound vibrations) to help stimulate the chakras while working to stretch, tone and strengthen the entire physical body. The practice will end with a Yoga Nidra, a final guided meditation to lead you into a deep relaxation.

The Sanskrit term “Yoga” comes from the word for “yoke”, meaning “union”. The practice of yoga is that, a union in one’s self and among others. The workshop is for anyone who wishes to deepen their practice, to experience a class designed to help heighten the union between mind, body and spirit and also come together, to practice joyfully with those of a like mind. It will be led by Shinsho Tony Costa, a Certified Yoga Teacher, Musician and Zen Buddhist.



The Yoga Loft: 462 Adelpia Rd., Freehold, call 732-239-2333 or e-mail info@theyogaloftnj.com to register for this workshop, \$30.

Group Health Coaching Program - ABC'S of Nutrition

Group Health Coaching Program was designed to help you live healthier, live with more peace, lead your family, build your self-confidence, lose weight, and get responsible for living

the life of your dreams. We added the Group Health Coaching Program in addition to our successful One on One Health Coaching. Now you can participate with a friend, relative or coworker in an interactive program that will have you tackling various wellness objectives in a fun, group setting.

You will have the same benefits of one on one health coaching program including the guidance of a Certified Holistic Health Coach and get the same great results at a fraction of the price. Each One-on-One Health Coaching session is \$100, but one Group Health Coaching session is only \$25.

There will be 12 weeks of group health coaching sessions with 12 different topics on a rolling basis so you never miss a specific topic of discussion. The Group will meet weekly either on Monday at 11 am or Wednesday at 6:30 pm for one-hour session.

You can choose morning or evening session based on your schedule. Each week a different topic will be discussed with simple but informative handouts that will increase your knowledge of nutrition. You will leave each class with fresh new skills that you can use in your daily life. Cost: \$25/session. Groups are limited to 10 people maximum, but minimum of 4.

Some topics of discussion are Alkaline Diet & Weight Loss; Juicing & Detox; Mystery of Carbs; Cravings & Sweets; Fats/Oils and Anti-Inflammatory Diet; Stress & Stimulants and many more. For more topics and details visit website under “Health Coaching tab and click on Group Program”

Group sessions will be led by Larisa Belote, Holistic Nutritionist at 4 Bridge Plaza Drive, Suite 5 in Manalapan. Register at www.stepbystep-wellness.com/healthcoaching or call 732-490-5770 or email larisa@stepbystep-wellness.com

Workshop – Healthy Gut & Digestive System

Do you often have heartburn or acid reflux? Are you suffering from some type of digestive disorders such as irritable bowel syndrome? Do you often feel bloated, have constipation or diarrhea?



In this integrative workshop you’ll learn about the common causes of digestive disorders, foods and other modalities that help heal and/or disrupt the normal function of digestive system and steps to take to achieve

optimal digestion and intestinal health.

If you are taking that purple pill or any other acid blocker for what feels like a lifetime even though you were only supposed to take it for 2 weeks then this workshop is for you. Discover holistic ways to decrease your dependence on acid blockers and restore your Gut & Digestive System.

Workshop Date: Tues March 20th 6:30pm; Cost: \$10 includes light refreshments.

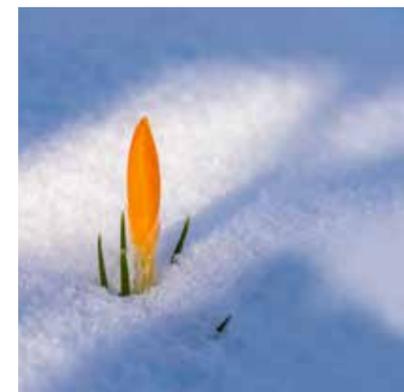
Workshop is led by Larisa Belote, Holistic Nutritionist at 4 Bridge Plaza Drive, Suite 5 in Manalapan. Registration Required. Call 732-490-5770 or email larisa@stepbystep-wellness.com Implement lasting changes step by step to improve your gut health, digestive issues, health and weight.

A Weekend of AYURVEDA

Day 1: Introduction to Ayurveda: A Healthy Transition from Winter to Spring at Monmouth Beach Yoga & Wellness

What is Ayurveda? Ayurveda means “the science of life” and is the sister to yoga in the healing and holistic realm. Ayurveda works to balance the elements in the body, mind, and emotions; creating a dynamic understanding of healing that goes into all the depths of being. As we transition from the winter to the spring; we begin to feel deeply the heaviness and sluggishness of the winter, combined with the all too common allergies of the spring. As the Earth begins to heat again, we will examine heating our own beings too: through the ancient and time tested practices of Ayurveda.

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Ennis Murphy, Integrative Nutrition Health Coach

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- Aristotle



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include in Introduction to Ayurveda and Samkhya Philosophy; the opportunity to take a thorough constitution test and discover your own imbalances; a yoga practice incorporating pranayama, meditation, mantra and asana to ease the lethargy and congestion of the seasons; recipes and cooking tips to support your nourishment and digestion; and daily rituals to support your immunity and overall vitality.

Date: Saturday, March 24th, Noon-4pm \$60

Day 2: Teaching to Balance the Elements: Implementing the Ancient Tools of Ayurveda This workshop will include an overview of Ayurveda; an introduction to asana, meditation, pranayama and mantra practice through the lens of this ancient holistic science; example sequencing to demonstrate the balancing of the doshas through practice; hands on assists to support a wide variety of imbalances; and a new understanding of how to support ourselves as teachers from the perspective of our own personal Ayurvedic imbalances.

Date: Sunday, March 25th Noon-4p \$60

Monmouth Beach Yoga & Wellness is located at 36 Beach Road, Suite 10, Monmouth Beach~973-452-2828~www.mbyogaandwellness.com

FREE Webinar - Treat Chronic Fatigue

Are You Tired of Being Tired? Hypnosis can be an effective holistic tool to treat Chronic Fatigue.



Chronic Fatigue, also referred to as Chronic Fatigue Syndrome (CFS), is a long term fatigue, which is not improved with sleep, thus causing chronic exhaustion and depletion of energy. Other common symptoms are sleep problems, muscle and joint pains, headaches, problems with concentration, being sensitive to light and noise, feeling confused or disoriented, dizzy, cold hands and feet, appetite or weight changes.

People who suffer with CFS seem to be hypersensitive to stress, both physical and emotional. Anyone can get CFS, although it's more common in women

than in men, and it effects mostly individuals in their early 20's to mid 40's. Children can also get affected, usually between ages 13 and 15.

CFS is thought to be caused by viral infections, by hormonal imbalance issues, and with psychological problems, such as stress and emotional trauma. Hypnotherapy (using hypnosis therapeutically) helps with CFS by reducing the stress on the mind and body by combining imagery of strengthening immune system with deep relaxation techniques, and also reframing one's perception of stressful events.

To learn more, please join Ada Zak, a Certified Professional Hypnotist, Relapse Prevention Specialist, and a licensed health professional, at the upcoming Workshop on Wed March 28th, from 7-8 pm to discuss the benefits of using Hypnosis for CFS.

Please call 732-333-6680 to RSVP for the Workshop (reservations required due to limited seating) or contact Ada via website at www.HypnotherapyAdvantage.com
Address: Wemrock Professional Mall (sign at the entrance), 501 Stillwells Corner Rd., Building A / Dr.Borgersen's office, Freehold.

Pink Power Party & Live Ghost Tour

Dimensions Reiki is committed to hosting and supporting events that let us demonstrate our passion for Reiki energy healing and for psychic development.

Please visit us at the 3rd Annual Pink Power Party, March 8th, at iPlay America in

Freehold, to share soothing Reiki with all of the guests of the Central and South New Jersey Susan G. Komen breast cancer organization.

We are also excited to host our first-ever live ghost tour at one of New Jersey's most haunted locations, the Burlington County Prison Museum (March 10th, in Mount Holly, NJ)! Check out some of our other classes and workshops in the Calendar of Events.

Spirit awaits; are you ready?? Find YOUR Intention and Love Your Well-Being!



Jeff Carpenter is a certified Reiki Master, psychic and spirit medium, and he is the founder of Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Registration is required for events and classes; please email dimensionsreiki@gmail.com or call 832-832-1036 to register. Find events and register online at <http://dimensionsreiki.com/calendar>.

Dimensions of Insight

“Beware the Ides of March...” One of the most iconic messages in Shakespeare's writings described a warning from a soothsayer to Julius Caesar as Caesar was traveling to the capitol. It proved to be a disastrous visit, with Caesar being murdered by the Senators, including his good friend Brutus. To balance your own energy and get in touch with your clairsentience, you can join in our energizing bi-monthly Reiki healing circles on the Ides of March, March 15th.

If you are looking for ways to tap into your innate intuition, Dimensions Reiki is ready to help. Whether you wish to learn more about your own psychic abilities or you would like to learn to channel healing energy, Dimensions has something for everyone. Join one of our guided meditations and receive your own healing demo at one of our Reiki healing circles (Thursdays, March 15th and 29th).

Jeff Carpenter is a certified Reiki Master, psychic and spirit medium, and he is the founder of Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Registration is required for events and classes; please email dimensionsreiki@gmail.com or call 832-832-1036 to register. Find events and register online at <http://dimensionsreiki.com/calendar>.

Animal Spirit Guides & Totems

The signs and direction the universe provides you are subtle, it won't take out a billboard telling you which way to go and what decisions to make. It communicates through nature and the animals that you come across. Many Native American and Aboriginal cultures knew this and the tribal Holy Men would work with their people to help them learn these sign and discover their spirit animal, or totem; the animal that helps guide you along your path.



If you are interested in learning about animal totems and guides, join Tony at The Yoga Loft March 18th 12:30 to 2p for a discussion about animal medicine and a guided mediation that can help you reach the place needed, spiritually, for the animal to reveal itself to you. \$25

To register please call 732-239-2333 or e-mail to info@theyogaloftnj.com

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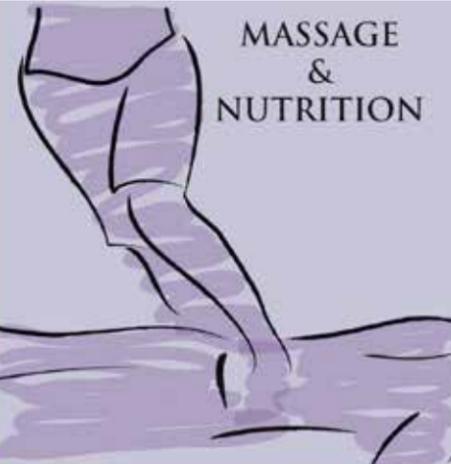
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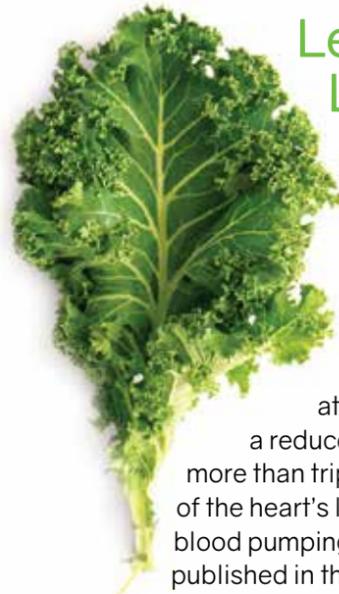
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Leafy Greens Lower Risk for Heart Disease



Leafy greens, which are rich in vitamin K, have again been shown to provide outsized benefits for heart health. Researchers from the Medical College of Georgia at Augusta University found that a reduced intake of vitamin K1 leads to more than triple the risk of an enlargement of the heart's left ventricle, which reduces blood pumping volume, according to a study published in the *Journal of Nutrition*.

Researchers followed diet records for 766 participants ages 14 to 18 and monitored their vascular structure and functionality. When compared to those with the highest intake of vitamin K1 from foods such as spinach, cabbage and other leafy, green vegetables, those with the lowest intake were more likely to experience vascular enlargement.

Gooseberries are Good for the Gut



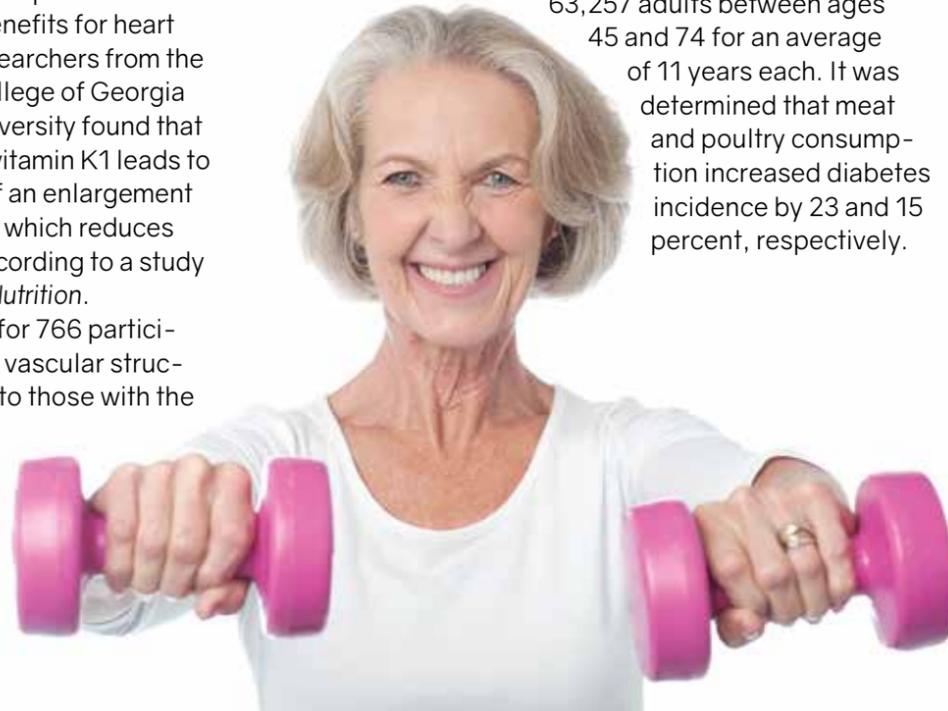
Researchers from Malaysia's Islamic Science University tested 30 patients with gastrointestinal issues, dividing them into three groups. One received lactose, a placebo; another group was given omeprazole, an over-the-counter remedy; and the third *Phyllanthus emblica* Linn, an ayurvedic treatment for gastroin-

testinal issues also known as Indian gooseberry.

The research found the herbal treatment resulted in less pain, vomiting, sleep loss and other issues. Participants' intestinal walls also showed signs of significant healing. The researchers concluded, "Findings indicate that the ethanolic extract of *P. emblica* fruits has gastroprotective effects in humans that justify its traditional use."

Eating Meat Raises Diabetes Risk

Research from Duke University Medical School indicates that eating red meat and poultry increases risk for Type 2 diabetes. Published in the *American Journal of Epidemiology*, the Singapore Chinese Health Study followed 63,257 adults between ages 45 and 74 for an average of 11 years each. It was determined that meat and poultry consumption increased diabetes incidence by 23 and 15 percent, respectively.



PHYSICAL ACTIVITY DETERS ALZHEIMER'S

According to a study in the *Journal of Alzheimer's Disease*, researchers discovered the risk of dementia can be halved by engaging in physical activities like walking, dancing and gardening, which significantly improve brain volume in the hippocampus region and the frontal, temporal and parietal lobes. The scientists studied 876 participants for 30 years and completed a longitudinal memory test of the patients, which were 78 years old on average, and followed up with MRI brain scans. They recorded their physical activity and logged caloric output every week.

Two other studies found that any exercise that raises our heart rate and produces sweating for a sustained period will benefit cognitive health as we age. One meta-analysis of 36 studies from Australia's University of Canberra found that exercise improved cognition by an average of 29 percent for those older than 50; another small group study from Germany's Otto von Guericke University, in Magdeburg, specifically showed that dancing benefits seniors' cognition.

Toxic Effects of Lead on Reproductive Health

In a new working paper from the West Virginia University Department of Economics, authors Daniel S. Grossman and David J.G. Slutsky found that during the lead-tainted water crisis in Flint, Michigan, from 2014 to 2016, there was a 58 percent rise in fetal deaths, and 275 fewer births compared to adjacent areas near Detroit.

TEEN MARIJUANA USE FOSTERS DEPRESSION

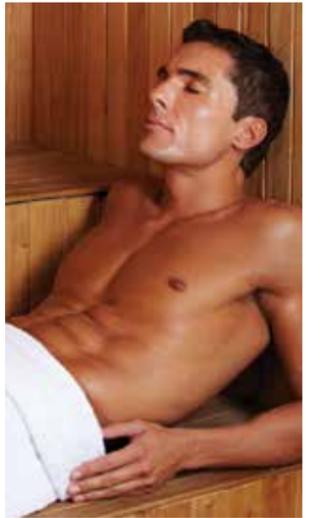
Research from the University of Pittsburgh followed 158 boys and young men until the age of 22. Brain scans revealed that the teenagers using marijuana between the ages of 14 and 19 had a higher risk of depression as young adults. Marijuana users also had the lowest educational achievements. They suffered impaired connectivity in the nucleus accumbens part of the brain, which plays a central role in the reward circuit tied to two essential neurotransmitters: dopamine, which promotes desire; and serotonin, which affects satiety and inhibition.

Another recent study of 521 Washington State University students noted that depressed 12-to-15-year-olds were more likely to be using marijuana by age 18.



Saunas Lower Blood Pressure

University of Eastern Finland research on 1,621 men found that four to seven saunas per week can cut high blood pressure risk in half. Their conclusion states, "Regular sauna bathing is associated with reduced risk of hypertension, which may be a mechanism underlying the decreased cardiovascular risk associated with sauna use."



Positive Outlook Powers Osteoarthritis Patients

Research at Penn State University published in the journal *Health Psychology* shows that being more enthusiastic and optimistic about getting things

done upon waking up in the morning increases the physical activity of osteoarthritis patients throughout the day, resulting in more exercise and reduced symptoms. The study followed 135 osteoarthritis patients for 22 days.



