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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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Email articles, news items and ideas to: LocalPublisher@Sharon@NAJerseyShore.com. Deadline for ads: the 5th of the month.

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Email Calendar Events to: Sharon@NAJerseyShore.com. Deadline for ads: the 10th of the month. Cost is \$10/listing.

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Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-434-9392. For franchising opportunities call 239-530-1377 or visit NaturalAwakenings.com.

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letter from publisher

Hello Friends



Sharon Shaffery

- because more than anything else, that is what I want for this Earth. And so recently I have realized that I'm so focused on the macrocosm, I failed to give the appropriate attention to the microcosm.

I spent most of my career commuting to NYC and so I didn't bother to get to know my neighbors or my community. I have connections all around the globe, but very few right around town. I am grateful that I have realized that this is a huge lack in my life, and I am very much enjoying getting to know people. Not only can we learn so much from each other, but we can all help each other too.

The politicians want to pit us against one another so we pick a side, but in moments like these I think about Bruce Lee, one of the most amazing humans of our lifetime. When he was asked to pick a side "Do you think of yourself as Chinese or American?" His response was "I'm a human being man". I have shared this with you many times before, but it is something I never want to forget. We are all connected, and our success as a species is dependent on our willingness to work together in support and love for one another. There are those who are lost, driven by greed and selfishness, and we can't change them, but we can't let them drag us down either. They will stay in the 3rd dimension, while we rise to the 4th and beyond.

I learned something else about myself this month. I have a bunch of pets, and they are all great, but none of them filled the hole that was left by my dog Parker. I got so used to living without the bliss that his true love gave me, that I didn't even realize I could be that happy again. And then I met a little puppy that was rescued from North Carolina named John Lennon. It was love at first kiss. My best friend was like, "come on let's go meet the puppies", and I was like "I CAN NOT get another dog". But she twisted my arm and we made the appointment to go meet them, and that same day I ran into Joy Gomashe at Whole Foods. Joy shared that she and Bob just adopted a new dog. Her words were "we have the room, and enough love to give." And those words stuck with me. John Lennon was the runt of the litter and when I sat on the floor he leaped into my arms. I was done. I have the room, and the love to give. I named him Neo because he is the one. And that hole I carried for 7 years was suddenly filled. I didn't know I could be this happy. Pippin hated him at first, but now he is in love with his little brother. The moral of the story - do what makes you feel good (as long as it is good for you of course).

As always, I thank you for your continued support! I also hope that you will support our advertisers, it is their dollars that make it possible for us to bring this magazine to you each month. Also big thanks to the team, everyone works very hard and I truly appreciate it! I hope your spring kicks off with a magical start 😊

Warm wishes,

Sharon

Happy Earth Day! I recently had the privilege to interview Hisham Moharram, visionary, scientist and agribusiness man (look for The Good Tree Farm article), and during our walk & talk he expressed the importance of thinking global, but acting local, and in my head I was like... bing, bing, bing! These words are so important to me because, where we go one, we go all, whether we like it or not. And, it is up to us - the Lightworkers and Wayshowers to raise the vibration of Earth.

Roseann Petropoulos of Belmar Wellness has an email signature that says, "May all beings live happy and free". The second I read that, I wrote it on my wall so I can look at it every day

news briefs

Deepak Chopra to Appear in Asbury Park



World renowned mind-body healing pioneer Deepak Chopra will present a lecture at 7:30 P.M., May 4, at the Paramount Theatre, in Asbury Park. Participants will be able to explore the nature of reality through the power of intention and manifesting their dreams while learning how Chopra's work is changing the way the world views physical, mental, emotional, spiritual and social wellness. A special VIP ticket pass includes a great seat, a copy of

Chopra's latest book, a pre-lecture book signing and a photo opportunity.

Time magazine heralds Chopra as one of the top 100 heroes and icons of the century, and credits him as "the poet-prophet of alternative medicine." Chopra is also a best-selling New York Times author whose words have inspired millions.

Cost: \$30 to \$80. Event location: 1200 Ocean Ave., Asbury Park. For more information, or to purchase tickets, visit Tinyurl.com/natreal.

Better Heart Health

Vivian A. Kominos, MD, FACC, board certified in Integrative Medicine and Cardiology, is uniquely able to examine all risks for heart disease and many of the chronic diseases that affect our modern lifestyle.

Dr. Kominos has opened her practice for integrative medicine, cardiology and wellness in West Long Branch, NJ. After competing residency in Internal Medicine and fellowship in Cardiovascular Disease at RWJUH, she studied under Dr. Andrew Weil and completed a 2-year fellowship in Integrative Medicine with the University of Arizona Center for Integrative Medicine. She is a founding member of the American Board of Integrative Medicine and teaches with Dr. Weil.