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Hywind, the first floating wind farm in the UK, is located 15 miles offshore of Peterhead, in Aberdeenshire, Scotland. Its five turbines with a 30-megawatt capacity will provide clean energy to more than 20,000 homes to help meet the country's ambitious climate change targets. First Minister Nicola Sturgeon says, "The government's commitment to the development of this technology, coupled with Statoil's [lithium] battery storage project, Batwind, positions Scotland as a world center for energy innovation." Hywind is operated by Norwegian oil and gas company Statoil ASA and Masdar Abu Dhabi Future Energy Co.

Fossilized Financing

Renewable Energy Subsidies Lag Far Behind

The G20 nations, comprising the world's biggest economies, provide four times more public financing to support fossil fuels than renewable energy, says a report from the environmental coalition Oil Change International (Tinyurl.com/TalkIsCheapOilReport). This took place even though German Chancellor Angela Merkel announced climate change as the heart of the agenda at the Hamburg summit in July 2017. The public financing—in soft loans and guarantees from governments along with huge fossil fuel subsidies—makes coal, oil and natural gas cheaper to use in the short run because both the front-end and back-end costs are undisclosed.

Grassroots Gumption

Sweet Potato Project Encourages Enterprise

The Sweet Potato Project, started by journalist Sylvester Brown, Jr., will work in partnership with St. Louis University and a small cadre of local nonprofits called the North City Food Hub to hold culinary, small business, horticulture, restaurant management, and land-ownership classes and business incubator opportunities this spring. The goal is to enable at-risk youths in North St. Louis to grow food and make money through food packaging and distribution. The project encourages people to become innovative, self-sufficient players in today's expanding global economy.

Brown says, "Success doesn't always mean you've made a lot of money; it can also mean you've survived poverty or managed to create something."



Sickly Salmon

Uncontrolled Lice Threaten Fish Industry

A surge in parasitic sea lice that attach themselves to and feed on salmon, killing or rendering them unsuitable for dinner tables, is disrupting salmon farms in the U.S., Canada, Scotland, Norway and Chile. Wholesale prices for the species have already increased 50 percent over last year, leading to higher consumer prices for everything from salmon fillets and steaks to more expensive lox on bagels. Scientists and fish farmers are working on new ways to control the pests. *Fish Farmer* magazine states that losses by the global aquaculture industry could be as high as \$1 billion annually. The only hope is to develop new methods to control the spread of the lice, which are naturally present in the wild, but thrive in the tightly packed ocean pens used for fish farming.

spread of the lice, which are naturally present in the wild, but thrive in the tightly packed ocean pens used for fish farming.

Food Sourcing

Marine Algae Could Nourish Growing World Population



According to the United Nations, more than 800 million people today are regularly undernourished. By 2050, a rise of another 3 billion in global population is expected to escalate pressure on food supplies. The challenge means providing not just sufficient calories, but also a balanced diet for good health.

Fish present a viable solution, but most of the world's inventory is already overharvested. Some scientists propose "cutting out the middle fish" via the commercial production of marine microalgae as a staple food. They produce fatty acids, amino acids, vitamins, minerals, antioxidants, polymers and carbohydrates that humans need and that can be used to feed animals and farmed fish. Microalgae are found in both freshwater and marine aquatic systems. Only a handful of algal species are used commercially now, but hundreds of strains have similar potential.

Meanwhile, innovators at Copenhagen's future-living lab SPACE10 created the Algae Dome, a 13-foot-tall urban ecostructure powered by solar energy that pumps out oxygen and produces food in a closed-loop arrangement. This hyperlocal food system grows microalgae, which are among the world's fastest-growing organisms and can thrive on sunshine and water almost anywhere.



Veggie Renaissance

Brits Cutting Back on Meat Eating

In 2015, the World Health Organization labeled bacon, sausage, hot dogs and other processed meats with the same carcinogenic label as for cigarettes. According to the *Mintel Meat-Free Foods 2017 Report* (Tinyurl.com/MintelMeatReport), 28 percent of Britons have now drastically reduced their meat intake. Reasons vary.

About 49 percent of those polled that have given up meat or are considering it say they feel prompted by health warnings. Other motivators include weight management (29 percent), worries about animal welfare (24 percent) and environmental concerns (24 percent).

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Protective Plants

Indoor Greenery Removes Airborne Toxins

Along with naturally beautifying a home, many indoor plants help purify air quality often contaminated by chemicals found in common household products and furnishings. A recent study by the State University of New York at Oswego found that bromeliads absorbed up to 80 percent of pollutants from volatile organic compounds (VOC) emitted by paint, furniture, printers, dry-cleaned clothes and other household products. Other plants that scored highly for purifying the air of VOCs in airtight container tests were dracaena and spider plants (*ScienceAlert.com*). In related news, peace lilies have been shown to be effective in reducing airborne ammonia.

NASA scientists have discovered that Boston fern, rubber plants, English ivy, devil's ivy, peace lily, mum and gerbera daisies help clear the air of the formaldehyde often used in insulation, carpeting and particleboard furniture. (*RodalesOrganicLife.com*)

Environmental scientist B.C. Wolverton's book *How to Grow Fresh Air: 50 House Plants that Purify Your Home or Office* cites ferns as another good plant for removing formaldehyde from the home. Ferns are nontoxic, making them good indoor plants for pet owners per the American Society for the Prevention of Cruelty to Animals.

Indoor levels of formaldehyde can also be reduced by potting areca palm, amstel king ficus and weeping fig plants, according to *MotherEarthLiving.com*. The website also cites how dragon tree plants can help remove xylene (used in solvents), trichloroethylene (found primarily in adhesives) and toluene (a solvent and gasoline additive) from the air.

Beyond improving air quality, indoor plants also boost ambient oxygen levels, lower mold counts and serve as a natural humidifier and mood enhancer.



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Life's most persistent and urgent question is, **'What are you doing for others?'**
~Martin Luther King, Jr.

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Ten Steps to Detoxify and Get Healthier This Spring

by David Dornfeld DO

Traditional Chinese medicine and Ayurveda, the ancient healing system from India, both recommend springtime as the ideal season to detox your body. The rebirth of nature that happens during this time harmonizes with a cleansing and renewing of your body. Plus, some of us tend to get lax about our diets and exercise routines during the cold winter months, which means come spring we're ready to come out of hibernation.

Why Do You Need to Detox

Modern living isn't exactly pure. Every day we're exposed to chemicals in our food and water, pollution in our air, and emotional stress in our lives. Over time, these toxins accumulate in your body and can manifest as insomnia, fatigue, digestive problems, aches and pains or even chronic disease.

Detoxification gives your body a chance to rest, clear out toxins and become nourished. Generally this is done by first removing and eliminating toxins going into you, then providing your body with

healthy nutrients. There are numerous over-the-counter supplements you can take to aid in your detox, and some people even do so by Intravenous Chelation therapies to gain the best results.

During a safe fast, (by not consuming any food for 12 hours after dinner but hydrating well), your body uses up glucose, the body's main source of energy, and then moves on to its next source of energy, fat. It is therefore said that fasting helps with weight loss and the detoxification of your body, as toxins from pollution, food, water and more that are stored in your body fat begin to dissolve and are released by your body. Look into Ketogenic Diets (if tolerable) to optimize health.

10 Ways to Detox Your Body Naturally

1. Eat fresh, whole organic foods.

Processed foods contain preservatives, artificial colors and flavors and many other additives that are not good for your body. To really give your body a break, cut back

on processed food and focus on whole, natural foods instead. Adding more raw foods to your diet is also a popular way to start a detox, as eating raw foods is said to increase energy while boosting mood, slowing aging and fighting chronic diseases. Remember, **YOU ARE WHAT YOU EAT--EATS, WHICH YOU CANNOT EXCRETE!**

And as much as possible, choose foods free of pesticides, genetically modified ingredients and other additives. If you must budget, switch first to organic animal products (meat, eggs and dairy), as animal protein tends to accumulate toxins faster. Next, choose organic versions of the most heavily polluted produce, such as the top fruits and vegetables with the most pesticides. SEE the DIRTY DOZEN SHEET (and app) www.ewg.org

2. Exercise- Cardio Pulmonary 20 minutes

3-5 x week, or walk 8,000-10,000 steps daily if possible. It will help you relieve

stress and improves your circulation, bone densities and overall health.

3. Quit smoking

Cigarettes contain over 4,000 different chemicals and harmful heat to injure your lungs, (esp Nickel and Cadmium toxins form cigarettes et.al).

4. Drink more pure water.

Drinking pure water helps flush toxins from your system while helping your cells function more efficiently. But be careful not to drink just any water. A recent Environmental Working Group study found 141 unregulated chemicals, and 119 regulated ones, in U.S. drinking water supplies. To put your mind at ease and get safe, superior quality water from your own kitchen, we consider a kitchen water filter that reduces chlorine, chloramines, cysts, VOCs, pesticides, and herbicides below detectable levels for the life of the filter.

Look at www.ewg.org for ideas for better water filtration.

The best water filters combine the filtration and enhancement technologies to deliver the purest and most natural tasting water available. It should effectively reduce harmful contaminants. (+ >pH)

5. Remove contaminants from your shower.

When you step into your hot shower, you are inadvertently exposing your body to a slew of toxins that can damage your health, inside and out. These toxins stem from a chemical that is added to the water supply on purpose, ironically to kill bacteria. The chemical is chlorine, and it's added to all public water supplies to kill disease causing bacteria in the transport pipes and the water itself.

By taking a hot shower you end up absorbing over 600 percent more chlorine and other chemicals than you would from drinking the same unfiltered water all day!

6. Use Natural Cleaning Products.

Using typical cleaning sprays and air fresheners at least once a week can increase your risk of asthma by 30-50 percent.



Instead, opt for antimicrobial cloths, dusters and mitts for all of your cleaning needs. Look for terry cloths that contain patented built-in antimicrobial protection and are made of ultra-microfibers that are only 3 microns in size, which is even smaller than many bacteria.

With antimicrobial cleaning products, unlike ordinary cleaning rags and sponges, you don't need to use chemical cleaners

Processed foods contain preservatives, artificial colors and flavors and many other additives that are not good for your body.

to achieve the deepest clean, which makes them perfect for anyone who's looking to keep toxic cleaners OUT of their home. If you choose to use cleaning products, you can opt for natural varieties that are environmentally excellent and safe for cleaning products lines containing no hazardous ingredients, petrochemicals, perfumes, dyes or animal byproducts. View the Healthy Living app, to help scan safer products.

7. Be Careful of What Drugs You Take.

Sometimes medication is necessary, but you may want to think twice before constantly popping pills for every ache and pain. Many can cause side effects and may contain chemicals that can damage your kidneys. Acetaminophen (Tylenol)

usage should be minimized if possible. It can block Glutathione which is the most important intracellular anti-oxidant which aids in cellular detox and repair. Take a Probiotic daily 25 billion multi-strained colonies at least - (refrigerated ideal).

8. Limit Your Alcohol Intake.

Alcohol is a poison, and in excess amounts, it will cause harm to your body. How much is too much? According to the National Institute on Alcohol Abuse and Alcoholism, most adults can use alcohol moderately meaning up to two drinks per day for men and one drink per day for women and older people and not experience problems. (One drink equals one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80 proof distilled spirits.) GMO free Beer- more ideal

9. Switch to Natural Personal Care Products.

The vast majority some 89 percent of the 10,500 ingredients used in personal care products (products that you rub into your scalp and skin, spread onto your face and trust on your body) have never been evaluated for safety by the Cosmetic Ingredient Review (CIR) panel, the Food and Drug Administration (FDA) or any other institution. Review the Healthy Living App. Scan your skin products as well as foods within your cupboards to help you select healthier options.

10. Meditate and Focus on the Positive.

It's a simple (and free) way to detoxify your mind and spirit. Insight Timer App. Following these steps, performing Cardio-pulmonary exercises and consuming 60% of your weight in ounces of quality water daily, are extremely important to improve the quality of your lives. And, expanding your Brain Daily, to reduce your risk of Dementia is important to keep your brain healthy too.

For more information contact David Dornfeld DO, Family Wellness Center 1680 highway 35 Middletown (732) 671-3730 www.familywellnesscenternj.com

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CASINO BALLROOM (30 min. each)		3:00pm	Mindfulness in the 21st Century with Christina Nappi
11:00am	Weight-Loss In 2018 with Tony Garrow, DC	3:30pm	Save the Planet One Straw at a Time with Anne Zappia, MA
11:30am	Calm Down Quick with Marissa Winters, MA	4:00pm	Women's Health: How to take back what's ours, Moon cycle and beyond! with Emily Bessemer, DPT
Noon	Earthing 101 with Car Chet Healing		
12:30pm	Creating Healthy Families and Communities with Suzanne McMurray, MA		
1:00pm	Fostering our Emotional Wellbeing with the Grief Recovery Method with Carol Strelie		
1:30pm	Demystifying Homeopathy with Celina Semente, MA Cand.		
2:00pm	The Secrets of How Natural Walking Can Enhance Your Wellbeing with Sally Mydlowec, M.Ed.		
2:30pm	How Food Affects the Mind, Body, & Spirit: Choosing the Best Ingredients with Kim Sonsini & Stephanie Bricken, MA Cand.		
		OUTSIDE THE CASINO ON THE LAWN (Casino stage with inclement weather)	
		11:00am	Poundfit with Nancy Brunicardi
		Noon	Adult Yoga with Yoga Peace Kula
		1:00pm	Qigong with Darren Orr
		2:00pm	Children's Yoga with Yoga Peace Kula
		3:00pm	Connect with your Sacral Chakra: The Birthing Center of Creativity with Kate Strakosch

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

Visit **georgian.edu/event/wellness-expo**

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The Truth About Poop: Constipation & Hydrotherapy

by Vanessa Drew

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

Constipation is a condition in which it is difficult, and even painful, to have a bowel movement. People suffering from constipation complain of hard or pellet-like stools, fewer than 3 bowel movements per week and straining with bowel movements. They normally feel bloated, uncomfortable, and sluggish. The condition is often considered temporary and non-threatening, however if it is undiagnosed or left untreated it can lead to many other health issues. Medical problems that are caused by constipation include headaches, fatigue, moodiness and depression, hemorrhoids, anal fissures or tears, gas, lower back pain, skin problems, body odor, indigestion and abdominal pains.

Accumulated toxins may be absorbed into the system and over time may stress the organs of elimination, which are the liver, kidneys, skin, and large intestine. The toxins move around and around in the lymph system and blood, slowly causing auto-intoxication which then leads to disease.

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

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

Many people likely have years of impacted waste material in their colon. Colon

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

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

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

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



Bad Report Card? There's Hope for Struggling Learners

by Michael Ginsberg

Report cards.

Seldom have two words caused such anxiety for both students and parents. For some, poor grades can reflect feelings of inadequacy (as a student or a parent), worries about being held back a grade, or fears of not getting into a good college.

Who's to blame for learning struggles? For parents, these fears often manifest as blame; blame on the student, the teacher, or themselves. And while the assumptions that less-than-stellar grades are a reflection of poor teaching, lack of intelligence, laziness on the part of the student, or poor parenting, these assumptions are almost always untrue.

The truth is that bad report cards are not a reflection of IQ. In fact, many struggling learners have higher-than-average IQ scores. IQ assessments measure an average of the combined strength of all our cognitive skills—the underlying tools we need to successfully focus, think, prioritize, plan, understand, visualize, remember, solve problems, and create useful association. These skills include things like attention, visual and auditory processing, memory, logic & reasoning, and processing speed.

It's very common for a student to have an average or above-average IQ score and a learning problem at the same time. For example, a child who struggles with

reading may have a severe deficiency in the sound blending and phonemic awareness (two subskills of auditory processing), and be well above average in other cognitive abilities. When you lump it all together and average it out, it'll look like there's no problem because the IQ score is average. In fact, that score is masking what could be a serious problem.

What about genetics?

It's not surprising that parents who struggled in school often experience anxiety over their children's report cards. While it's likely that most of the concerns stem from parents' hope that children get

better grades than they did, another fear is that they've somehow genetically passed on their learning struggles.

Certainly, genetics can contribute to a small part of learning struggles (like reading difficulties); but the majority of learning struggles are simply the result of weak cognitive skills. Students with ADHD, for example, tend to have weak selective, divided, and/or sustained attention. Even learning struggles that are inherited don't need to be lifelong labels or diagnoses; strong cognitive skills have a huge positive impact on learning.

So how do you target weak cognitive skills?

Cognitive skills training (also known as "personal brain training") incorporates immediate feedback, intensity and loading, among other features, to target brain skills. Effective brain training customizes programs based on the results of an initial cognitive skills assessment and uses exercises founded on years of clinical and scientific research.

Unlike tutoring, which is academics-



based, brain training is skills-based. While tutoring can be effective when a student has fallen behind in specific subjects (such as history) due to an illness, injury, or family move, cognitive skills training targets the underlying skills needed to perform tasks (like reading) that make learning easier in any subject.

If your child is struggling in school, take the first step toward helping your child become a more confident learner by having

his or her cognitive skills assessed. Cognitive testing usually takes an about an hour, and can pinpoint the weak skills that are making learning (and life!) harder than it needs to be.

Michael Ginsberg is the owner of the LearningRx cognitive training centers in Marlboro and Red Bank, NJ. LearningRx, headquartered in Colorado Springs, Colorado, is the largest one-on-one brain training organization in the world. With 80 Centers in the U.S., and locations in 40 countries around the globe, LearningRx has helped more than 100,000 individuals and families sharpen their cognitive skills to help them think faster, learn easier, and perform better. Their on-site programs partner every client with a personal brain trainer to keep clients engaged, accountable, and on-task—a key advantage over online-only brain exercises. Their pioneering methods have been used in clinical settings for 35 years and have been verified as beneficial in peer-reviewed research papers and journals. To learn more about LearningRx visit www.learningrx.com

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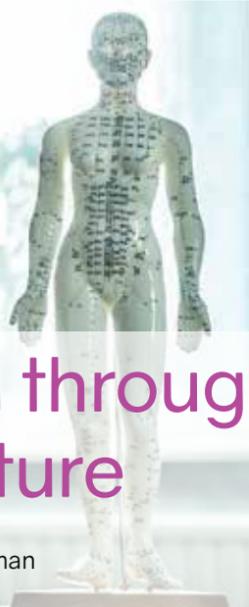
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Nerve Healing through Acupuncture

by Shoshanna Katzman

The ancient healing art of acupuncture is traditionally known to provide much needed relief for nerve pain, tingling, burning, numbness as well as other symptoms associated with nerve damage or impingement. The Chinese medicine approach to address these symptoms includes eliminating inflammation and blockage of qi (vital energy) based on the belief that lack of proper flow of qi and blood prevents nourishment from reaching the cells and tissues which leads to pain and dysfunction.

Acupuncture opens flow of energy within the meridian system (energy pathways) which may be at the root of pain and numbness in addition to that caused by the original nerve damage or impingement. In doing so, acupuncture works by balancing and modulating two energetic conditions known as yin and yang, which are representative of the existence of polar opposites within and outside of the body.

Acupuncture treatment is thus directed toward opening and building flow of qi and blood within both the affected area and throughout the body through release of energetic blockages. In turn, this nullifies symptoms and improves nerve function, while simultaneously strengthening and building overall health. An acupuncturist adds specific points to address the particular condition causing the nerve symptoms.

For example, a condition resulting from nerve damage known as peripheral

neuropathy is generally described according to Chinese medicine as stemming from excessive dampness moving to the limbs and blocking their flow of qi and blood. In this case, acupuncture treatment would also focus on addressing such underlying dampness.

Numerous research studies have been conducted that support the usage of acupuncture in the treatment of symptoms resulting from nerve dysfunction. A 2009 study published in the European Journal of Neurology demonstrates that acupuncture provides immediate symptom relief for peripheral neuropathy, along with improved nerve conduction and regeneration. The World Health Organization has also stated that it recognizes acupuncture as helpful in the treatment of neurological conditions such as peripheral neuropathy.

Furthermore, findings published in Neural Regeneration Research in 2015 found that acupuncture was responsible for the repair of injured motor nerves of the lower and upper limb. This study used electromyographic nerve conduction tests and determined that acupuncture significantly promotes functional nerve repair and improves motor nerve conduction velocity and amplitude.

Another study that was published in Experimental and Toxicologic Pathology in 2011 explored the effectiveness of electro-acupuncture for regeneration of nerve cells in rats with spinal cord injury.

Results showed that the usage of electro-acupuncture along with other therapies was effective in the restoring the partial function of their paralyzed limbs.

Such results are most certainly helpful to know, especially for those seeking alternative treatment to complement help received from allopathic medicine. Combining physical therapy, therapeutic massage and/or chiropractic with acupuncture addresses the structural component and thus leads to longer lasting results. In some cases, acupuncture is provided in conjunction with additional Chinese medicine treatments such as cupping, herbal application and dietary recommendations to achieve speedier results.

Acupuncture for nerve damage or impingement is most effective when treatment is received early on in the occurrence of the symptoms. Treatments are quite relaxing and surprisingly painless. Acupuncture needles are pre-sterilized, single-use, extremely thin and made of solid stainless steel. They are not putting something in or drawing out of your body, but rather stimulating your body's innate healing response through activating the flow of qi.

Addressing the "whole person" is one of acupuncture's strongest suits. Acupuncture is holistic in nature and gains results from working with the specific symptoms while also strengthening the innate healing power of the individual. It provides treatment based on the individual needs of each person.

Symptoms caused by nerve entrapment or damage can be debilitating at best and take longer to heal than one would expect. The great hope is that acupuncture can speed up this process while working to ameliorate the condition. In the meantime, receiving acupuncture also helps bolster ability to tolerate and better handle such symptoms and bring with it an overall sense of being, which is "worth its weight in gold."

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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BRODI is 100 hundred pounds of pure happy love! This 6 year old Rottweiler is a total love bug who will be your eager companion on long walks. You can count on lots of affection and curling up in your lap for a snooze. Belly rubs are his favorite.



VIDA Single, 50 shades of grey 10 year old feline seeks home with windows for birdwatching. Likes: treats, chatting with my shelter friends. Dislikes: being petted on the tail, most other cats (except my girl Blip). Won't you be mine?

Associated Humane Society
732-922-0101

BETTY is around 5ish and arrived with her pups back in January of 2017. They have been long adopted and BETTY still waits for her happy ending... Betty is so friendly and very affectionate and just loves being a silly girl. She listens really well and knows several commands.



LALA is so eager for attention and she follows you around when you're visiting the room we call "Free Roam". This room houses up to 20 cat-friendly cats for adoption. All LALA wants is to rub against your legs and purrs when she is close and happy. †



Tails of Hope
732-660-8440



BLONDIE is a 7 year old terrier mix who was surrender to the local shelter. She doesn't belong in a shelter she belongs on a warm couch in her new forever home. She is just the right size not to big not to small. She's a sweet girl who enjoys playing with her toys and loves tug-of-war.



KIKI is a sweet gal who loves to play with her toys. She is a little shy when she first meets you and she will warm up in just a few minutes. She loves to be held and will purr up a storm. She likes other cats and will do well in a home that can give her lots of attention.



What is Energy Medicine & How might it Help Me?

by Siobhan Hutchinson, M.A. - Holistic Health

Energy Medicine refers to subtle energies, which are in two categories: putative and veritable. These are fancy-sounding words that mean some of the body's energies (putative) cannot be measured by the scientific tools available now. But, they have been theorized for thousands of years and form the basis of many indigenous methods of healing. Veritable means those energies that are currently measured and proven by science such as electromagnetic.

Quantum physics may be used at times to support energy medicine, and current research is just now reporting the benefits of the various practices (Reiki, T'ai Chi, acupuncture). This brings to mind Einstein's famous quote "spooky action at a distance." Simple analogy: we know WIFI exists, but we can't see it or touch it. The National Institute of Health, National Center for Complementary and Alternative Medicine explains that Energy Medicine is also "... based on the belief that all living

things possess and emit energies and can be affected by external energies" (p. 65 Expanding Horizons of Health Care: Strategic Plan 2005- 2009).

"Energy Medicine is the oldest, safest, most organic, most accessible, and most affordable medicine there is." - Dona Eden. Energy Medicine may resonate with you right away. Not only do many people feel things physically, mentally, emotionally, and spiritually shift, but there are ways to "measure" the effects right then and there. Consider your body as a biofeedback entity and kinesiology as one of the "tools" to measure the effects. We all have our own Achilles' heel. If you get back pain every time your in-laws visit, or your stomach turns at the mention of a name, you are getting signals/biofeedback from your body.

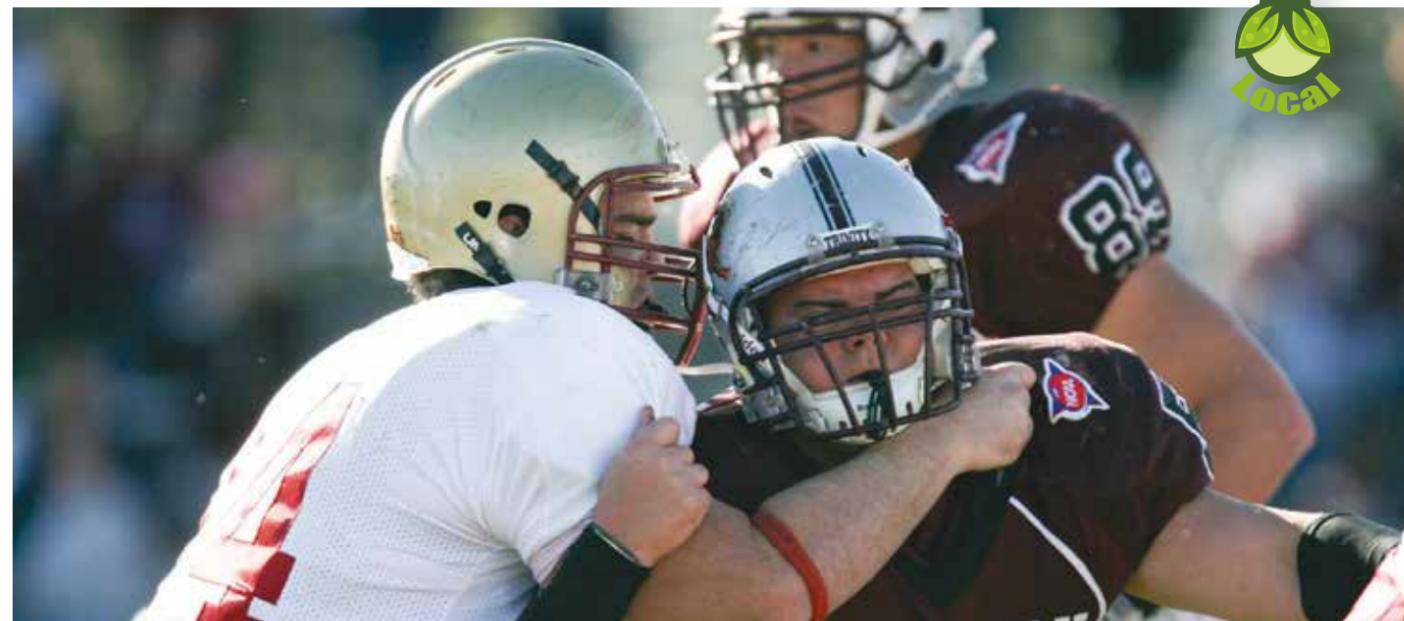
Mehmet Oz, M.D. is a big proponent of integrative and natural approaches to healing and has stated on many occasions that "the next big frontier...in medicine is energy medicine." Noted expert on pain management, C. Norman Shealy, M.D., concurs with Dr. Oz. In fact, Dr. Oz has included energy practitioners in his surgical practice as does beloved Bernie Siegel, M.D. With this in mind, a number of NJ hospices and hospitals offer Reiki, an Energy Medicine, as part of their care. A couple of years ago the NJ Hospice and Palliative Care Organization recognized Reiki in its annual awards ceremony.

Everyone can learn Energy Medicine. It is fun, easy to learn, and the effects can be awesome. A one-on-one session with a trained/certified practitioner may provide deep relaxation, pain reduction, releasing, and an overall sense of wellbeing. It is very personal and unique for each individual.

Siobhan Hutchinson, M.A. - Holistic Health, Accredited T'ai Chi/Qigong Teacher, Reiki Master Teacher, Aromatherapist, and Certified Clinical Eden Energy Medicine Practitioner. Siobhan created Next Step Strategies to educate and encourage individuals to discover their body's natural healing ability. Clients report experiencing increased range of motion, balance, relaxation, reduced stress, and an overall sense of well-being. For more information and workshop schedule visit www.NextStepStrategiesLLC.com

Good News for Concussion Sufferers

by Linda Edwards, RN, MSN



Micro-Current Neurofeedback (MCN), a safe, non-invasive technology, was unveiled to the sports industry at the Athlete Health Symposium recently in Orlando. The event is supported by the NFL Players Association Professional Athletes Foundation. Many players tried a session and most had a positive response after just one session.

A leading brain imaging research team at UC San Diego studied Micro Current Neurofeedback in people who suffered a traumatic brain injury. A striking 53.6% reduction in abnormal brainwaves, and a 52.8% reduction in post-concussive symptoms was achieved after only twelve sessions. People who participated in the study showed improvement in: headaches, insomnia, anxiety, sensitivity to light and sound, focus, concentration, memory, tobacco use cessation, stuttering and feelings of frustration. This is good news for our military and anyone who suffers from post-concussive syndrome.

The research team published their study recently in the peer-reviewed journal Brain Injury. * The work was supported in part by Merit Review Grants from the US Department of Veterans Affairs. Sophisti-

cated brain imaging known as magnetoencephalography (MEG) was used before and after MCN sessions. "...it suggests new potential for effectively speeding the healing process in mild traumatic brain injuries," according to Dr. Mingxiong Huang, the study's principle investigator.

IASIS MCN is brain training that uses low intensity pulses of energy. The signal is not perceptible to the person receiving feedback. The tiny pulsating current helps the brain to achieve a healthier state by retraining the brain and nervous system. "Stuck" patterns are disrupted, and the brain responds by laying down new neural pathways. Nothing more than sitting still for 20-30 minutes is required.

In contrast to other contemporary neurofeedback systems, IASIS MCN provides a safe and sustainable alternative that yields long-lasting benefits in fewer sessions. Although every individual and their respective circumstance is different, about 85% of the patients receiving an IASIS brain training session report a positive response within the first three sessions, with some as soon as the first session. IASIS MCN has been seen over the years to yield long-lasting benefits that optimize brain

function without longstanding negative fallouts or side effects. For practitioners, it's really exciting for a world-renown brain imaging team to document the results that are seen in practice.

MCN can easily be plugged into a concussion protocol after physician clearance. Existing medical staff continue to make any return-to-duty decisions for military personnel or return-to-play decisions for athletes.

Linda Edwards, RN, MSN holds a Master's of Science Degree in Nursing from the University of Pennsylvania. She is a certified Level II IASIS Micro Current Neurofeedback practitioner and owner of ResilientMe in Rumson, NJ. Linda has been trained in conventional health care, but has extensive experience in finding solutions to health and wellness challenges from all sources, especially safe and effective products, services and technologies that disrupt the conventional model of health care. Linda's philosophy is simple: she is only interested in things that work and are safe. For more information contact Linda Edwards at LEdwards@Resilient-Me.com or call 732.319.3949.



The World's Healthiest Cuisines

What Five Countries Can Teach Us about Good Eating

by Judith Fertig

Americans love to explore ethnic cuisines and then put their own “more is better” spin on them, like a Chinese stir-fry turned into chop suey with fried rice or a pasta side dish super-sized into a whole meal.

“We’ve Americanized dishes to the extent that they don’t have their original health benefits,” says Dr. Daphne Miller, a family physician in the San Francisco Bay area and author of *The Jungle Effect: The Healthiest Diets from Around the World—Why They Work and How to Make Them Work for You*.

Here are five popular—and healthy—world cuisines, known for their great dishes, star ingredients and health-enhancing practices.

Traditional Japanese

Ingredients. The dietary benefits of green tea, fermented soy and mushrooms like shiitake and maitake are well documented.

Add dried seaweed to this list. Beyond sushi, it’s a delicious ingredient in brothy soups, where it reconstitutes to add a noodle-like quality, slightly smoky flavor and beneficial minerals, including calcium, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, vanadium and zinc.

A study in the *Asia Pacific Journal of Clinical Nutrition* linked the longevity of Okinawan residents to eating seaweed, a staple of macrobiotic diets. New York City culinary instructor and cookbook author Hiroko Shimbo prefers dried wakame seaweed, readily available in the U.S.

Practices. Shimbo grew up in Tokyo, Japan, where her mother helped her surgeon father’s patients by preparing foods that helped them recover quickly. Shimbo believes wholeheartedly in *Ishoku-dogen*, a Japanese concept often translated as, “Food is medicine.”

Shimbo says, “I eat fairly well, treating food as blessings from nature that keep me healthy and energetic. I do not often indulge in expensive, rich foods.” She prefers eating foods in season and small portions, listening to what her body craves. When feeling the need for minerals and vitamins, she makes a brothy soup with just a little dried wakame, which reconstitutes to four times its dried volume.

A second practice supporting healthy well-being is *hara hachi bu*, or “Eat until your stomach is 80 percent full.” It requires self-discipline to eat slowly and decline more food. But this restraint supports a widely accepted fact that “It takes about 20 minutes for the brain to receive the message that the stomach is full. If we eat slowly, we get the message at the right time, even if we want a few more bites. If we eat too quickly, by the time our brain sends the message, we have probably eaten too much,” says Shimbo.

One Great Dish: Japanese soups offer nutrition and flavor in a bowl. Shimbo’s Eat-a-Lot Wakame Sea Vegetable Soup in her cookbook *The Japanese Kitchen: 250 Recipes in a Traditional Spirit* can be made with chicken or vegetable broth. Other healthy ingredients like sesame oil, fresh ginger, scallions and garlic boost its health benefits.

South Indian

Ingredients. South India—including the states of Andhra Pradesh, Karnataka, Kerala, Tamil Nadu and Telangana—offers many plant-based dishes that feature coconut, rice and spices such as turmeric, known for decreasing inflammation, according to the *Journal of Alternative and Complementary Medicine*. Varieties of dried split peas called *dal* [dal is singular and plural] are used in vegetable curries and ground to make the gluten-free savory crepes known as *dosa* or puffy white *idlis* for a snack or breakfast.

South India native and current Minneapolis resident Raghavan Iyer, teacher, consultant and author of many cookbooks, including *660 Curries*, says, “One technique that gives vegetable dishes a lift is dry-frying or toasting whole spices. It adds complexity and nuttiness.” Simply heat a cast iron skillet, add the whole spices and

dry fry until spicy aromas arise; then add them to a dish.

Practice. South Indian meals usually comprise many small, highly flavored, colorful, plant-based dishes served with rice. They yield a pleasant aroma and sensation of fullness without overdoing it, says Iyer.

One Great Dish: A vegetable/legume curry such as *tamata chana dal*, or smoky yellow split peas is simple to make. Iyer cooks dried, yellow, split peas with potatoes and turmeric, then dry-fries dried chilis and spices, and purées them in a blender for a no-fat, vegan and gluten-free dish. In Iyer’s view, “The epitome of comfort food is a bowl of dal and rice.”

Garden-to-Table Italian

Ingredients. There’s American-Italian, as in pizza with pepperoni and double cheese, and then there’s real Italian dishes dating back to the Etruscans. Healthy Italian starts with the love of growing things. Whatever grows in the garden is best, served simply with extra virgin olive oil; a recent Temple University study found it preserves memory and wards off Alzheimer’s.