During a one and one-half hour initial consultation, each patient is examined and treated with special attention to how the entire body, mind, spirit, community, and culture are connected. Patients take an active role in their healthcare and partner with Dr. Kominos. The most appropriate testing and treatment is selected from conventional and complementary medicine. Whenever possible, drugs are minimized and the patient's own innate healing and natural remedies are used.

For more information call 732.395.3095 www.drkominos.com 107 Monmouth Road, Suite 104 West Long Branch, NJ 07764.



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34th Annual Beach Sweeps

Register now with Clean Ocean Action for the Annual Beach Sweeps on Saturday April 13th. Held at over 60 NJ locations, visit cleanoceanaction.org to view the map and find a beach near you. The program has grown from 75 people at one site in 1985, to over 9,000 volunteers in 2018. Volunteers gather from Raritan to Delaware Bays and along the ocean to clean beaches and wa-

terways, as well as underwater sites. Participants collect and record valuable data about debris, which is presented in annual reports and used to advance federal, state, and local programs to reduce litter.

Fish, whales, birds, and other animals often mistake litter for food. As a result, animals get entangled in or ingest items, such as plastic bags, cigarette filters, and fishing line, with deadly results. Cigarette filters mimic fish and have been found in the stomachs of birds and larger fish, blocking and affecting their digestion. Also, the filters are made of plastic fibers and trap carcinogenic (cancer-causing) chemicals that are introduced into animals' bloodstreams.

Moreover, plastic litter takes a few years to several hundred years to break down, thereby threatening wildlife for decades. Littered beaches can ruin a day at the beach. Garbage slicks and wash-ups close beaches to swimming and are detrimental to tourism and the coastal economy. We hope to see you there!



was picked just 1 or 2 days before. It doesn't get fresher than that! Your food will be more nutritious (much fewer chemicals and preservatives) and you'll increase the

diversity of the food you eat. You'll the seasonality of foods grown in Jersey. For example: Broccoli grows in the Spring and Fall but not in the hot months of July and August. And what's better than buying and enjoying fresh locally grown Jersey tomatoes and corn in the summer? Eat Local! It's good for you and the community.

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

Join us for Yin Yoga

Yin Yoga is a simple, quiet practice that uses steady, long-held postures that benefit your "yin," connective tissues, such as the fascia, ligaments, tendons, joints, and bones. Poses are held 3 to 5 minutes each with all muscles relaxed and released.

Yin Yoga is a more meditative approach to yoga, that aims at cultivating awareness of inner silence. It can be practiced by everybody and will complement an already active life or help those who feel distracted by "mind chatter". This practice calms the mind and nervous system, reduces stress and anxiety, increases circulation, improves flexibility and joint mobility, balances the internal organs and improves the flow of chi or prana through meridian stimulation.

We have Yin every Wednesday 5:15pm, 6:30pm & Friday 5:30pm. We also have pop up Yin Classes Sunday 4/7, 4/14 & 4/28. We offer new students 3 Classes for \$30, and ou may always drop in to any class.

Monmouth Beach Yoga & Wellness is located 36 Beach Rd, Suite 10, Monmouth Beach (in complex that houses the Monmouth Beach Post Office). Call us at 973.452.2828 or visit us at mbyogaandwellness.com.



Brand New To Yoga

April 2nd 6-7:00pm with Katie Grace at The Yoga Loft in Freehold. Why do yoga? Put simply: Yoga makes you feel better! Practicing the postures, breathing exercises and meditation makes you healthier in body, mind and spirit. Yoga helps you tune in, chill out and shape up — all at the same time.

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

The Yoga Loft, 462 Adelpia Rd. Freehold Pre-registration required, please email info@theyogaloftnj.com or call/text 732.239.2333 to register \$70.



Healthiest Way to Eat? Be a Seasonal Locavore!

In New Jersey from mid-May to mid-November, farmers markets abound, offering locally grown or raised, veggies, fruits, meat, poultry, even locally caught fresh fish. Think about it. You can buy your food directly from the person who grew it, and it



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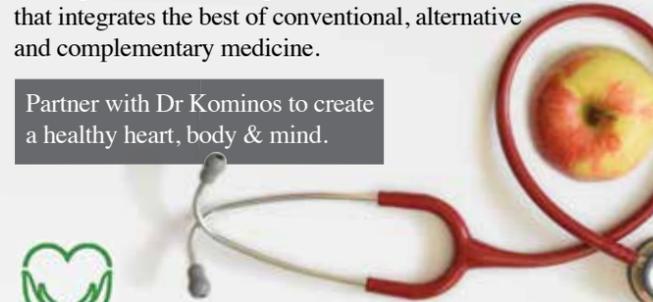
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Tired of quick doctor visits where all you get is another pill?



At risk for heart and other chronic diseases?
Don't wait until you get sick to see the doctor! See an integrative cardiologist and wellness expert. Dr. Kominos, who studied with Dr. Andrew Weil, spends up to 1-1/2 hours with a new patient to create a personal health and treatment plan that integrates the best of conventional, alternative and complementary medicine.