Eugenia Giobbi Bone, co-author of *Italian Family Dining: Recipes, Menus, and Memories of Meals with a Great American Food Family*, says, “My palate was formed with the flavors of homegrown foods. Cooking in central Italy is all about bringing out the flavor of a few very fresh, well-grown ingredients. That means primarily seasonal eating, with lots of vegetables and little meat in summer, the opposite in winter. There isn’t a lot of fuss to the culinary style, which instead depends on interesting, but simple combinations of foods and techniques.”

Practice. Italian families’ view of healthful garden-to-table includes the exercise attained from gardening. “We have a good work ethic in our family,” remarks Bone, who lives in New York City and Crawford, Colorado. “We are of the mentality that physical work is satisfying, even when it is hard.”

From her father’s family, Bone has learned to break a meal into small courses and to eat heavier during the day and lighter at night because this helps maintain a healthy weight, according to many studies including one published in the UK journal *Diabetologia*.

One Great Dish: Dress up pasta with a seasonal vegetable sauce, such as *caponata*, an eggplant and tomato mixture, or include primavera via spring vegetables and basil, or *arrabiata*, featuring tomatoes and red pepper flakes.

Lebanese

Ingredients. “So much about Lebanese cuisine is ‘on trend’ with our tart and sour flavors from lemon, sumac and pomegranate molasses, a wide array of vegetarian and vegan dishes, plus a tradition of pickling, called *mouneh*, and yogurt and cheese-making,” says food blogger Maureen Abood, author of *Rose Water & Orange Blossoms: Fresh and Classic Recipes from My Lebanese Kitchen*.

“Lebanese cuisine is extraordinarily healthy, fitting squarely into the Mediterranean diet.” Abood lives in East Lansing, Michigan, where she loves to use summer cherries and berries in her Lebanese-inspired dishes. According to Abood, another reason why Lebanese food is so popular is that Lebanese immigrants to the U.S. now outnumber the native population of their mother country.

Practice. Gathering to share food is a hallmark of Lebanese hospitality. “The Lebanese style of eating includes *maza*; many small shared plates of remarkable variety,” says Abood. “Food as medicine” is also a Lebanese practice, according to a study in the journal *Evidence-Based Complementary and Alternative Medicine*.

One Great Dish: “Many of my favorite Lebanese dishes are plant-based,” says Abood. “We love to stuff everything from cabbage to summer squash to grape leaves with vegetarian fillings, and cook them in a garlic or tomato broth. Every week, we make and eat *mujaddara*, a lentil and rice or bulgur pilaf with deeply caramelized onions.” Pair with any Lebanese salad, such as one she makes with sweet cherries and walnuts for “a perfectly healthy and crazy-delicious meal.”

Vietnamese

Ingredients. Vietnamese cooking emphasizes fresh herbs and leafy greens, green papaya, seafood, rice and condiments. A study in the *British Journal of Nutrition* found that green or unripe papaya contains more healthy



carotenoids (lutein, beta-carotene and lycopene) than tomatoes or carrots.

Practice. The preferred style of Vietnamese cooking is steaming or simmering, using less fat. It also encourages communal eating, with each diner dipping an ingredient into a cooking pot. Cooked foods are accompanied by fresh salad greens, including herbs served as whole leaves.

One Great Dish: Vietnamese hot pot is a favorite of Andrea Nguyen, whose Vietnamese family emigrated to California. Nguyen, author of *Into the Vietnamese Kitchen: Treasured Foodways, Modern Flavors*, blogs about food at *VietWorldKitchen.com* and now lives near San Francisco, California. “This is a slow, cook-it-yourself kind of meal. Set it up, relax with some organic wine or beer and enjoy. Flavors develop and the hot pot transforms as you eat,” she says. “At the end, you’ll slurp up the remaining broth and noodles.” See Tinyurl.com/Viet-ChineseHotPotRecipe.

French Bonus: While croissants and triple-crème brie might not seem part of an ideal diet, rediscover two healthy practices from the French: Eat less and eat together. Ongoing studies at Cornell University show that we eat less if offered less. When researcher Paul Rozin, Ph.D., a psychology professor with the University of Pennsylvania, compared portions in Paris, France, and Philadelphia, Pennsylvania, the Philly portions were 25 percent larger. It’s also reflected in the two countries’ cookbook recipes.

Rozin further found that French diners spent more time eating those smaller portions—perhaps explaining the French paradox: Most French eat rich foods and drink wine, yet don’t get fat.

Judith Fertig writes award-winning cookbooks plus foodie fiction from Overland Park, KS (JudithFertig.com).

Dr. Arbeitman's Story: A Life Filled with Passion & Purpose.

by Linda Sechrist

"Life University's curriculum is designed around the premise that the body heals from the inside out and Logan's focus is to prepare students to become primary care physicians."

Which would it be: a career in medicine, physical therapy or chiropractic? Larry Arbeitman, founder of Upper Cervical Chiropractic of Monmouth in 2004, had a decision to make when he left his hometown of Manalapan to study kinesiology at the University of Maryland. Deeply interested in the human mechanics of health performance, Arbeitman was well poised to choose any one of his three options after completing kinesiology and a brief internship in each field of study. "As the basis of knowledge for athletic trainers, strength and conditioning experts, orthopedic and chiropractic doctors, kinesiology was the perfect head start to any career that involved the human body," he says.

Arbeitman's future was eventually influenced by his history of playing football in high school. While attending Life University in Marietta, Georgia, the regular adjustments he had for his neck pain, which was the result of taking numerous hits on the football field, were unsuccessful. "The fact that regular treatments, for the pain I had every time I turned my neck, weren't making a difference led me to question my decision to be a chiropractor," recalls Arbeitman.

A classmate changed everything with a suggestion that Arbeitman see an Upper Cervical chiropractor in Atlanta. After only one Upper Cervical alignment it became clear that this scientific technique would be the focus for his chiropractic practice.



"I was intrigued by his work and how he had created a community of health and healing within his scope of influence and I was amazed at the number of people from all over the world who came to see him. Only 21 years old then, I was very excited that I had found my passion and purpose so early in life," explains Arbeitman, who also attended Logan College of Chiropractor in Chesterfield, Missouri to earn his doctorate. "Within chiropractic there are two different schools of philosophy and I wanted to learn both so I could choose the right one for me.

Life University's curriculum is designed around the premise that the body heals from the inside out and Logan's focus is to prepare students to become primary care physicians," advises Arbeitman. The upper cervical alignment that Arbeitman specializes in focuses on aligning the C-1 vertebra, a small donut-like bone located at the top of the spine and the base of the skull that surrounds the brain stem. "We have a very scientific and calculated approach to alignment and we do it without popping or twisting the neck.

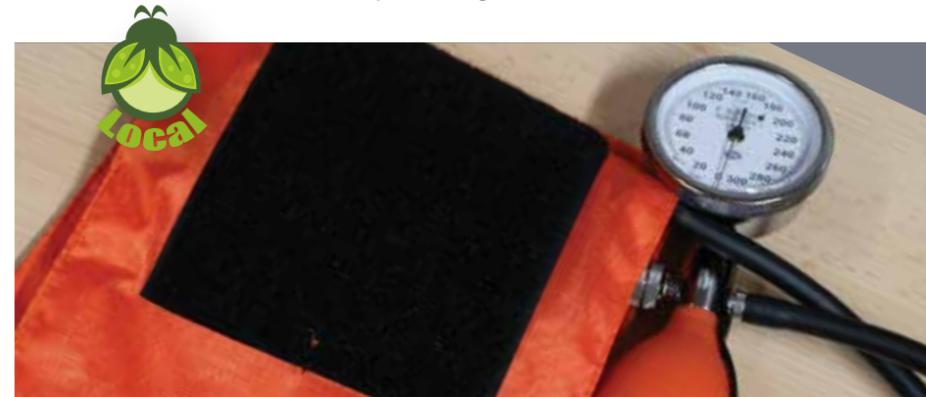
We use posture and x-ray to measure the position of the spine before applying a gentle controlled force," explains Arbeitman. Educated to discern well for his patients, Arbeitman has the knowledge and experience to determine when his patients only need his Upper Cervical chiropractic care or when it is best to co-manage their health or refer them to another doctor. "I treat my patient's as if they are family, which means that I do what is best for them," says Arbeitman.

Patient education is essential, which is why Arbeitman facilitates ongoing seminars for patients and their spouses on healthy lifestyles, nutrition, osteoporosis, stress management, detoxifying, and other subjects. Our patients appreciate having an accountability partner who helps them to set and achieve their goals," enthuses Arbeitman.

For more information, visit www.GetWellNJ.com or call 732-617-9355.

Acupuncture for High Blood Pressure

by Dr. Jeng K. Kuan



High blood pressure is a common condition that many people are battling with. It is such a common condition frequently people do not realize the seriousness of having this disease. Hypertension or high blood pressure usually demands long term of taking medication to regulate the blood pressure. Nowadays, more people are cautious about getting on certain drugs. Thus, it is beneficial to know the alternative options to treat high blood pressure.

When going to see a doctor you often hear that the medical staff want to take your vital signs. Vital signs include pulse rate, temperature, respiratory rate, and usually the blood pressure. Blood pressure is the number of blood in the circulatory system. It is measured by either blood pressure cuff or digital monitors. Usually in the clinic or hospital the medical staff will take it with traditional blood pressure cuff. It is considered one key piece of information about one's body condition. When the number is not in the right range, either high or low, it will catch the practitioner's attention.

Thanks to modern technology many advanced digital monitors are available and they are very user friendly. The blood pressure reading consists of two numbers and they are systolic number over diastolic number. The top number, systolic number, is the maximum pressure your heart exerts

while beating, and the bottom number, diastolic number, is the amount of pressure in your arteries between beats.

As blood pressure is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow

in your arteries, the more blood your heart pumps and the narrower your arteries, the higher your blood pressure will be.

Clinically, acupuncture has helped many individuals who had high blood pressure. The condition may be brought under controlled by adopting life style changes, supplemented with acupuncture and herbal treatment. Acupuncture can communicate with the body to destress, benefit the circulatory system, and eliminate the pathogenic factors that can cause high blood pressure. So, if you or someone you know is suffering from having high blood pressure, look into how you can return to normal range through life style changes and alternative treatment.

Dr. Jeng K. Kuan is a licensed Chiropractor and acupuncturist in the state of New Jersey and New York. If you have any question about this article or how Chinese Herbal Medicine and acupuncture can help you, please contact Dr. Kuan at 732 696 8282 or send an email to drkuan@yahoo.com. You are also welcome to visit his website: www.ProspertyHealthCenter.com

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SPICE UP HEALTHY COOKING

Six Seasonings with Surprising Payoffs

by Amber Lanier Nagle

Spices add a punch of extra flavor to our favorite dishes, but they also possess proven health and wellness properties. From regulating blood sugar to reducing inflammation to helping control appetite, behold the magnificent six.

Garlic (*Allium sativum*)



"There's a lot of evidence that suggests garlic supports heart health," says Rosalee de la Forêt, a clinical herbalist and author of *Alchemy of Herbs: Transform Everyday Ingredients into Foods and Remedies that Heal*. A study published in the *European Journal of Clinical Nutrition* tracked the blood pressure of 79 patients with uncontrolled hypertension and found that the mean systolic blood pressure of those consuming two 240-milligram capsules of aged garlic extract a day for 12 weeks significantly decreased compared to those taking one capsule or a placebo.

"Garlic may also reduce the duration and severity of colds and flu when taken at the onset of symptoms and each day afterwards," says de la Forêt, citing a study published in *Clinical Nutrition*. "I mince a clove and mix it with honey to make it easier to swallow."

Turmeric (*Curcuma longa*)



Dr. Lipi Roy, a clinical assistant professor at the New York University School of Medicine and blogger at *SpicesForLifem.com*, considers turmeric the golden spice of life. "In addition to its role in Indian and Asian cuisine, turmeric is used in traditional Indian medicine to treat common ailments like stomach upset, ulcers, flatulence, arthritis, sprains, wounds and skin and eye infections," she says.

A study published in *Oncogene* concluded that curcumin (the active ingredient in turmeric) was a more potent anti-inflammatory agent than aspirin or ibuprofen. Try adding a little turmeric and ground black pepper to soups, salads and sauces.

Black Pepper (*Piper nigrum*)



Used in India for 4,000 years, black pepper may be the most popular spice of our era. "Black pepper can increase the amount of nutrients your body absorbs from other food and spices," says de la Forêt. A study published in *Plant Medica* concluded that subjects consuming a small amount (20 milligrams) of an extract of black pepper showed an increase of retained curcumin in their bodies. For maximum benefits, grind whole peppercorns directly onto food at mealtime.

Cinnamon (*Cinnamomum cassia* and *Cinnamomum verum*)



"One of cinnamon's super powers is that it may help regulate blood glucose in patients with Type 2 diabetes," Roy says. In a study published in *Diabetic Medicine*, subjects taking two grams of cinnamon daily for 12 weeks exhibited much better blood sugar control. Roy suggests sprinkling it on oatmeal, apples, pumpkin pie and brownies. Roast chicken flavored with cinnamon and other spices is another treat.

Ginger (*Zingiber officinale*)



"Ginger is a rhizome people have traditionally used medicinally to help with digestive issues, including upset stomachs and nausea," says Karen Kennedy, of Concord, Ohio, a horticulturist and educator at the Herb Society of America.

In a study published in the *World Journal of Gastroenterology*, researchers concluded that gastric emptying and relief was more rapid after subjects with frequent or severe stomach upsets ingested 1.2 grams of ginger.

Ginger is also linked to increased circulation and reduced inflammation. A study published in *Phytotherapy Research*

Herbs are not spices although the term spice is sometimes used to encompass them all. An herb is the leaf of a plant when used in cooking. Spices can be buds, bark, roots, berries, seeds or any other part of a plant, and are often dried.

~McCormick Science Institute

noted that this spice also worked in alleviating migraines equal to the pharmaceutical sumatriptan (Imitrex). According to a study in the journal *Arthritis*, it's an effective tool in the battle against rheumatoid arthritis.

Ginger adds a zing of healthy flavor to hot teas and stir-fried veggies such as broccoli, green beans, carrots or mushrooms.

Paprika (*Capsicum annuum*)



A common spice added to Hungarian, Portuguese, Spanish, Turkish and Indian cuisine, paprika is rich in natural carotenoids (the orangey pigment in many plants with antioxidant power) and capsaicin, both of which may decrease mortality from chronic illnesses.

Another benefit of this capsaicin-containing spice is its ability to control appetite. In research published in the journal *Physiology and Behavior*, participants that consumed red pepper spice had a slightly higher core temperature and energy expenditure after a meal than the control group. The study further suggested that those that consumed capsaicin-containing spices like paprika ate fewer calories per day and had less interest in food.

"Paprika is a great salt alternative, too," says Roy. "Too often, people think they are craving salt, but they aren't. They are craving flavor, and paprika gives a nice kick to chili, salad, grilled cheese and so many other foods."

Amber Lanier Nagle is a freelance writer in Northwest Georgia (AmberNagle.com).

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always looks worse
through a window.

~Tom Lehrer



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Unique Therapy for Special Needs Children

by David Frome

According to the Center for Disease Control:

- Over 15 % of children in the US are born with developmental challenges
- One in seven children have cerebral palsy, ADHD, autism spectrum disorder, fetal alcohol syndrome, downs syndrome or other genetic challenges

Parents of special needs children are extraordinary people. In addition to traditional occupational, physical and speech therapy, they seek out complimentary practices to support their child's development.

Rolfing is one of the exciting alternative approaches that is rapidly gaining recognition for facilitating the healthy growth of children with developmental challenges.

Rolfing improves posture: Rolfers are experts in balancing the tensions in the fascia (connective tissue) to establish better organization in the structure. Posture in sitting, standing and activity improves.

Rolfing enhances postural control: Postural control, the ability to maintain stability and vertical alignment in different activities is an important part of develop-

ment. Shortenings and asymmetry in the structure prevent the child from obtaining vertical alignment and make postural control a battle. Rolfing removes the shortening, restores the alignment and improves postural control.

Rolfing increases mobility: Loss of mobility equals excessive tension and shortening within the network of fascia. Rolfing releases the chronic shortening and restores mobility.

Rolfing aids coordination: Rolfing creates a more optimal pattern of alignment in the structure. As posture improves, movements become freer and more fluid.

Rolfing improves biomechanics: For a body to move efficiently, the structure must be organized. When a body is well ordered in the gravitational field it works efficiently and requires minimal effort in stillness and in movement. Consider a tree that is vertical – it requires little to keep it upright. One that is leaning over needs a lot more support from the roots to stay upright. A balanced body can move with freedom and grace.

Rolfing affects sensory processing: How children process and respond to their environment is greatly affected by the balance within their own structure and nervous system. Rolfing removes impediments to movement and creates order within the structure. These improvements help children to better organize incoming stimulus and develop healthy responses.

Rolfing has a calming effect on the nervous system: Each child holds their history within their structure. Difficult experience is recorded in the tissue. Rolfing helps regulate the nervous system by releasing the areas of chronic holding and tension. As Rolfing gently organizes and liberates physical restrictions, children are able to approach developmental milestones with less resistance. This enables them to grow and thrive.

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



Carrots are Good for You.

by Lauren Salani, LCSW, BCB

Do you have the opportunity to do your best every day? Or, are you always looking at your shortcomings and trying to fix or punish yourself as motivation to move forward? If so, it's likely that your skills for managing yourself have not been developed as of yet.

It may be that you do well on a test, but have endured much self-criticism to get the job done. No wonder you would not look forward to the next competition. It is fraught with negativity, self-blame and in time a low self-esteem. This way of responding to external demands may produce an A on an exam, get the house very clean, or get a report submitted, but it will leave you stressed out and emotionally depleted. Existing in an emotionally depleted state is not conducive to the creativity and passion that's needed in other areas of study, projects and relationships. Negative feeling states tend to be contagious and can limit social connection.