Partner with Dr Kominos to create a healthy heart, body & mind.



Vivian A. Kominos, MD, FACC
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Step by Step Wellness now has 3 locations

After practicing in the Manalapan office for 4 years, Step by Step Wellness is moving...

Now you will be able to choose a location that works best for you. Here are the 3 new locations starting April 1st, 2019

- 1) 298 Broad Street, Red Bank, NJ
- 2) 200 White Road, Little Siver, NJ
- 3) 8 Mitchell Court, Marlboro, NJ

The same programs that have helped many clients achieve optimal health in Manalapan, NJ will be available in all 3 locations. Some of those programs are One on One Health Coaching, Group Health Coaching, 30, 90 day & 6 mos Weight Loss Programs, 7 Week Makeover Program, 90 Days to a Healthy Gut Program and Detox Programs based on individual needs. Far Infrared sauna available only in Red Bank.

We will work with you to identify the root cause of your sickness/imbalance and create individualized Nutrition Program and supplements if needed to correct your nutritional imbalances.

We will have the same advanced nutritional testing such as Live Blood Microscopy, Tissue (Hair) Mineral Analysis and Body Composition Analysis.

To make an appointment and/or find out more information, please visit our website: www.stepbystep-wellness.com or call 732.490.5770.

The Many Benefits of Stretching

At Monmouth Beach Yoga & Wellness stretching is on our schedule every day because everyone needs to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It brings better flexibility which helps to improve your performance in physical activities.



It can decrease your risk of injuries by helping your joints move through their full range of motion and enabling your muscles to work most effectively. Stretching also increases blood flow to the muscle. We end all of our classes with a relaxing, resting pose to prepare your body and mind for inner peace.

The benefits of stretching are numerous but some of the major benefits are:

- Increases range of movement in the joints
- Reduces muscle tension
- Enhances muscular coordination
- Increases circulation of the blood to various parts of the body
- Increases energy levels because better circulation
- Feeling awesome!

Stretch classes are offered daily, please check our calendar for times. www.mbyogaandwellness.com. Drop ins are always welcome and we offer a new student special 3 classes for \$30 with no expiration date. Monmouth Beach Yoga & Wellness is located at 36 Beach Road, Suite 10, Monmouth Beach. Questions? Call Lisa Matthews at 973.452.2828.

Wild and Free Painting

Join us for a Date to Create Thursday, April 4th from 7-9pm and give yourself the opportunity to rediscover your creative self, alongside other women without the pressure to perform, produce or succeed.

Wild and Free Painting is an indulgent and nourishing



Process Painting Art Studio for self-care, personal growth and exploration. We focus on the act of painting itself and your experience while painting rather than the final art product. Experiencing this process helps

women feel a deeper connection within themselves and in turn feel more satisfied and connected in all of their relationships.

This date is for you to say yes to your own self-care, to say yes to believing you are worth it and to say yes to knowing you are enough, just the way you are.

Absolutely no prior art experience is necessary to enjoy the benefits of this process. \$40 Fee includes all materials and tools.

Elissa earned a BFA in Graphic Design from The University of Michigan, holds a Masters degree in Art Therapy from New York University, is a Registered Board-Certified Art Therapist and Process Painting Facilitator. You can find her at 660 Tennent Rd, Suite 209 Manalapan, NJ. Call 347.804.8249 or visit www.wildandfreepainting.com, or email elissa@wildandfreepainting.com.

Spring is the Time for New Growth & New Beginnings

Now is the time to register for our Spring Series of Qigong for Good Health. The 9-week series begins Tuesday, April 2nd. Choose either the 1pm or 2:30pm class. Sign up for either class online at www.qigongforgoodhealth.org

Place: The beautiful and Qi filled Earth Room at UUCMC 1475 West Front St., Lincroft



Cost: \$90. for the series. For a partner in the same household, the 2nd person's fee is \$45. More details are on the website.

In this Spring Series, both classes will be similar and will deepen your learning and understanding of Qigong with engaging forms that include The Seven Precious Gestures, The Spiraling Dragon and more. Both classes are open to beginners and returning students.

The benefits of Qigong practice are numerous and profound. Please check the website for information. You may also contact Maxine if you have questions. Maxine Forster Guenther, M.A. visit qigong-forgoodhealth.org or call 732.389.1419.

FREE Workshop: How to Change Your DNA Gene Expression for Optimal Health?

Our genes serve as a blueprint for our design, though not destiny. This is welcomed news, delivered to us via the research in the field of Epigenetics.

As per Dr. Bruce Lipton, the famous biologist and the author of, *The Biology of Belief* — "the mind controls the genes", in addition to the environment. In fact, your environment plays the key role in determining your health, and can also turn the genes on and off, depending on your exposure to chemical toxins in the air, water, food, products you use. Also, there are other considerations: the function of detoxification organs; getting enough sleep & exercise; stress management; levels of blood sugar & inflammation in the body; and others.