Many people have grown to learn that the stick is more powerful than the carrot when dealing with themselves. Yes, you may respond to self-critical remarks about yourself as motivation, but the carrot can offer motivation as well as positive feeling states that further reduce anxiety, increase mood, enhance creativity and passion.

It may seem antithetical, but learning to tap into the positive emotions of gratitude compassion, appreciation and love can be powerful motivators with a healthy effect on the body. If you are out-of-touch with these emotions or have just discounted them in the past, it may be helpful to learn how to scientifically produce them with the help of computer generated biofeedback which provides reward when you actually are feeling these emotions. Imagine actually feeling appreciation and a light comes on. When a positive emotion is generated by the person in a relaxed state, they will know it immediately. With some practice, positive emotions can be produced and utilized as a source of motivation that is health reinforcing instead of health depleting.

Psychologist David DeSteno says that having pride in even minor progress can build internal motivation to persist in a task and keeps you focused on the value of the long-term goal. In this case. The long-term goals are many; healthy study, healthy exercise, and healthy relationships with others. Positive emotions can be a powerful support for all these endeavors.

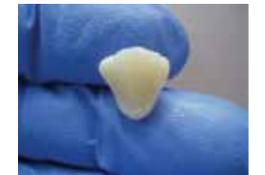
Lauren A. Salani, LCSW, BCB, Biofeedback/Stress Management Therapist Senior Fellow, Advanced Board Certified in Biofeedback by the BCIA for more information visit www.StressReliefServices.com or call (732) 542-2638

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Fitness in 10 Minutes

A Full-Body Workout for Busy People

by Locke Hughes

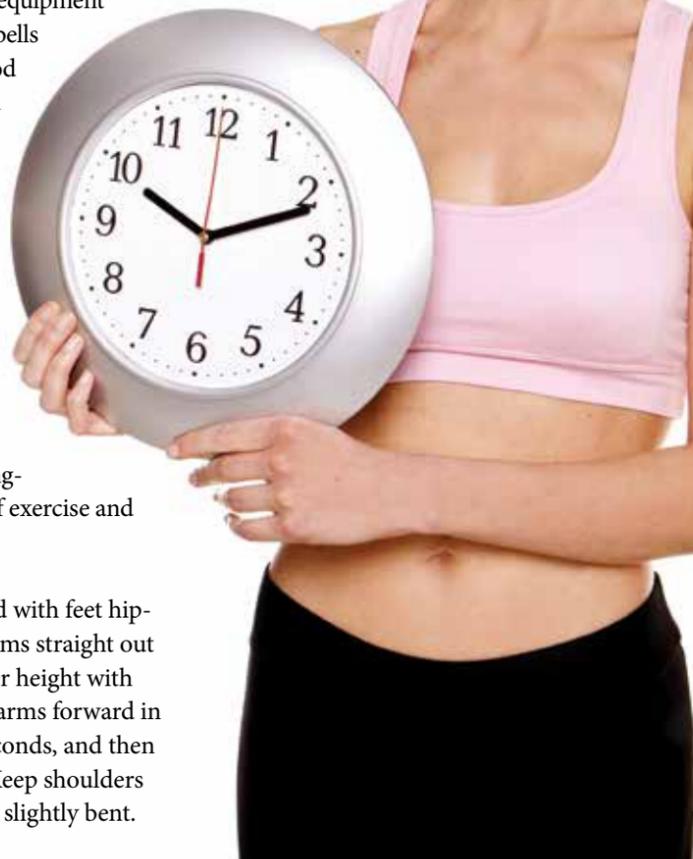
When life makes a long workout impossible, a 10-minute, total-body fitness routine can be super-efficient and effective, if done right. To maximize results, strategically order the exercises to work different muscles each time, allowing one set of muscles to rest while working another. This is the basis for a 10-step workout that Franklin Antoian, an American Council on Exercise-certified personal trainer and founder of iBodyFit, created for SilverSneakers.

The steps can be part of a regular routine or done on their own three times a week every other day, gradually working up to five days a week. Needed equipment includes a chair, light dumbbells (or filled water bottles or food cans), a yoga block (or small soft ball or pillow) and a watch or timer.

Given extra time, warm up by walking in place for five minutes, and then perform each exercise in order for one minute, doing as many reps as possible. Try not to rest between exercises. If a full minute feels too challenging, start with 45 seconds of exercise and 15 seconds of rest.

1 ARM CIRCLES. Stand with feet hip-width apart. Extend arms straight out to each side at shoulder height with palms facing down. Swing arms forward in a circular motion for 30 seconds, and then backward for 30 seconds. Keep shoulders down and back and elbows slightly bent.

2 SHOULDER SHRUG. Stand with feet hip-width apart. Hold dumbbells with arms down, palms facing inward. Slowly raise shoulders as if trying to touch the earlobes. Pause, and then lower and repeat. Continue for one minute. Make it easier by doing slow and controlled reps without dumbbells.



3 WALL PUSHUPS. Stand at arm's length away from a wall with feet hip-width apart. Place palms shoulder-width apart on the wall. Bend elbows and lower the upper body toward the wall, keeping the core tight and straight. Pause, and then press back to the starting position and repeat. Continue for one minute. Make it harder by taking a step back from the wall, pushing out from a kneeling position.

4 SEATED ADDUCTION. Sit in a chair with a yoga block between the knees. Press knees together to squeeze the device, pause for three seconds. Relax and repeat. Continue for one minute.

5 HIP EXTENSION. Start on hands and knees with palms flat on the floor, shoulder-width apart. Align the neck and back while looking down or slightly forward. With foot flexed and knee bent, slowly raise the right foot toward the ceiling until the thigh is parallel with the floor. Pause, and then lower. Continue for 30 seconds, and then repeat with the left leg. To make it easier, try it while standing, keeping the lifted leg straight, and hold the back of a chair for support.

6 BRIDGE. Lie face-up on the floor with knees bent and feet flat. Press heels firmly and raise hips to form a straight line from

shoulders to knees. Pause for three seconds in this position, and then lower and repeat. Continue for one minute.

7 CLAMSHELL. Lie on the floor on the left side, with hips and knees bent 45 degrees, the right leg on top of the left, heels together. Keeping feet together, raise the top knee as high as possible without moving the pelvis or letting the bottom leg leave the floor. Pause, and then return to the starting position. Continue for 30 seconds; switch sides and repeat.

8 SEATED KNEE RAISE. Sit at the front of the chair with knees bent and feet flat, holding onto the sides for balance. Keeping the knee bent, lift the right leg about six inches off the floor. Pause for three seconds, and then lower and repeat with the left leg. Continue alternating for one minute.

9 BICEPS CURL. Stand with feet hip-width apart. Hold dumbbells with arms at each side, palms facing forward. Keeping the upper arms still, bend both elbows to bring the dumbbells as close to the shoulders as possible. Pause, and then slowly lower and repeat. Each time arms return to the starting position, completely straighten them. Continue for one minute. Make it easier with slow and controlled reps without using dumbbells.

10 TRICEPS EXTENSION. Stand with feet hip-width apart. Hold the end of one dumbbell with both hands.

Position arms so elbows are pointing up, with upper arms by the ears and the dumbbell behind the head. The neck is aligned with the back; with shoulders down and back. Keeping upper arms still, straighten the elbows until the dumbbell is overhead. Pause, and then slowly lower and repeat. Continue for one minute. Make it easier by sitting in a chair.

Locke Hughes, of Atlanta, GA, contributes content to SilverSneakers, a community fitness program that helps older adults maintain a healthy lifestyle and improve well-being. Learn more at SilverSneakers.com.



Is Sugar the New Smoking?

by Ennis Murphy

Americans are unaware of how the food industry has taken a page out of "Big Tobacco's playbook" by increasing our addiction to sugar - in its various forms under various names.

Let's start with the obvious.

A 12 ounce can of soda has 40 grams of sugar. To put that in terms everybody can understand, 4 grams of sugar equals 1 teaspoon of sugar therefore, 12 ounces of soda contains 10 teaspoons of sugar.

So let's use that metric to see what "healthy" foods are loaded with sugar that we're not aware of:

- Like sugar on your burger and fries? Ketchup is 25% sugar. The ingredient list on the bottle is as follows: tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup (sugar), corn syrup (sugar), salt, spice, onion powder, and natural flavorings.

- Brand Name orange juice one 8-ounce serving has 22 grams of sugar equals 5+ teaspoons of sugar. So let's compare this to the soda, 12-ounce serving of orange juice, same size as our soda, equals 8+ teaspoons of sugar.

- Brand Name fruit flavored yogurt a 5-ounce container has approximately 15-18 grams of sugar. That's almost one teaspoon of sugar per each ounce!

There are a thousand more examples like these on supermarket shelves. Excess sugar consumption contributes to weight gain, heart disease, diabetes, and liver damage just to name a few. Cutting down on excess sugar consumption is easy once you're aware of what's in your food.

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

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FRUGAL FOODIE

Practical Uses for Aging Produce

by Judith Fertig

When Jacques Pépin was growing up in France during World War II, he watched his mother use every scrap of food to meet the family's needs, and then send him to live with a farmer in summer so her growing son could eat fresh from the farm. Today, the internationally renowned PBS-TV chef and cookbook author carries these sensibilities forward at his home and studio in Madison, Connecticut.

"In Europe, and certainly in France, healthy food is much more expensive," he says. "In America, a chef may have the person that washes dishes also prepare salads. With lettuce, he'll cut off the whole top, cut out the heart and throw out the rest."

U.S. restaurant kitchens mirror home kitchens, where the average family throws away a quarter of the food they buy, wasting an average of \$2,200 a year. These scraps mean wasted food and money at home, plus misspent resources to grow and transport the food. According to a report by the National Resource Defense Council, "Getting food to our tables eats up 10 percent of the total U.S. energy budget, uses 50 percent of U.S. land and swallows 80 percent of the fresh water consumed in the United States."

To save money and also live better, here are just some of many easy ways to use up every bit of fresh produce we buy.

Asparagus Ends

Self-described "frugal foodie" Diana Johnson, of Auburn, Washington, never lets asparagus ends go to waste. With the help of a blender, she turns them into a creamy asparagus soup—minus the cream—that her family loves (Tinyurl.com/AsparagusSoupTips).

Broccoli, Swiss Chard and Spinach Stems

Thrifty cooks know the magic of quick pickles. Recycle the brine from pickles and pack thinly cut stems of broccoli, Swiss chard and mature spinach into the jar until covered with the brine, then seal and refrigerate. In a few days, these quick pickles will be ready for snacking and sandwiches.

Carrot and Beet Tops

Very fine carrot tops can be used like parsley. With a food processor or high-speed blender, transform them into a favorite pesto or salsa verde recipe, suggests Registered

Dietitian and nutritionist Madeline Basler, of Long Island, New York. One of her go-to's is her Earth Day Carrot Top Pesto (Tinyurl.com/CarrotTopPestoRecipe). Beet greens can be sautéed like spinach, in a little extra-virgin olive oil with garlic, as a veggie side.

Fruit Snippets

Stray grapes, a half-finished peach, over-ripe bananas, wrinkly berries and the core of a pineapple can all go in the freezer, and then into a smoothie.

Leftover Wine

Freeze what's left in the bottle in ice cube trays, suggests Anisha Jhaveri, a film writer and wine lover in New York City. It can add flavor to soups and stews, sauces and desserts like wine-poached pears.

Lemon Peels

The limonene in lemon peels is a natural cleaner and degreaser, says blogger Jill Nystul, of Salt Lake City, Utah. She makes her own Citrus Vinegar All-Purpose Cleanser by simply packing lemon peels in

a jar and topping with vinegar. See how at Tinyurl.com/HomemadeCitrusCleaners.

Vegetable Peels and Trimmings

Instead of throwing out onion skins, carrot peels, celery leaves and tough leek stems, collect them in a freezer bag over time and store in the freezer. When enough has accumulated to fill a pot, make homemade vegetable stock, suggests Sonnet Lauberth, a certified holistic health coach, blogger and cookbook author in Seattle (InSonnetsKitchen.com/how-to-make-perfect-vegetable-stock-for).

At home, Pépin makes "fridge soup" once a week. "Whatever is left in the fridge—carrots, lettuce, a piece of leftover meat or whatever else I made the other day—goes into the soup," says Pépin. "We finish it with some vermicelli or polenta or good bread." A delicious meal, shared with family and friends, makes frugality festive.

Judith Fertig writes award-winning cookbooks plus foodie fiction from Overland Park, KS (JudithFertig.com).

Nine Tips to Tackle Food Waste at Home

Jonathan Bloom, author of *American Wasteland: How America Throws Away Nearly Half of Its Food (And What We Can Do About It)*, suggests many ways to curb this habit at, WastedFood.com.

Here are some suggestions from him and others:

1 Shop smart. Plan meals for the week with a detailed shopping list, suggests Madeline Basler, a certified dietitian nutritionist in Long Island, New York.

2 Save, transform and eat leftovers. "Eat down the fridge," counsels Kim O'Donnell, a chef and cookbook author in Portland, Oregon. Turn leftovers into frittata, sandwich fillings, pasta sauces and soups. In this way, we're not eating quite the same meal again.

3 Store food in safe, sealable glass containers, so it's easy to see.

4 Avoid clutter in the refrigerator and freezer; if we can't see it, we won't eat it.

5 Treat expiration and sell-by dates as just guidelines. There is wiggle room in both, advises Bloom.

6 Donate extra pantry items to food banks and places that provide hot meals for those in need.

7 Preserve the bounty of the garden. Learn how to make quick pickles, pasta sauces and foods to freeze.

8 Join a food exchange. Emily Paster, co-founder of Chicago Food Swap, helps farmers, foragers, home cooks, gardeners, bakers and canners trade or barter their produce and products.

9 Go social. PDX Food Swap, in Portland, Oregon; BK Swappers, in Brooklyn, New York; and ATX Swappers, in Austin, Texas, combine food exchange events with a potluck.



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Sprouts for Pets

Crunchy Nutrition Animals Will Love

by Sandra Murphy

Despite their small size, sprouts pack a nutritional wallop with vitamins, minerals, amino acids, enzymes, antioxidants and protein. Dogs, birds, horses and even cats enjoy the crunch, as well as the health benefits.

Cats

Notorious for being picky eaters, cats might balk at sprouts being added to their regular diet. Rather than upsetting the status quo, grow sprouts like alfalfa or barley on a handy windowsill for grazing. “My cats prefer self-serve,” observes veterinarian Carol Osborne, owner of the Chagrin Falls Veterinary Center & Pet Clinic, in Ohio. “Now they leave my house plants alone.” Both cats and dogs may show improved gastric intestinal health as a result.

Dogs

Dogs are more accepting of new content in their food bowl. “Add just a few sprouts so a dog gets used to the slightly bitter taste. Once acclimated, one-eighth to one-

quarter cup daily per 20 pounds of the pet’s weight is the rule of thumb,” says Osborne.

She counsels against serving Fido onion, garlic, corn or mushroom sprouts. Peas, sunflowers, radishes, alfalfa and clover are suggested; they are all tasty and easy to grow.

Birds

“We encourage people to make their own sprouts. It’s easy to get quality seeds for legumes or grains from Whole Foods, BobsRedMill.com or Nuts.com,” says Ann Brooks, president of the all-volunteer Phoenix Landing Foundation, in Asheville, North Carolina. They provide educational activities and facilitate adoption of birds, from parakeets to macaws. Sprouts from the store can be risky, because of bacteria, she cautions. “If not growing your own, the only one I recommend is the organic



crunchy mix from SunnyCreekFarm.com. Be sure to get the freshest date possible.”

“One of my favorite sprouts is mung beans, because they appear in two days or less. Birds like the crunch,” says Brooks. “Sprouts are safe to leave in the cage all day because they are live foods.”

Horses

When adding sprouts to a horse’s regular diet, it’s important to balance the intake. “A lot of barns feed forage three times a day. I know of a couple that feed one meal of sprouts and the other two of hay,” says Clair Thunes, Ph.D., a consulting equine nutritionist with Summit Equine Nu-

trition in Sacramento, California. “Several companies sell systems for large-scale growing.” The sprouts grow with matted roots in what is called a biscuit, weighing about 18 pounds. Difficult to mix with other feed, the biscuits are fed separately, roots and all.

Instead of sprouting one kind of seed per jar, consider creating a mix.

“Because of sporadic drought conditions, the idea of growing your own fodder became more popular, thinking it might make forage supply more dependable and possibly cheaper after initial startup costs,” Thunes explains. “Owners have a sense of control over what the horse eats, there’s less reliance on a supplier and the seeds are less expensive than hay. Due to moisture and nutritional differences, you can’t swap sprouts and hay pound for pound. It’s best to consult a veterinarian or nutritionist.” Sprouts contain a lot of moisture and have an inverted calcium phosphorus ratio that has to be accounted for she says.

Horses enjoy barley, sunflower and flax sprouts for variety. The high moisture content may help reduce the risk of intestinal impaction and resulting colic.

Good for All

“Sprouts are a healthy form of nutrition and a hip way for both pets and people to enjoy greens,” says Osborne. “They’re a great go-to powerhouse of nutrition, often more nutritious than the adult plant.”

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

[optional sidebar]



Sprouting Tips

- ✓ Always use organic seeds. SproutHouse.com and Rareseeds.com are additional sources.
- ✓ Seeds sprout in water or soil. Avoid direct sunlight.
- ✓ Practice good hygiene to avoid bacteria. Rinse seeds several times a day to prevent mold. Once the sprouts show a bit of green, dry them to remove excess moisture before refrigerating.
- ✓ Refrigerate for up to a week for peak freshness, but no longer.
- ✓ Use a mix of seeds or one kind at a time. Discard any seeds that don’t sprout with the rest.
- ✓ Sunflower seeds produce a particularly high volume of sprouts.