Join us Wednesday, April 17th, from 7-8 pm and learn about having an in-depth analysis of your genes to help you formulate the Optimal Health Plan, specific to & personalized for your genes. To reserve your spot, please RSVP Ada at 732.333.6680, or visit OptimalHealthGuide.com. Wemrock Professional Mall (sign at the entrance to medical plaza), 501 Stillwells Corner Rd., Bldg A/Dr. Borgersen's office, Freehold, NJ.



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www.qigongforgoodhealth.org
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Foundation Training

Want a feel good body? See what you can do to make your body stronger and longer. We will show you some of the basics of Foundation Training, which is an exercise and lifestyle protocol designed to help you move well and live well. Movement is the precipitating factor that determines our maximum happiness potential. You just can't live with vitality when your body is suffering due to pain and injury caused by poor movement habits. Foundation Training is a solution. It is a journey of both physical discovery and deepened self-awareness that enables previously unknown levels of health and happiness. It gives you the power to reclaim control over your body and be the best version of you. All our welcome!

Workshops on 4/13 at 1:30-3pm & 5/4 at 12-1:30pm.
 COST: \$35 early bird/\$40 day of. Sign up to reserve your spot
 We will also offer pop up classes 4/8 & 4/29 at 1:15-2:15pm

Monmouth Beach Yoga & Wellness is at 36 Beach Rd, Suite 10, Monmouth Beach, NJ (in the same complex as the Monmouth Beach Post Office) 973.452.2828 or visit mbyogaandwellness.com.

FREE Workshop: Body / Mind Detox for Optimal Health

According to the latest scientific research, environmental toxins are the primary cause of our current health crisis. Thus, Detoxification is the most important step in improving your health.

The time for "Spring Cleaning" has arrived, and most people think about cleaning their houses and yards, perhaps without realizing the importance of "Cleaning" or Detoxing their bodies and minds as well. Many chronic illnesses such as Diabetes,



Cardiovascular Diseases, Arthritis, Obesity, Autoimmune Diseases, Allergies, Hypoglycemia, Osteoporosis, Neurological Diseases, COPD, Cancers - all have become prevalent in our aging society, but research shows that these are often due to nutrient defi-

ciencies and ever-growing toxic load, both mental and physical. So, if you suffer from Chronic Fatigue, Weight Gain, Brain Fog, Anxiety, Low Energy, and Poor Sleep, this workshop is for you.

To learn more about understanding the role of environmental and emotional toxins as they affect your health, and holistic ways to address the toxicity, please join us on Thursday, April 11th, 7-8 pm. Call Ada to RSVP 732.333.6680, or visit OptimalHealthGuide.com. Wemrock Professional Mall (sign at entrance to medical plaza), 501 Stillwells Corner Rd., Bldg. A (1st floor / Dr. Borgersen's office), Freehold, NJ.

Tree Readings Workshop

Draw a tree and receive a message. Ancient civilizations recognize trees as a symbol or metaphor of the authentic self. A tree drawing provides a means to express oneself, beyond the restrictions of language, gender or cultural barriers. It can provide insights of one's true nature and awaken awareness within oneself. While all remain grounded back to one's roots, a shift in awareness allows the branching out into the fullness of life.

A tree drawing allows the strengths, talents, resilience and the many possibilities that often go unnoticed. No artistic ability required, just a curious mind and a desire to have fun.

Sunday April 7th 4-6pm Location: Remedy 11 Wellness Center, 11 Water St, Englishtown, NJ. Facilitator: Roseann Petropoulos Fee: \$35 Register: 732.362.0411 www.remedy11.com

The Journey to the Cross

The Stations of the Cross at The Yoga Loft April 14th 6-7:30pm with Dianne. The practice of The Stations of the Cross is an ancient tradition in the church characterized by prayer and meditation before symbolic renditions of the journey of Jesus on the day of His crucifixion.

Contemplating the Stations is not a religious act of duty, but the act of sitting with our friend Jesus and remembering his love for us and how he showed his love in action. 1 Jn 3:18 in the Bible says "let us not love with words or tongue, but with actions and truth." When we put our minds on how Jesus loves us with perfect sacrificial love, we learn how to 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. 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. Please call/text 732.239.2333 or e-mail info@theyogaloftnj.com \$25



FREE Workshop: Solutions to Chronic Stress, Adrenal "Fatigue", And Autoimmune Issues

If you have stress in your life, and who doesn't, and are feeling over time one or more of the following symptoms such as being Tired, Anxious, Depressed, Weight Gain, Brain Fog, Sugar and/or Salt Cravings, difficulty Falling Asleep and/or Staying Asleep, Digestive Problems, Caffeine dependence, Moody, Autoimmune Issues, Losing Hair, Skin problems, Headaches, Cold Intolerance, etc., then you might be suffering from Adrenal Dysfunction, or commonly known as Adrenal "Fatigue".

Please join us on Tuesday, April 30th, from 7-8 pm to learn more about the importance of HPA Axis, and how to overcome the adrenal problems by addressing food sensitivities (not allergies), thyroid dysfunction, hormonal/neurotransmitter imbalance, digestive issues, chronic inflammation, and detoxification.

We will also discuss the specialized Lab Tests that are utilized by functional health practitioners to identify the healing opportunities.

To reserve your spot, please RSVP Ada at 732.333.6680, and visit our website at www.OptimalHealthGuide.com. Wemrock Professional Mall (sign at the entrance to medical plaza), 501 Stillwells Corner Rd., Bldg A / Dr. Borgersen's office, Freehold, NJ.

7 Week Makeover Program

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The Program begins on Monday, April 29th at 8:30 pm (available on line and in person) and is only a \$350 investment. Information you learn will be invaluable and the tools you will take with you can be used for a lifetime.

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

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Household Cleaning Products Affect Babies' Guts and Weight

The heavy use of household cleaning disinfectants may contribute to changes in infant gut bacteria and weight gain, reports a new study in the *Canadian Medical Association Journal*. University of Alberta researchers collected fecal samples and studied the gut health of 757 babies between the ages of 3 and 4 months; then restudied the children at 1 and 3 years old. They found that children in households that used disinfectants at least once a week had higher body mass index (BMI) scores and elevated levels of *Lachnospiraceae*, gut microbes linked in other studies to insulin resistance and metabolic disorders. Babies in households that used vinegar or other eco-friendly cleaners had lower BMI scores and much lower levels of a family of bacteria that includes *E. coli*.



Gut Susceptible to Food Additives

By mixing food additives with human gut microbes in petri dishes, scientists at the Czech Republic's Institute of Microbiology found that gut microbes with anti-inflammatory properties were highly susceptible to being harmed by additives, while microbes with pro-inflammatory properties were mostly resistant. "We speculate that permanent exposure of human gut microbiota to even low levels of additives may modify the composition and function of gut microbiota, and thus influence the host's immune system," wrote the authors.

Smoking Bans Lower Blood Pressure

Non-smokers that live in areas that have banned smoking in public spaces such as restaurants, bars and workplaces have lower systolic blood pressure. In a



Northwestern University study reported by the American Heart Association, blood pressure readings of 5,115 adults ages 18 to 30 in Birmingham, Chicago, Minneapolis and Oakland were taken over a 30-year period and correlated with changes in local laws that banned public smoking. A meaningful decrease in systolic blood pressure readings was found in non-smokers when no-smoking laws were enacted, indicating a reduction in heart disease risk.

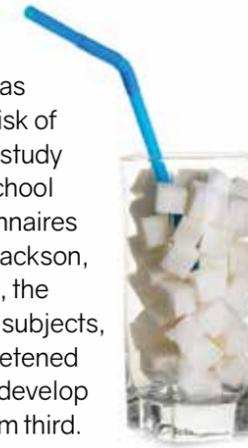
Curcumin Boosts Fertility in Men

Sperm counts have plunged by half in the last 40 years among American and European men, according to a recent review of scientific studies. In a new double-blind study of 56 infertile men, researchers at Iran's Qazvin University of Medical Sciences found that curcumin, an active ingredient in turmeric, can boost sperm counts. Each day for 10 weeks, half of the men took 80 milligrams of curcumin nanomicelle, in which curcumin is better absorbed; the other 28 were given a placebo. The researchers found that the curcumin significantly boosted sperm count and motility.



Sugary Drinks Linked to Kidney Disease

Drinking lots of sugar-sweetened sodas and juices significantly increases the risk of chronic kidney disease, reports a new study from the Johns Hopkins Bloomberg School of Public Health. Using health questionnaires for 3,003 African-American adults in Jackson, Mississippi, covering a 13-year period, the researchers found that the top third of subjects, those consuming the most sugar-sweetened drinks, were 61 percent more likely to develop kidney disease than those in the bottom third.



Probiotics Ease Bipolar Disorder

Research on 66 patients with bipolar disorder found that patients receiving probiotic supplements were three times less likely to be rehospitalized than those given a placebo. The study from the Sheppard Pratt Health System, in Baltimore, gave half of discharged patients a placebo and the other half a capsule containing two probiotics, *Bifidobacterium lactis* (BB-12) and *Lactobacillus rhamnosus* GG (LGG). Within 26 weeks, 24 of the 33 people that received the placebo returned to the hospital, but only eight of the 33 on probiotics were readmitted. The probiotic treatment was especially effective for those experiencing considerable inflammation, say researchers.

Stress May Be Worse in the Evening

Acute, late-day stress may be harder on our bodies, say researchers at Japan's Hokkaido University. They measured the levels of the stress hormone cortisol in 27 young, healthy volunteers, and then put them through 15 minutes of stressful events that included making a speech and doing mental math. Half of the volunteers were tested two hours after awakening, the other group 10 hours after awakening. The subjects' levels of cortisol, which helps provide the body with energy in the face of a perceived need for fight or flight, rose strongly in the morning, but not in the evening, suggesting that the human body is more equipped to deal with stress early in the day and becomes more vulnerable later.