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

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

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

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

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

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

I owe my whole life to Upper Cervical Chiropractic. This experience made such a difference

in my life that I vowed to help others through Upper Cervical care.

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

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



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

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

Here's what my patients had to say:

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

I was in extreme pain and unable to do the simplest things around the house. I thought my options were back surgery or many expensive drugs with unknown side effects. Not yet in my forties,

I felt my livelihood was slipping away. After only two months of treatment with Upper Cervical I was able to garden, carry laundry baskets, and work without pain! I got my life back. — Dee C.

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

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

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

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

My assistant Kristen is a really great person. Our office is both friendly and warm and we try our best to make you feel at home. Our office is called Upper Cervical Chiropractic of Monmouth, LLC and it's at 280 Rt. 9 North (Shop Rite Shopping Center) Marlboro, NJ. Our phone number is (732) 617-9335. Call us today for an appointment. We will do all we can do to help you. Thank you

— **Larry Arbeitman, D. C.**

I am also offering the second family member this same examination for only **\$27**.
(732) 617-9355 Call Now!
www.GetWellNJ.com

Copper

Ancient healing element stops a cold before it starts

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



New research: Copper stops colds if used early.

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

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

Four thousand years ago ancient Greeks and Egyptians used copper to purify water and heal wounds. Now we know why it worked so well.

Researchers say a tiny electric charge in microbe cells gets short-circuited by the high conductance of copper. This destroys the cell in seconds.

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

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it

gently in his nose for 60 seconds.

“It worked!” he exclaimed. “The cold went away completely.” It worked again every time he felt a cold coming on. He has never had a cold since.

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

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

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

Pat McAllister, age 70, received one as a gift and called it “one of the best presents ever. This little jewel really works.”

People often use CopperZap for prevention, before cold signs appear. Karen Gauci, who flies often for her job, used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. “Sixteen flights and not a sniffle!” she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. “It saved me last holidays,” she said. “The kids had colds going around and around, but not me.”

Some users say it also helps with sinuses. Attorney Donna Blight had



a 2-day sinus headache. When her CopperZap arrived, she tried it. “I am shocked! My head cleared, no more headache, no more congestion.”

Some users say copper stops nighttime stuffiness if they use it just before bed. One man said, “Best sleep I've had in years.”

Users also report success in stopping cold sores when used at the first sign of a tingle in the lip. One woman said, “I tried every product on the market over 20 years. Some helped a little, but this stopped it from happening in the first place.”

The handle is sculptured to fit the hand and finely textured to improve contact. Tests show it kills harmful microbes on the fingers to help prevent the spread of illness.



Sinus trouble, stuffiness, cold sores.

Copper may even help stop flu if used early and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

The EPA says the natural color change of copper does not reduce its ability to kill germs.

CopperZap is made in the U.S. of pure copper. It carries a 90-day full money back guarantee and is available for \$49.95 at CopperZap.com or toll-free 1-888-411-6114.

ADVERTORIAL

calendar of events

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

THURSDAY MARCH 1

Full Moon Circle with Spirit Cove's Anthony – 7:30-8:30 pm – Join us for a guided meditation and Full Moon Circle, celebrating and honoring the goddess. Cost is \$10.00 per person; Pre-Registration is required. Where: Spirit Cove - 413 Bond Street, Asbury Park, NJ. 732-807-4107. Spiritcove.com

FRIDAY, MARCH 2

Friday Night Unwind: 6:00 to 7:30 pm at The Yoga Loft, 462 Adelpia Rd., Freehold with Joan. Relax Your Way Toward the Flow and Beauty of Spring. As we start to move towards the lighter side of the year and the Spring, it's the perfect time for us to prepare the body, mind and spirit to excitedly experience this sense of renewal and the rhythm of nature. Along with specific Pranayama (breathing) practices to cleanse, this relaxing and restorative practice will focus on massaging the internal organs through easeful twisting, turning and gentle compression. Candle light, soothing sounds and Aromatherapy will be gently incorporated as you experience full body relaxation and guided meditation. Leave this practice feeling lighter, brighter and blissfully relaxed... Please e-mail info@theyogalofnj.com or call/text 732-239-2333 to register to Unwind \$25.

Light Language Activations – with Kate 7-9pm. Light Language is channeled sound and light that can heal physically, emotionally and spiritually. It is an energy activation through sound vibrations and coding spoken in very rapid frequencies which will activate soul memory. The soul recognizes the sound and messages and - Restructures the energy circuits of the body - Clears karmic energy distortion - Recodes the DNA to activate a process of re genesis. As the earth advances to a fifth dimensional energy pattern Light Language will prepare us for the energy vibration, and so too we will evolve. This work begins a process that prepares people as quickly as possible to hold a higher dimensional light. \$40.00 per person; Pre-Registration is required. Spirit Cove - 413 Bond Street, Asbury Park. 732-807-4107. Spiritcove.com

SATURDAY, MARCH 3

Reiki Level I Workshop and Certification – 11AM-2pm. Have you been drawn to energy healing and want to learn what Reiki is about? Get started in your Energy Healing journey with Reiki Master Danny Donlon. You will learn how to nurture and heal the light within yourself and others. In this workshop, she will teach you the basics of the art of healing with Reiki including: What is Reiki? How does it work? The Chakra System, Self-Grounding and more! You will receive your Reiki Level I attunement and you will also be given a crystal/stone pendulum! \$225.00 per person; Pre-Registration is required. Spirit Cove 413 Bond Street, Asbury Park 732-807-4107. Spiritcove.com

Therapy Bands & Balls 1:00 to 2:30 at The Yoga Loft, 462 Adelpia Rd., Freehold With Claire. Therapy bands and balls come in variety of styles and are great tools for releasing muscles and connective tissue (tendons, ligaments and fascia) throughout the body. The balls can address opening connective tissue and releasing trigger points. While the bands



can help safely open the joints, enhance fluidity in the connective tissue and build strength through the whole body. In this class we use pull-up bands which are basically human size rubber bands that allow you to use gravity, your own body weight and movement to safely do this. It will help you learn where your body is restricted, open it up and improve your strength and mobility. Join Claire in this fun and unique way to explore and improve your ability to move freely and correctly. Class limited to 8 people - pre registration is required-please e-mail info@theyogalofnj.com or call or text 732-239-2333 to register \$25.

Reiki Level II Workshop and Certification 2pm-5pm – This workshop is the second step in your Energy Healing journey. Come join Danny Donlon in a 2-3 hour workshop to learn and practice Reiki. As healers we have the deep desire to help heal and nurture the light within ourselves and others. In this level two workshop you will learn the Art of healing with Reiki including: How to heal others, The chakra's their meanings and placements, Self Grounding, Hand positions for self healing, the healing of others and Reiki Symbols as well as their meanings. All classes start and end with guided meditations, in addition to getting your second attunement. Blessed are those who put forth Courage, Compassion, Love and Light. I look forward to helping you continue your healing journeys! Pre-requisite Reiki I; \$225.00 per person; Pre-Registration is required. Spirit Cove 413 Bond Street, Asbury Park 732-807-4107. Spiritcove.com

Gallery Readings and Séance: Join Spirit Cove's owner, Rev. Dr. Deborah Simpson for an enchanted evening of gallery readings and séance from 7-9 pm. See what messages may come through for you from the other side. Rev. Dr. Deborah Simpson is a psychic medium and energy healer since childhood. She has been providing professional psychic/medium readings for more than 20 years and has aided in numerous paranormal investigations both in commercial and residential settings as well as aided in missing persons investigations. \$35.00 per person; Pre-Registration is required. Where: Spirit Cove 413 Bond Street, Asbury Park 732-807-4107. Spiritcove.com

SUNDAY, MARCH 4

Workshop Create your own Dreamcatcher with Spirit Cove's Katherine 1:00-3:00 pm. This workshop is available to people of most ages. Ask us about children's workshops! You will be taught how

to make you own personalized dreamcatcher. Learn how to weave your own dream web. Enhance and decorate it with the colors of your choice. Embellish your dream catcher with beads, ribbons and feathers. Give it your own unique spiritual touch! \$50.00 per person – cost includes materials; Pre-Registration is required. Spirit Cove – 413 Bond Street, Asbury Park, NJ. 732-807-4107 Spiritcove.com

MONDAY, MARCH 5

Breast Health Screenings: Thermographic Diagnostic Imaging will be doing breast health screenings on 3/5 in Spring Lake Heights and on 3/30 in Colt's Neck, NJ. For more information or to schedule please call 856-596-5834.

THURSDAY, MARCH 8

Business Breakthroughs' Networking Breakfast- Hosted by Salim Omar, CPA, President of Straight Talk CPAs. Join Monmouth and Ocean County small business owners and service professionals to mastermind, network, exchange ideas and improve your business. The breakfast is from 8 - 9:15am at the Middletown Pancake House (1610 NJ Route 35, Middletown. \$12 (includes breakfast). Please register in advance by visiting: www.straighttalkcpas.com/networkingbreakfast

Free Lunch & Learn: 12:30-1:30pm. Gluten Sensitivity & Celiac Disease, how to support your diet & still enjoy food. History of Gluten Intolerances & how they came to be. Informative seminar hosted by Riverside Chiro Wellnes Toms River, NJ RSVP 732-569 3241"

FRIDAY, MARCH 9

Connecting to Your Angel Guide with Spirit Cove's Katherine 2:00-4:00 pm. Learn how to connect with your Angel Guides. In this workshop, you will be taught how to tune in with the energy in your surroundings and recognize their existence around you. You will learn how to communicate and request their help through prayer and meditation and shown how to create an Angel Altar. \$40.00 per person; Pre-Registration is required. Spirit Cove – 413 Bond Street, Asbury Park, NJ. 732-807-4107 Spiritcove.com

SATURDAY, MARCH 10

Crystal Reiki Class Level One and Level Two: SATURDAY & SUNDAY March 10th & 11th 9am - 5pm Cranbury NJ This 2 day workshop qualifies you to practice Reiki with healing crystals on yourself and others. Learn to incorporate powerful and beautiful crystals in your Reiki sessions. RAYKISchool.com and click event to register, or ask Contact@RAYKISchool.com for details



Kids Yoga Teacher Training at Monmouth Beach Yoga & Wellness Teaching Yoga to Kids Ages 2-7 years old (15 hours) 11:30-7PM The Bee You Yoga (BYY) kids teacher training is a fun-filled, practical and engaging course that emphasizes teaching yoga and mindfulness to kids in a way that stretches their imaginations and offers them non-competitive environment where they are encouraged to "Bee Themselves." \$425 Full Price Course (includes \$25 materials fee) CEUs & PDUs may be available. Participants responsible for sending certificates to individual licensing boards. You need to pre-register for this event. Please either stop in the studio or call 973-452-2828. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach.

Meet the Author and Book Signing – Author and Witch, E. Massey 1:00-4:00 pm. "Casting Creative Magickal Circles" is an excellent resource for the magickal practitioner of any level. This book provides the reader with imaginative alternatives of circle casting for all eight Sabbaths and the Moon phases. It contains principle information and personal references that any coven or solitary Witch would need to create fun and interesting rituals. A must have for one's magickal library. Books will be available for purchase at the event! Spirit Cove 413 Bond Street, Asbury Park 732-807-4107. Spiritcove.com

SUNDAY, MARCH 11

Introduction to Spirit Guides: 11am-2pm Share in a workshop and guided meditation designed to invite your spiritual helpers to begin working with you! \$50.00 per person. Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ 07747 (732) 832-



1036. Web: <http://dimensionsreiki.com/calendar>

Free Drumming Circle: 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. Spirit Cove - 413 Bond Street, Asbury Park, NJ. 732-807-4107. Spiritcove.com

WEDNESDAY, MARCH 14

Introduction to Drumming/ Journeying with Shaman, Lauren Porter. 7:30-9 pm. Looking to connect with the spirit of the drum and connect with your inner medicine? Sign up for this class to help learn the importance of drumming, how drumming can help you heal spiritual wounds, and be guided through a journey to help discover your spiritual allies. See how a shamanic journey will help you connect with your higher self. \$35.00 per person; Pre-Registration is required. Where: Spirit Cove

- 413 Bond Street, Asbury Park. 732-807-4107. Spiritcove.com

THURSDAY, MARCH 15

Reiki Healing Circle: 7:30pm-9pm Join a group of Reiki practitioners and like-minded members to cleanse your Chakras and your energy field, and then receive your own healing! \$10.00 per person Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ 07747 (732) 832-1036 Web: <http://dimensionsreiki.com/calendar>

FRIDAY, MARCH 16

Angel Communication Workshop: 6 -7:30 pm at The Yoga Loft, 462 Adelpia Rd., Freehold with Katie Grace Did you know you could communicate directly with the Angels? You can! 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. All you need to do is ask...and learn to listen to and interpret their answers. Join Katie Grace as she facilitates this fun, informative and interactive workshop that will teach you to speak the Angelic language fluently... and become a better listener. Using Angel Cards in a group setting, you will practice the steps to receiving messages for yourself and others. You will learn to discern the voice of the Angels from the voice of the ego or inner critic. You will learn to enhance your intuition in practical ways with the help of the Angels. Call or text 732-239-2333 or e-mail info@theyogalofnj.com to register \$25.

Spring Equinox Drumming Celebration: 7-9pm Cranbury NJ Bring your Drums, Taiko, noise makers and smile! Let's welcome Spring and honor Gaia with like-minded people. \$15 (Reiki master \$5) RAYKISchool.com and click event to register, or ask Contact@RAYKISchool.com for details

Healing Circle and Reiki Share: 7-9pm It is wonderful for Reiki Practitioners and energy healers 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. \$10 per person; Pre-Registration is required. Spirit Cove 413 Bond Street, Asbury Park 732-807-4107. Spiritcove.com

SATURDAY, MARCH 17

Holy Fire II REIKI Level One: 830am - 5:00pm Receive healing from a higher consciousness. Start healing your life and others. Become a certified Reiki healer by completing both levels. (Both Level 1 & 2 for 465, \$265 for one). RAYKISchool.com and click event & class to register, or contact Contact@RAYKISchool.com. Class location: Cranbury NJ

Reiki Combined Levels I and II Attunements: 10am-3pm. Take your first steps on the path to Reiki energy healing, complete with attunements and your own Reiki crystals! \$250.00 per person. Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ 07747 (732) 832-1036 Web: <http://dimensionsreiki.com/calendar>

Astrology Workshop with Debe – 11:00 am-2:00 pm. 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; \$40.00 per person; Pre-Registration is required. Spirit Cove 413 Bond Street, Asbury Park, NJ. 732-807-4107. Spiritcove.com

Sound Healing Workshop: 12-2 PM Join Karena Virginia, certified healer and intuitive, for a miracles and healing workshop using mantra and the gong. Sound radiance is an exceptional tool for healing the body, mind and spirit. The resonance of certain sounds will clear blocks and elevate your frequency. No experience needed. This is a highly transformational workshop based on an ancient technology from the Himalayas. There is nothing intimidating about this workshop. You will not need to do anything but rest. Karena will embrace you with her open heart from the moment you enter the



space. Cost: \$40 Please pre-register for this event! Please either stop in the studio or call Lisa Matthews at 973-452-2828. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach.

SUNDAY, MARCH 18

Holy Holy Fire II REIKI Level Two: 830am - 5:00pm. Receive healing from a higher consciousness. Start healing your life and others. Become a certified Reiki healer by completing both levels. (Both Level 1 & 2 for 465, \$265 for one). RAYKISchool.com and click event & class to register, or contact Contact@RAYKISchool.com. Class location: Cranbury NJ

Seeds of Intention - Spring Mala Making Workshop with Krista Lynn: 12-2PM Spring is a time to find out where you are, who you are, and move toward where you are going. Join Krista Lynn, Jewelry Designer (www.kristalynndesigns.com) and Creative Spiritual Workshop Facilitator as she takes you through a wonderful spiritual and intuitive event where you make your own Mala Beads using Rudraksha beads and Semi Precious stones. A rudraksha is the seed of the Elicarpus ganitrus tree and plays an important role in a spiritual seeker's life. \$65/per person - (all supplies included). Limited to 15 people. Pre-registration is a must! Either stop in the studio or call Lisa Matthews at 973-452-2828. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach.

Psychic Self-Defense: 1pm-5pm. Learn to protect yourself from both inadvertent and intentional psychic attacks! This is great for natural empaths who feel uncomfortable with the energy of crowds around them. \$65.00 per person. Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ 07747 (732) 832-1036 Web: <http://dimensionsreiki.com/calendar>

Aromatherapy Workshop with Spirit Cove's Katherine 1:00 pm -3:00 pm. In this workshop, you will learn the many uses of oils and how to create some of your own personal blends, room sprays to create a mood and more. This course is



offered to those who love oils and want to indulge in their other spiritual and practical uses. You will receive an oil burner starter set of your own to take home and enjoy. Please join us to explore the many uses of oils; Cost includes materials; \$50.00 per person; Pre-Registration is required. Spirit Cove 413 Bond Street, Asbury Park, NJ. 732-807-4107. Spiritcovellc.com

TUESDAY, MARCH 20

Workshop – Healthy Gut & Digestive System: 6:30 pm. In this integrative workshop you'll learn about the common causes of digestive disorders, foods and other modalities that help heal and/or disrupt the normal function of digestive system and steps to take to achieve optimal digestion and intestinal health. Discover holistic ways to decrease your dependence on acid blockers and restore your Gut & Digestive System. \$10 includes light refreshments. Workshop is led by Larisa Belote, Holistic Nutritionist at 4 Bridge Plaza Drive, Suite 5 in Manalapan, NJ. Registration Required. Call 732-490-5770 or email larisa@stepbystep-wellness.com

Spring Equinox Celebration: 7pm Join us for a celebration in welcoming the season of spring! This is the season of reawakening and renewal. We shed the winter hibernation and reawaken to the vibrant season ahead. We will explore a guided meditation and intention setting. This is a nourishing and inspiring celebration! \$15 RSVP required. www.sunshinekates.com 732-774-7808

Spring Equinox: 7:00 – 8:30 PM. At this time, Earth in the northern hemisphere experiences a sense of balance. The ebb and flow of life pauses for a moment – a moment of harmony, a moment of rest before the bursting forth of new life. Let us get in touch with the energy of Earth and the energy stirring within ourselves through music, meditation, prayer and ritual. Reservations preferred. Donations according to means. For reservations or more information, please contact us at waterspirit981@gmail.com or 732-923-9788. WATERSPIRIT 4 E. River Rd., Rumson, NJ, 07760

WEDNESDAY, MARCH 21

Spring Equinox Holy Fire II Karuna® Master Training: March 21, 22, & 23 8:30am - 5:00pm Holy Fire II Karuna is one of the highest level of Reiki healing systems that is available. Receive nine sacred symbols, several attunement and ignitions. RAYKISchool.com and click event to register, or ask Contact@RAYKISchool.com for details

Cultivating a Fertile Body Workshop: 7pm Join us for an integrative workshop to explore the connection of nutrition, lifestyle and self-care tools to support and enhance fertility. We explore creating a nourished terrain in the body pre-conception.