Citizen Action Against Plastics

Every minute, the equivalent of an entire garbage truck of plastic gets dumped into our oceans, reports the World Economic Forum. Many of the materials are disposable, single-use plastic products like straws, bags and Styrofoam containers, which some cities and towns have banned. This type of citizen action is increasingly blocked by the Plastic Industry Association (PIA), which has spent big money to successfully ban plastic bag ordinances in 10 states where 70 million Americans live. This means local communities are prohibited from taking effective action that could reduce the plastics that litter our streets and pollute our waterways.

The Sierra Club is calling on nine major corporations that are members of the PIA to withdraw from it with an online petition. So far, two have indicated they will not be renewing their memberships this year: Clorox (which owns companies like Burt's Bees, Brita and Glad) and the Ascena Retail Group (which includes Ann Taylor and Loft).

To participate, sign the online petition at Tinyurl.com/Plastic-PollutionPetition. Other action steps, including tweeting and involving friends, are also detailed.



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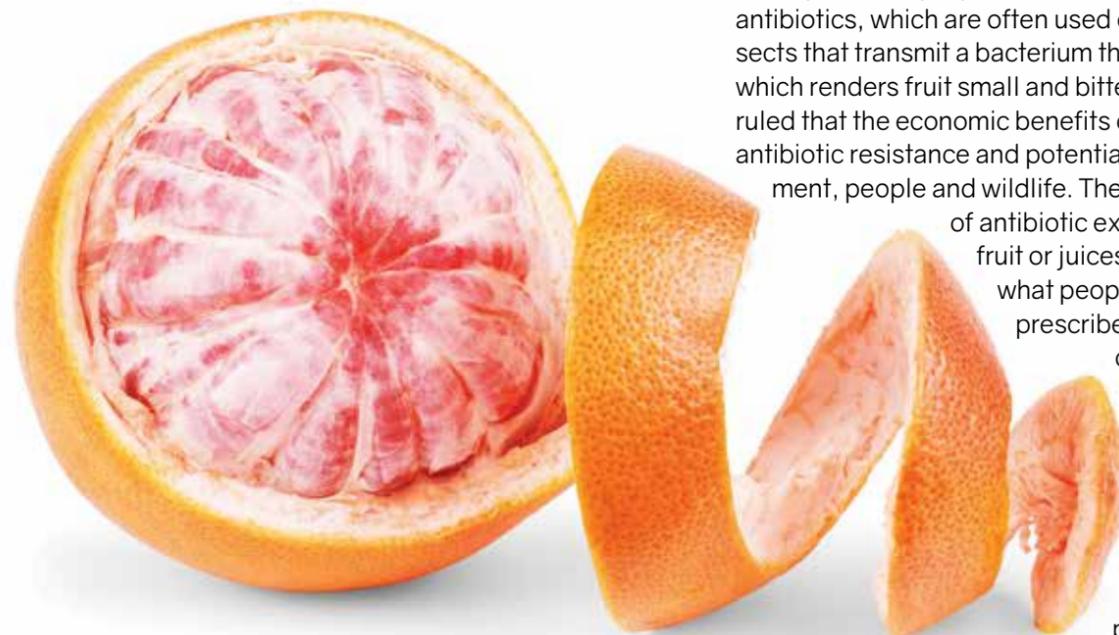


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Muddled Message GMO Labeling Diluted

Under final rules released by the current administration, the U.S. Department of Agriculture's national labeling standard for genetically modified organisms (GMOs) completely exempts foods made with highly processed ingredients grown with GMOs, including sugar made from sugar beets, high-fructose corn syrup and refined soybean and canola oils. The change will allow 78 percent of products containing GMOs to avoid disclosure, according to the Grocery Manufacturers Association. Companies don't have to comply until January 1, 2022, and the new labels will use the term "bioengineered" instead of more common identifiers like "genetically engineered" or "GMO". Small businesses, to-go food prepared at grocery stores, and meat, eggs or dairy from animals that are fed GMOs, which involves virtually all livestock not certified organic, are exempt from the labeling requirements.



Worldwide Worry

Environmental Risks Register as Top Threat

Environmental risks are the top three concerns among the 1,000 global decision-makers surveyed in the latest Global Risks Perception Survey of the World Economic Forum (WEF). For the third straight year, "extreme weather" ranked first, followed by "failed climate change mitigation" and "natural disasters". The survey was part of a WEF annual report produced in advance of the recent confab of global leaders in Davos, Switzerland. The World Bank has calculated that the real cost of natural disasters to the global economy is \$520 billion per year.



Over Dose

Citrus Crops to Receive Human Antibiotics

Scientists at the U.S. Environmental Protection Agency (EPA) expressed concern over a recent ruling by the U.S. Department of Agriculture (USDA) that opens the door to widespread use of the antibiotics streptomycin and oxy-tetracycline to spray commercial citrus crops. The antibiotics, which are often used on people, can kill insects that transmit a bacterium that causes citrus greening, which renders fruit small and bitter. But the EPA ultimately ruled that the economic benefits outweigh concerns about antibiotic resistance and potential harm to the environment, people and wildlife. The USDA says the amount of antibiotic exposure to people who eat fruit or juices still will be far less than what people are exposed to when prescribed antibiotics by their doctor. The antibiotics will have to be sprayed repeatedly over years just to keep the trees alive and producing fruit until they succumb to citrus greening. Public interest groups are protesting the action.



Fuel Folly

Nuclear Waste Disposal Remains Elusive

A new report issued by environmental watchdog Greenpeace details the growing global dangers of accumulating nuclear waste that will remain hazardous for hundreds of centuries. Several of the designated storage facilities in the seven countries surveyed are nearly filled to capacity now. Unresolved safety issues across the industry include fire risk, venting of radioactive gases, environmental contamination, failure of containers, terrorist attacks and escalating costs. More than 65 years after the start of the civil use of nuclear power, 250,000 tons of highly radioactive spent fuel exists in 14 countries, and underground storage, seemingly the most viable option, has encountered major obstacles.

Balancing Act

Endangered Species on the Rebound

The Endangered Species Act seems to be working, with more than 75 percent of marine mammals and sea turtles protected by the act recovering, according to a new peer-reviewed study by scientists at the Center for Biological Diversity published in the academic journal PLOS ONE. North Atlantic green sea turtle nests on Florida beaches have increased by more than 2,000 percent and Hawaiian humpback whales more than 1,100 percent between 1979 and 2005.



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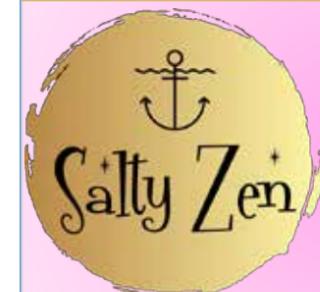


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Ocean Robbins on Personal and Planetary Health

by April Thompson



Food revolutionary Ocean Robbins has dedicated his life to inspiring others to rethink their food choices to transform both personal and planetary health. It's a path forged in part by his father, John Robbins, who walked away from the family ice cream company, Baskin-Robbins, to become an acclaimed health advocate and author.

Together, father and son founded the 500,000-plus-member Food Revolution Network, an online education and advocacy platform that works for healthy, sustainable, humane and delicious food for all. Ocean launched Youth for Environmental Sanity (YES!) at age 16, and directed the organization for 20 years.

Ocean's new book, *31-Day Food*

Revolution: Heal Your Body, Feel Great, and Transform Your World, aims to help individuals revamp their diets, and in turn, themselves and their communities. It distills his lifetime of knowledge and wisdom on food, health and activism into an accessible how-to guide. Learn more at 31DayFoodRevolution.com.

What connections do you see between personal and planetary health?

In many situations in life, we have to compromise—but when it comes to food, the choices that are best for us personally are also best for the planet. Eating a plant-based diet, organically grown when possible, is not

In many situations in life, we have to compromise—but when it comes to food, the choices that are best for us personally also happen to be best for the planet.

~Ocean Robbins

only linked to the best statistical outcomes for long-term health and well-being, it also helps ensure healthy topsoil, water and a stable climate for future generations.

In what ways have you seen members of the Food Revolution Network transform their communities?

We hear incredible stories from members all over the world who are seeing radical changes in their health—reversing heart disease, losing weight, gaining energy and mental clarity. And we also hear inspiring stories of people turning food deserts into wonderful oases of healthy living; for example, Ron Finley, in South Central Los Angeles, who is known for saying that drive-throughs kill more people than drive-by shootings in his neighborhood.

He planted vegetables for the community in the curbside dirt strip in front of his home—and got cited by the city for it. He ended up getting the laws changed, and has since started The Ron Finley Project to create an urban community food hub where the community can come together to plant, learn and nourish themselves.

What are ways busy people can connect with like-minded individuals to support healthy lifestyle and diet changes?

Start by finding out if you have loved ones who do share your food values, and nurture those relationships. Lean into those healthy relationships; you might be surprised how many people around you are also quietly trying to achieve similar goals.

You can also ask friends and family to be a food ally; even if they are not a full participant in your health regimen,

they might be a fan or friend. That can mean preparing particular foods if you come for dinner or simply checking in on how you are doing with your goals and commitments.

You can widen your circle of healthy eating through meal swaps or other shared meal programs. It's always easier to cook in larger quantities, and there is the added benefit of greater social connection with shared meals.

If you are looking for new friends and allies, it helps to connect to organizations that are already promoting healthy food hubs. There are many listed in the back of *31-Day Food Revolution*.