This workshop is focused on both women's and men's health. \$30/person \$50/couple RSVP is essential www.sunshinekates.com 732-774-7808. Sunshine Kate's 2116 Sunset Ave. Ocean

THURSDAY, MARCH 22

Natural Life Business Partnership Networking event: at Cleansing Concepts Detox Spa. Meet holistic practitioners, spiritualists, and other earth-centered business owners. Exchange business cards, make connections in our community. Refreshments will be served. 5pm-7pm Cleansing Concepts 2 Bridge Ave Red Bank, RSVP 732-741-2444

FRIDAY, MARCH 23

Light Language Acceleration with Michael 6:30pm-8:30pm - Light Language is the "voice of the soul". Within our bodies are light codes that carry our soul's language, memory, information and so much more. Light Language will activate the dormant codes, accelerating evolution, enhancing the DNA, assisting with cellular regeneration, awakening our intuitive abilities, clearing the aura and opening the energy centers. There really are no "words" to express the impact of speaking and remembering our soul's language.

In this class you will learn how to tone, chant, gesture and write your soul's language while our ambassador guides you through it. We will start with a discussion of any prior light language experience, connecting on a wavelength of friendship. Then, we'll jump right in. Michael will begin toning and coaching. Remember, each tone is unique and may sound very "odd". That is okay. It's all about



feeling and the energy coming through. Open your expression and watch the sparks fly; \$40.00 per person; Pre-Registration is required. Spirit Cove 413 Bond Street, Asbury Park, NJ. 732-807-4107. Spiritcovellc.com

Crystal Bowls: 7 -8 pm at The Yoga Loft, 462 Adelpia Rd., Freehold With Billi Jo Murphy, Join Billi Jo Reiki Master and Intuitive Life Coach for an evening of healing, balancing and relaxation with the pure tones of the quartz crystal "singing" bowls. The crystal bowls are sound healing instruments that take you on a vibratory journey into a deep meditative state. You will sit or lie in a comfortable position as I play the crystal bowls. Each bowl is tuned to one of the 7 Chakras to help facilitate alignment, balance, and healing of each energy center. Effects may include and are not limited to: reduced stress and anxiety, greater clarity and focus, an overall sense of peace and higher states of consciousness. Please call or text 732-239-2333 or e-mail info@theyogaloftnj.com to register \$20

SATURDAY, MARCH 24

Energy Medicine 101 & 102 - SATURDAY &

SUNDAY Learn a 5 minute daily routine that will help improve your energy, how to stay grounded, effects of stress on your energies & how to lessen its effects, how to protect your Aura, pain releasing techniques, energy testing on yourself and others. Each class is full of practice, practice, practice, and ends with each participant experiencing an EEM mini-session that balances and calms their energy. Ask about CEs. At Array of Light, Toms River 9a-5p. Advance registration a must. Siobhan@NextStepStrategiesLLC.com or call 609-752-1048 Eden Energy Med. 101 & 102: 9:30-5PM Toms River (Sat. & Sun). Early Registration a Must Call 609-752-1048 email Siobhan@NextStepStrategiesLLC.com

7h Annual Wellness Expo at Georgian Court University: Free admissions, rain or shine event at a beautiful historic Casino building. 50 plus exhibitors of natural health products and holistic health practitioners gather to inform, inspire and energize your commitment for lifelong wellness. Free presentations by invited speakers offered every 30 min. including earthing, mindfulness, innovative weight loss tips, self-care, natural walking, etc. plus yoga and qigong demonstration. Enjoyable for all ages and diverse traditions! 11am – 4:30pm 900 Lakewood Ave., Lakewood, NJ 08701. Event page at <http://georgian.edu/event/wellness-expo/> FB update at <https://www.facebook.com/groups/GCUHolisticHealth/events/> Contact Sachiko Komagata, Ph.D., P.T. komagatas@georgian.edu or call 732-987-2663

Handwriting Analysis Workshop with Spirit Cove's Katherine 12:00 pm -2:00 pm. Are you curious about what handwriting can reveal about you and your personality? Would you like to learn a little more about your friends and family by just looking at their signature or the way they cross their "t's" or dot their "i's"? Join us and be intrigued by just how you write a letter, or space your words reveals characteristics about yourself and others! You will be shown how to identify personality traits by just signing your name. We will deconstruct each letter, look at letter placement, etc. to see what you are about. This workshop is fun and eye opening for all ages! Cost includes materials; \$50.00 per person; Pre-Registration is required. Spirit Cove 413 Bond Street, Asbury Park, NJ. 732-807-4107. Spiritcovellc.com

Intro to Ayurveda: A Healthy Transition from Winter to Spring: 12-4PM Ayurveda means "the science of life" and is the sister to yoga in the healing and holistic realm. Ayurveda works to balance the elements in the body, mind, and emotions; creating a dynamic understanding of healing that goes into all the depths of being. As we transition from the winter to the spring; we begin to feel deeply the heaviness and sluggishness of the winter, combined with the all too common allergies of the spring. As the Earth begins to heat again, we will examine heating our own beings too: through the ancient and time-tested practices of Ayurveda.

This workshop will include in Introduction to Ayurveda and Samkhya Philosophy; the opportunity to take a thorough constitution test and discover your own imbalances; a yoga practice incorporating pranayama, meditation, mantra and asana to ease the lethargy and congestion of the seasons; recipes and cooking tips to support your nourishment and digestion; and daily rituals to support your immunity and overall vitality. \$60 . Pre-reg. is a must! Please either stop in the studio or call Lisa Matthews at



973-452-2828. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach.

Therapy Bands & Balls: 1-2:30 PM at The Yoga Loft, 462 Adelpia Rd., Freehold With Claire Therapy bands and balls come in variety of styles and are great tools for releasing muscles and connective tissue (tendons, ligaments and fascia) throughout the body. The balls can address opening connective tissue and releasing trigger points. While the bands can help safely open the joints, enhance fluidity in the connective tissue and build strength through the whole body.

In this class we use pull-up bands which are basically human size rubber bands that allow you to use gravity, your own body weight and movement to safely do this. It will help you learn where your body is restricted, open it up and improve your strength and mobility. Join Claire in this fun and unique way to explore and improve your ability to move freely and correctly. Class is limited to 8 people so pre registration is required... -please e-mail info@theyogaloftnj.com or call/text 732-239-2333 to register \$25.

SUNDAY, MARCH 25

Teaching to Balance the Elements: Implementing the Ancient Tools of Ayurveda: 12-4PM. Ayurveda means "the science of life" and is the sister to yoga in the healing and holistic realm. Ayurveda works to balance the elements in the body, mind, and emotions; creating a dynamic understanding of healing that goes into all the depths of being. As teachers, there are many ways to orient to structuring our classes. Utilizing the elemental understanding of Ayurveda, we can embody a whole new level of relationship to cultivating practices. This workshop will include an overview of Ayurveda; an introduction to asana, meditation, pranayama and mantra practice through the lens of this ancient holistic science; example sequencing to demonstrate the balancing of the doshas through practice; hands on assists to support a wide variety of imbalances; and a new understanding of how to support ourselves as teachers from the perspective of our own personal Ayurvedic imbalances. \$60

Introduction to Psychic Development: 1pm-5pm Learn to connect to Spirit, prepare your energy for psychic work, and perform your own readings! \$85.00 per person. Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ 07747 (732) 832-1036 Web: <http://dimensionsreiki.com/calendar>

Private Angel Readings 2-4PM at The Yoga Loft, 462 Adelpia Rd., Freehold with Katie Grace If

you need guidance you can trust, book a half-hour session with Katie Grace. She facilitates a healing conversation between you, your soul and the Angelic Realm. Highly intuitive and deeply grounded, Katie Grace can help you connect with the Angelic Realm and your Higher Self to help you express greater love, wisdom and power in all facets of your life. An Angelic overview can help you see a higher vision for your life, allowing you to make wise decisions aligned with your soul's purpose. Seeking clarity about your soul's mission? Eager for guidance about your home, family, love life or career? Schedule your Angel Readings with Rev. Katie Grace, Interfaith Minister you will receive trustworthy, uplifting, personal advice aligned with your higher purpose. Please call or text 732-239-2333 or e-mail info@theyogaloftnj.com to schedule your private reading \$35.

WEDNESDAY, MARCH 28

Hypnosis as an effective holistic tool for Chronic Fatigue Syndrome Workshop: 7-8 pm. FREE Please join Ada Zak of Hypnotherapy Advantage, a Certified Professional Hypnotist and a licensed health professional, at the upcoming workshop to discuss the benefits of using Hypnosis as an effective holistic tool for Chronic Fatigue Syndrome (CFS). Please RSVP due to limited seating by calling 732-333-6680 or contact us via website at www.HypnotherapyAdvantage.com. Address: 501 Stillwells Corner Rd. (Wemrock Professional Mall sign at the entrance), Bldg. A / Dr. Borgersen's office, 1st fl., Freehold.

FRIDAY, MARCH 30

Breast Health Screenings: Thermographic Diagnostic Imaging will be doing breast health screenings on 3/5 in Spring Lake Heights and on 3/30 in Colt's Neck, NJ. For more information or to schedule please call 856-596-5834

TUESDAY, APRIL 3

Qigong for Good Health with Maxine Forster Guenther, M.A.: Certified Instructor of Integral Qigong 9 Week SPRING SERIES Join us as a beginner or return and deepen your practice. ALL are welcome! Qigong practice includes a series of gentle meditative movements engaging breath and mind focus. Reported results include improved posture, relief of muscular tension and pain, stronger immunity, reduced stress, deeper and fuller quality breathing, improved energy and stamina, and a greater overall sense of wellbeing. The practice is easy to learn and welcomes students with all levels of ability.

Coming April 21st – "The Gateway to the Ultimate – Primordial Qigong/WujiGong," a 1 day workshop with Dr. Roger Jahnke, O.M.D., Master Teacher & Author. This workshop is only open to those who have learned the Primordial Form. Registration is online only. For more info visit www.qigongforgoodhealth.org \$90. for 9 sessions TWO 1 Hour classes for 9 Tuesdays. 1:00 Primordial Qigong – recommended for students with some Qigong experience 2:30 Everyday Qigong – favorite forms & more - for experienced & new students Place: The Earth Room- Unitarian Universalist Meeting House 1475 West Front Street, Lincroft, NJ For a partner in the same household, the 2nd person's fee is \$45. If you cannot afford the cost of the series, please e-mail Maxine to request adjustment in the fee. qigongomi5@gmail.com

SATURDAY, APRIL 14

save the date

Saturday, April 14th 12-2pm Introduction to Yoga Therapy Yoga : This workshop is for anyone interested in the healing aspects of yoga. The workshop includes discussion, a PowerPoint presentation, and simple yoga practices. You need to pre-register for this event. Please either stop in the studio or

call Lisa Matthews at 973-452-2828.

Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach

FRIDAY, MAY 4 - 6TH

Restorative Yoga Teacher Training ~ 30 Hour. Dates & Times: Friday, May 4th 6-9pm, Saturday, May 5th 12-8pm & Sunday, May 6th 12-8pm. This 3 day training will give all 200 hour certified yoga instructors the opportunity to immerse themselves in the art of restorative yoga. The hours spent in training, plus the take home project due within 30 days of the training's end, will give the instructor 30 CEUs through the Yoga Alliance; as well as the confidence and skill to teach restorative to their yoga communities! We will cover 15 common restorative asanas, as well as some unique variations and a list of preparatory asanas. Each pose will be experienced using a wide variation of props and assisting; as well as appropriate sequencing and timing for restorative classes. We will cover over a handful of pranayama practices (breath work) to help connect students to softening and restfulness, as well as to the subtle body.

This training will include learning several meditations that are applicable to restorative classes, both seated and reclined; including a basic yoga nidra. Each participant receives a 20+ page manual, that includes all that we cover in the training. Participants also receive access to an online database filled with imagery of each posture variation, assisting photos, recordings of all meditations and practices, as well as the video and audio from their own training. (This training is open to all YA certified teachers for



30 hours of continuing education. It is ALSO open to any students and wellness/ healthcare/caregivers professionals who want to learn more about restorative practices: for non credit hours. Certificates of completion are presented after all outside classwork and assignments are completed.) Cost: "Early bird price of \$350 if paid by April 1st."/ \$400 after April 2nd. . You need to pre-register for this event. Please either stop in the studio or call Lisa Matthews at 973-452-2828. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach

on going events

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

sunday

SUNDAY Night March 4 - 25, EVERY SUNDAY Quantum Healing Meditation ~6:00pm - 7:00pm Shift your energy and activate your full body from DNA to your entire being. Enter the Quantum fields, and start manifesting your future \$15. RAYKISchool.com and click event to register, or ask Contact@RAYKISchool.com for details

monday

Back to Basics Perfect Posture 11-11:45am This class is designed to address the fundamentals of any asana practice – your breath, your posture, and your core. If you're a human walking around on two legs, this class is for you! Designed for students of all levels, we will revisit the basics of proper alignment, stretching and strengthening the muscles that keep us well-aligned in our practice and in our life. Each class will begin with a consistent set of exercises to strengthening the core and build good posture, followed by an in-depth exploration of a different area of the body each class. 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.

Gentle Yoga for Healthy Aging- 12-1pm 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. We will also focus on injury prevention, improving joint motion and spine health. You are as young as your spine is flexible. Students will feel refreshed, rejuvenated and empowered by their practice. 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.

4-5pm Stretch & Meditate Stretch gently, breathe deeply and mediate silently. Take a break from the stressors of your day. As you move your body with a beautiful stretch and flow, you will connect naturally to the yogic breath. Let the inhales lift you. Allow the exhales to release you. Creating balance between the two, balance to both your mind and body. When the moving portion of this practice ends, let go to inner peace, allowing this time to become still, quiet and calm. During this deep relaxation, an essential oil aroma can be lightly applied, always optional. Suitable for Everyone! . New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class: For beginners & seniors- 6:30pm. at American Legion, 2 Meadowbrook Lane,

New Egypt, NJ. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? This is a series of 8 week 1 hour classes for a total of \$125. For more information & registration call 609-752-1048 or email Siobhan@NextStepStrategiesLLC.com. Space is limited. Register to reserve your spot & ask about private lessons.

Meditation Mondays: 7-8pm, we will be having guided meditations. Destress from your hectic weekend and Manic Monday. Re center and Re-group yourself for the coming week and be ready for whatever life brings your way. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$20 per person; Pre-Registration is required. Spirit Cove 413 Bond Street, Asbury Park 732-807-4107. Spiritcovellc.com **Ask us about private meditation sessions

tuesday

Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class: For beginners & seniors- 9:30am. at Country Lakes Clubhouse, 69 Tensaw Drive, Browns Mills. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 609-752-1048 or email Siobhan@NextStepStrategiesLLC.com. Space is limited.

Hatha Fusion Align, Stabilize & Stretch 11-11:45am This practice focuses on meditation, pranayama (breath), asana (postures), and mindfulness. Combining hatha and yin, this class includes strengthening, vitalizing movement as well as grounding and deepening body inquiry. All levels are encouraged and welcome. Suitable for Everyone! . New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828.

12-1pm Restorative Yoga. This is a therapeutic practice. It is the yoga of non-doing. Even those with an active dynamic practice will benefit greatly from the inner peace and deep release of this restorative class. It is the practice of entering into Yoga postures using an assortment of props: blankets, bolsters, blocks, straps, walls, chairs, eye pillows etc. Supported and stabilized by various props, one experiences the yoga postures as profoundly relaxing and deeply rejuvenating, invoking a natural state of healing rest, renewal and equanimity. Supported and passive yoga postures allow the body to naturally release, letting go of held tension and stress. The results are a balanced state of being from inside out. A restorative class is a life enhancing practice and is appropriate for anyone at any age or stage of life and in any physical condition. Suitable for Everyone! . New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach 973-452-2828

wednesday

Kundalini 9:30-10:30am This practice is a repetition of breath work, movement and postures, chanting and meditation, resulting in a general sense of relaxation and well-being. Kundalini Yoga focuses on uncoiling and moving the energy through the chakra system by stimulating the energy in the lower centers, and moving it to the higher centers.

This practice assists in eliminating negative habit patterns as it promotes balance and intuition to the energy of the mind and emotions. This leads to the control of ourselves rather than being controlled by our thoughts and feelings. Suitable for Everyone! 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 Meditations: 3-4, we will be conducting guided meditations and sound healings. Join us for an hour each week for unique sound healings and meditations for healing mind, body and spirit. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$20 per person; Pre-Registration is required. Spirit Cove 413 Bond Street, Asbury Park 732-807-4107. Spiritcovellc.com **Ask us about private meditation sessions

Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class: For beginners & seniors at 6:30pm. – at Array of Light, 511 Dover Rd., Toms River. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 609-752-1048 or email Siobhan@NextStepStrategiesLLC.com. Space is limited. Register to reserve your spot & ask about private lessons.

Wednesdays & More - By Appointment - Struggling with a chronic condition or feel there is nowhere else to turn? Let's work together to balance energies and create a customized strategy for you. Appointments at Toms River center or your home (central NJ+). For more information & registration call 609-752-1048 or email Siobhan@NextStepStrategiesLLC.com. See testimonials on our Website and ask about our other days of service.

Yin Yoga 6:30-7:30pm Yin is a therapeutic class that meditative, slow paced, and helps balance a daily active lifestyle. We will explore long deep stretching to enhance flexibility and joint mobility while encouraging healing and realigning the body's connective tissues. With deep stretching through the pelvis, hips, low spine and shoulders we will help create spaciousness and stillness in the mind. All levels are encouraged and welcome. 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

Healthy Happy Hour Sauna Sessions: Every Wednesday All Day Long! De-stress in the 'Sweatiest' of ways. Enjoy 25-minute infrared sauna sessions for \$25. Bring a friend for \$15. Apres sauna session, enjoy a mocktail. Appointments can be made online www.sunshinekates.com 732-774-7808 Sunshine Kate's 2116 Sunset Ave. Ocean and 79 Oak Hill Road, Red Bank

thursday

Gentle 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. We will also focus on injury prevention, improving joint motion and spine health. You are as young as your spine is flexible. Students will feel refreshed, rejuvenated and empowered by their practice. 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) 4-5PM. 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. This will help take their practice to a whole new level. 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.

Metta Meditation Circle 5-5:45pm. Metta meditation is a practice which brings loving kindness to yourself and extends love to all in your world and beyond. On a personal level relax your body, calm your mind and increase your well-being. As a group, we increase our offering and deepen our meditation by the collective consciousness of others. Our intention is to benefit Root to Rise, a sober active community committed to helping those recovering from drug and alcohol abuse remain sober through physical activity and spiritual awakening. All proceeds will enable their expansion in offering to those in need. We welcome all to Pause together. Donations: \$10 or give what you can, come when you can. Location: Yoga Peace Kula, 911 Main St (9th & 10th Ave) Belmar

Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class: - For beginners & seniors- 6:30pm. at 1970 Hwy. 33, Hamilton, NJ. This is a series of 8 week 1 hour classes for a total of \$125. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 609-752-1048 or email Siobhan@NextStepStrategiesLLC.com. Space is limited. Register to reserve your spot & ask about private lessons

friday

Yoga Sculpt with weights, bands & props 12-1pm- A dynamic yoga practice that incorporates weights, bands & 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.

4-5pm Stretch & Meditate Stretch gently, breathe deeply and mediate silently. Take a break from the stressors of your day. As you move your body with a beautiful stretch and flow, you will connect naturally to the yogic breath. Let the inhales lift you. Allow the exhales to release you. Creating balance between the two, balance to both your mind and body. When the moving portion of this practice ends, let go to inner peace, allowing this time to become still, quiet and calm. During this deep relaxation, an essential oil aroma can be lightly applied, always optional. Suitable for Everyone! . New student special 3 classes for \$30. Monmouth beach yoga & wellness 36 Beach Road, Suite 10 in Monmouth Beach. 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 Acupuncture, Chiropractic, Massage, Herbal Care
Dr. Jeng K. Kuan, DC, LAC, Dipl. OM
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. 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 infertility, allergies, insomnia, migraines, anxiety/depression, smoking addiction, obesity, PMS, I.B.S., and pain syndrome (joint pain, tendonitis, LBP). Dr. Kuan also offers wellness classes that combine Tai Chi, Qi Gong and Yoga.

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



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

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

BIOFEEDBACK/STRESS MANAGEMENT THERAPIST

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



Why am I always anxious?, Why wont the pain stop?, What's wrong with my body? Do these questions sound familiar? If your answer is yes, then biofeedback therapy may be for you. Your next questions probably will be; "What is biofeedback?" and "How can it help me?" Stress and pain build when the body tries to respond to the busy demands of life in ways that put a disruptive burden on the system. To help a person relieve this stress and pain, patients come to my office to relax and calm while sensors on their body send their own biological data back to them through a computer monitor with soothing sounds and images. Coaching can also enhance the experience. A person actually learns how to regulate their own muscular, vascular, nervous, gastrointestinal, cardiac, and respiratory systems towards optimal health. These techniques are effective in reducing tension and migraine headache, high blood pressure, back and neck pain, mood and anxiety disorders, and irritable bowel syndrome. Biofeedback is a natural treatment that may be used alone or in conjunction with other medical treatments and medications. And, moving in the direction of health feels good! If you are interested in biofeedback to reduce stress and pain, please call my welcoming office for more information and set up an appointment. .

CHIROPRACTIC

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



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

INTRINSIC CHIROPRACTIC CENTER
100 W Veterans Hwy # 7, Jackson, NJ 08527
732-833-9000



Dr. Kinney is a local chiropractor and wellness expert who has been serving the Jackson Township community and surrounding areas since 2003. She is deeply committed to helping people achieve optimal overall health through chiropractic care. She earned her Doctorate degree from New York Chiropractic College in 2000 and her Bachelors from Rutgers University in 1994, she earned a degree in nutrition from Integrative Institute of Nutrition. She is a natural health advocate who publicly speaks to many groups, organizations and corporations about the benefits of living a healthy lifestyle through proper nutrition, exercise and chiropractic.

UPPER CERVICAL CHIROPRACTIC OF MONMOUTH, LLC

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



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

ENERGY MEDICINE

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

FINANCIAL SERVICES

STRAIGHT TALK, CPA'S
Salim Omar, CPA
500 Campus Drive, Suite 103, Morganville, NJ 07751
732-566-3660
Salim@StraightTalkCPAs.com
StraightTalkCPAs.com



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

FUNCTIONAL MEDICINE

INTEGRATIVE WELLNESS GROUP

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



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

HEALING CRYSTAL ALCHEMY

KAREN RILEY, CCP
Awaken the Light Healing LLC
www.AwakenTheLight.org
660 Tennent Road
Manalapan NJ 07726
908-461-5399



Karen Riley is a certified crystal practitioner, reiki master & alchemy bowl sound vibrationalist. She is passionate about the human potential during these times of expanding consciousness and offers a unique healing experience with the frequencies of crystal energy and sound vibration. Each session is a unique experience invoking peace, clarity and inspiration. She also teaches, guides and facilitates classes on the wonder and power of the mineral realm. Her sanctuary also features a boutique offering high vibrational tools for support, growth & expansion. Call to book your appointment!

HEALTH SERVICES

FROME PHYSICAL THERAPY
David Frome PT,L.Ac., Adv.
Rolfing, Environmental Health Consultant
Rebekah Frome PTA,LMT
Advanced Practitioner of Structural Integration
516 Bloomfield Ave, Suite 5, Montclair, NJ 07042
935 Highway 34, Suite 2D, Matawan, NJ 07747
11 Penn Plaza, Suite B - 100, New York, NY 10001
FromePT.com
973-509-8464



What makes us unique is our strong grounding in western medicine and our deep commitment to holistic health. We offer Five Element Acupuncture and The Rolfing Technique of Structural Integration. Our specialties include; Women's Health, Men's Health, Reproductive Health and Fertility, Environmental Health, Sports Injuries, Low Back and Neck Pain, Emotional Health and Mental Illness, Cancer and Post Surgical Recovery, Pediatric Developmental Disabilities and Rolfing Babies and Children. The Air Cleaner Store, our online venture sells Austin Air cleaners, a highly effective, reliable and affordable answer to indoor air quality problems. Clean air is one of our most basic and important human needs. At Frome Physical Therapy our goal is to support you in Caring For Your Health. Call us for a free consultation.

HYPNOSIS/REIKI

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



Roseann Petropoulos is a Certified Hypnotherapist, Past Life Regression Therapist, Neuro-Linguistic Practitioner and Reiki Master.. A private session combines various modalities with the vibrational energy of the client to allow healing and well being. Roseann specializes in Stress Coping Skills and Weight Management. Break cycles of unwanted habits, such as smoking, overeating, negative thoughts and nail biting. Boost confidence and creativity. Roseann offers private sessions and group meditation circles. Membership includes: National Guild of Hypnotists and Monmouth/Ocean Reiki Group. For more information call for a Free phone consultation

If stupidity got us into this mess, then why can't it get us out?
~Will Rogers

LEADERSHIP CONSULTANT

DLG CONSULTING
DonnaLyn Giegerich MBA CIC RYT
Red Bank NJ
www.DonnaLynSpeaks.com
FB & Twitter @DonnaLynSpeaks
LI/DonnaLynGiegerich
732-547-0894



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

MASSAGE

SANCTUARY MASSAGE

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



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

MEDITATION

MEDITATION AND MINDFULNESS TRAINING

Judy Banks, CHHC, NSCA-CPT, RYT-500
Stress Management & Mindful Lifestyle Coach
Chopra Center Certified Master Educator
Balance Your Life, 479 RT-79, Morganville, NJ
BalanceYourLife.com
Email: judy@balanceyourlife.com



Learn simple and sustainable techniques to create peace and balance in your life. We offer different levels of training, including weekly group guided meditations, healthy lifestyle workshops, private instruction, and The Chopra Center's Primal Sound Meditation signature program. Don't let stress and worry control your life. You change the world, when you change your mind!

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www.spiritcove.com



Metaphysical retail offering gems, crystals, rocks, incense, essential oils, organic Rishi tea, home décor and much more. Psychic readers and Reiki practitioners are on staff as well. Other services offered are weddings, séances, smudge ceremonies and in-store workshops.

MENTAL HEALTH THERAPIST

LIVING WELL COUNSELING CENTER

Located in Tinton Falls, NJ
Phone: 732-455-2039
livingwellccllc.com
LivingWellCounselingCenterLLC@gmail.com



At Living Well Counseling Center we create a therapeutic relationship which fosters non-judgmental thinking. Through a compassionate lens we empower clients to connect to themselves through mindfulness, to support clients in achieving their desired results. We look forward to working with you as you take that first step to a better you!

SEEKING SERENITY THERAPY SUZANNE IANNACONE LCSW

1130 Route 34, suite 2E Matawan, 07747
Phone: 732-654-6228
SeekingSerenityTherapy.com



We all go through life's ups and downs, but the good news is we don't need to go through them alone. Therapy can help a person solve important issues and can substantially reduce or eliminate anxiety and depression. It can improve social skills, relationships, work performance, motivation and overall life satisfaction. Lets explore your issues together in a safe, non judgmental, accepting environment. Individual and group

psychotherapy sessions are available. Seeking SerenityTherapy is in network with medicare, and accepts other insurance as out of network, as well as self-pay clients.

NEUROFEEDBACK

LINDA EDWARDS, RN, MSN RESILIENT ME MICRO CURRENT NEUROFEEDBACK

120 E. River Rd Rumson, NJ
732-319-3949
www.resilient-me.com



Linda embraced Microcurrent Neurofeedback technology (MCN) because it was endorsed by leading physicians and she has seen so many remarkable transformations with her clients. Benefits are seen in highly pressured people looking to improve their wellness state, and also those suffering from anxiety, insomnia, headaches, difficulty with focus (ADD/ADHD), concussions and more. MCN has been studied at UCSD by a world-class team of brain researchers and has been found to work faster than other forms of neurofeedback. Because it functions as a brain "re-boot", it is able to help so many conditions. Many are able to reduce or eliminate medications under their physician's supervision. Call for a free consultation.

PHYSICAL THERAPY

ARTICULATE MOVES

Linda Natanagara
Guild Certified Feldenkrais Practitioner
articulatemoves.com
https://www.facebook.com/articulate.moves.feldenkrais
848.218.0233



The Feldenkrais Method of Movement Education was developed in the 1930s by Dr. Moshe Feldenkrais. Students find relief from issues related to chronic pain, mobility challenges, anxiety, breathing difficulties - among others. It is a neurological, educational approach to movement, rather than an exercise approach. Through non-invasive touch and verbal guidance, students learn about the patterns of stress/tension they carry and develop tools to find alternative and pain free ways of moving.



POSITIVE PSYCHOLOGY PRACTITIONER

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



I am a Certified Holistic Nutrition Coach, Positive Psychology Practitioner, Certified Coach and the Author of a book, "The Positive Psychology Diet: 21 Days to a Happier and Healthier Life" My life's purpose is to help others increase their happiness and well-being by using the tools of positive psychology and nutrition coaching. You are what you eat and what you think. Is your negative mind chatter stopping you from achieving your goals? Learn how to use the tools of positive psychology and the scientifically proven methods to achieve happiness and well-being. Call to set up a complimentary phone session. 732-245-2556. Individual Sessions, Groups and Workshops.

PSYCHIC READINGS MEDIUMSHIP

DOLORES RILHO
Supreme Soul Healing and Learning Center
16 Broad St. Suite 105, Keyport, NJ
1-888-382-9996
DoloresRilho.com
SupremeSoulCenter.com



Dolores is a Psychic Medium, Reiki Master and a Hypnothe rapist. 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 to connect her clients with their loved ones on the other side and help bring healing messages. If you are in need of some guidance and have specific questions regarding your life, she can help! Her Psychic readings are unique, giving you information that will help you in a way you may have never thought of. Her readings are always filled with laughter and love, making sure her clients feels safe, relaxed and able to ask any questions they want clarity on. The center offers classes on Tarot, Mediumship, readings, Reiki and meditation classes. Book your session or class today!

You have power over your mind—not outside events. Realize this, and you will find strength.
~Marcus Aurelius

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



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

REIKI

RAYKI SCHOOL MASTER TRAINING
Makiko Suzuki Fliss, PhD, MBA, MSC
Phone/text: 609-495-4229
Contact@RAYKIschool.com
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YOGA

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



Monmouth Beach Yoga & Wellness has been voted the best in Monmouth County by Monmouth Health & Life Best of Mon-ice awards 4 years in a row & the Best of Asbury Park Press readers' choice in 201. At MONMOUTH BEACH YOGA & WELLNESS we believe "YOGA IS FOR EVERYONE" regardless of age, limitations & injuries. We offer OVER 40 CLASSES A WEEK FOR ALL LEVELS. Our Mission is to provide a variety of fitness modalities that are therapeutic, fun & practical. We have weights, bands & props that allow you to use your body to stretch & strengthen to challenge both your body & mind. We offer classes aimed at developing strength, balance, coordination & flexibility, while

being in a supportive, healing, safe & non-competitive environment. We are committed to offering students inspiring classes as well as a whole yogic lifestyle. Come in and check us out, you will be glad you did. We offer yoga for everyone!!

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



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

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



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



the wellness practioners directory

ACUPUNCTURE

Frome Physical Therapy 973-509-8464
David Frome, Matawan
www.fromept.com

Garden State Acupuncture and Wellness 732-252-6806
Dr. Kevin Clark, DAOM, Colts Neck
Offering Acupuncture, Massage, Traditional Chinese Herbal Medicine, Nutritional and Dietary Counseling
www.GardenStateAcupuncture.com

Red Bank Acupuncture 732.758.1800
Shoshanna Katzman, Shrewsbury
Healing4U.com

Acupuncture, therapeutic massage, Chinese herbal medicine
T'ai chi & qigong group classes and private sessions available

VB Acupuncture 908.338.1077
See CRG for details

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

CHIROPRACTIC

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

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

COUNSELING/COACHING

Health Coach 732.600.2484
Stop Yo-Yo Dieting.
Learn to live a happy, healthy life.
www.RecreatingBalance.com

Jessica L Conrad Life Coach M.A., C.P.C. 888-934-5264
Inspiring women who are childless, but not by choice, create a life of purpose and joy!
www.jessicalconrad.com.also on facebook and instagram.

DENTIST

John J. Tortora D.D.S. 732.295.1616

ENERGY & HOLISTIC HEALING

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

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&LET -Safe Lymphatic Drainage
Great Detox & A Must After Cosmetic Surgery- Marlboro NJ
RealHealthSolutionsLLC.com

HYPNOSIS

Ada Zak, CCHT 732-333-6680
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Roseann Petropoulos 732 894-3197
Hypnosis - Reiki Private Sessions
Contact for Free consultation
www.Belmarwellness.com

ORGANIC COFFEE

Jersey Shore Coffee Roasters 732.291.0505
Leonardo, Wholesale & Retail
www.jerseyshorecoffeeoasters.com

PREGNANCY & FAMILY WELLNESS

The Nest 732.383.7232
Nancy Freeman, CBE,LD, PPD, Doula
Little Silver www.readyforbirth.com
readyforbirth@aol.com

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

ROLFING

Frome Physical Therapy 973-509-8464
Rebekah Frome, Matawan, Ocean Grove
www.fromept.com

SPIRITUAL ADVISING, PSYCHIC READINGS & MEDIUMSHIP

Linda Fate 732.946.7345
See CRG for details

Moonstruck 732.936.1889
See CRG for details

THERAPEUTIC MASSAGE

Body Harmonics Massage 732-645-6726
Shrewsbury
Face Sculpting Massage, Cupping Therapy, Massage

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

WEIGHT LOSS

Page Wellness Center 732.291.5575
Atlantic Highlands

WELLNESS

Balance Your Life LLC 732 497-2177
Judy Banks, Stress Management Coach, Chopra Center Certified Master Educator.
Women's Holistic Health & Stress-Management Center
479 RT-79, Morganville, New Jersey.
www.BalanceYourLife.com

VJE Personal Training: 732-778-4543
Women's Holistic Health and Sports Nutrition Consultant. AASI, ISMA, M.A. in Education. Ocean Township.
Facebook.com/VjePersonalTraining
vjetrainer@hotmail.com

YOGA

Monmouth Beach Yoga 973.452.2828
See CRG page 50 for info
Align Amar Yoga 732-578-1000
1201 Sycamore Ave., Tinton Falls, NJ 07724
info@alignamaryoga.com

Serene Yogi 973-951-4334
Private yoga lessons with RYT Nancy Aufiero I come to you! in your home or office.
www.sereneyogi.com

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