So many people struggle with loneliness, and some are afraid they will feel even more isolated if they step out into a healthy eating regimen. On the contrary, you can become a magnet for people who care about their world and aren't content with the status quo. These friendships can often become deeper and more valued than ever.

What has been one of the biggest challenges you've faced in living a lifestyle against the societal grain, and how have you overcome it?

Impatience. I grew up eating all-natural food; my parents almost named me Kale, and I ate a lot of it growing up. At a certain point, I saw that I had become judgmental and dogmatic when encountering people whose choices did not align with my own, though as Martin Luther King Jr. said, we have no moral authority with those who can feel our underlying contempt. I have since developed a profound respect for each individual's unique values, needs, experiences and priorities. I advocate for people's right to make their own choices about what they need. My goal is to help facilitate people's choices, and to do so with compassion.

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

photo by Lindsay Miller

MAY



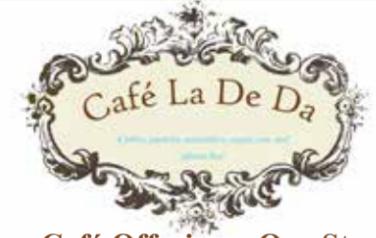
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Hypertension, blood pressure greater than or equal to 130/80 mm Hg, affects almost one out of two Americans. It increases the risk for stroke, heart attack, kidney failure and premature death. Yet despite multiple drug therapies, hypertension is poorly treated. Many modifiable lifestyle factors contribute to elevated blood pressure: poor diet, inadequate physical activity, supra-physiologic intake of salt and stress. An integrative medicine approach (outlined below) for the diagnosis and treatment of hypertension leads to better control, mitigation of risk factors for cardiovascular disease and decreased drug use.

Nutrition. Eat a DASH (Dietary Approaches to Stop Hypertension - <https://www.nhlbi.nih.gov/health/health-topics/topics/dash/>) or Mediterranean style diet (<http://www.mediterraneananddiet.com/>). This eating pattern is high in fresh vegetables and whole grains and low in processed foods, salt, sugar, and saturated and trans fats. Too much sugar causes increased levels of the stress hormone, cortisol which increases blood pressure.

Physical Activity. Studies show that both aerobic exercise and resistance training are beneficial for the treatment of hypertension. You don't need to run marathons or pump iron. Any increase in physical activity will help reduce blood pressure.

Relaxation. The stress response is a protective mechanism that gets the body ready to flee or fight. The body reacts to minor stressors as if they are major catastrophes. Too much stress causes an increase in blood pressure, damages blood vessel function over time,

Natural Ways To Reduce High Blood Pressure

by Vivian A. Kominos, MD, FACC



causes dangerous changes to the brain, and destroys mood. But the stress response can be decreased. Try the 4-7-8 breathing technique to reduce stress: Inhale through your nose to the count of 4; hold your breath for a count of 7; exhale through your mouth to the count of 8. Put a smile on your face: your brain will think you are relaxed even if you are not. The relaxation response will be activated, lowering your blood pressure.

Biofeedback. One device that is specifically approved for blood pressure reduction is RESPeRATE (<http://www.resperate.com/shop-resperate>). This is an easy to use breathing assisted device that uses a 2 tone melody that causes breathing to become slower and deeper. When used for 15 to 20 minutes most days of the week, BP can be reduced by up to 10 mm Hg!

Supplements. There are several supplements that reduce blood pressure: magnesium, ubiquinol, beet root juice, berberine and more. It is best to discuss these with your integrative practitioner to see what is best for you. Beware that taking too many supplements can cause dangerous



interactions. And some supplements such as ephedra, licorice, ginseng, yohimbine, and kola nut can raise blood pressure.

Sleep. Like physical activity and good nutrition, sound sleep is necessary for health. Practice good sleep hygiene. Stop looking at TV and all devices at least an hour prior to going to bed. Develop relaxing night time rituals: meditate, practice breath work, pray, read relaxing material or write in a gratitude journal. Go to bed when you are sleepy and develop a regular bedtime schedule. If you suffer from excessive snoring, daytime sleepiness and insomnia, get help from a sleep specialist.

Avoid excessive alcohol. Drinking more than two drinks daily for men or one for women can increase blood pressure. Look at prescription and over the counter drugs. Tell your doctor everything you are taking. Oral contraceptives, steroids, ibuprofen and decongestants may increase blood pressure.

Antihypertensive Medications. Take medications as prescribed and never stop

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or reduce them without your doctor's approval. Stopping a medication suddenly can cause a "rebound" where blood



pressure rises to dangerous levels. Before taking your pill, invite a smile on your face and look at it with gratitude. This causes your brain to release hormones that recruit the relaxation response and will allow your medication to work better. Over time you may be able to reduce the amount of medication that you need.

To schedule an integrative medicine consultation and learn more about natural ways to decrease blood pressure, contact Dr. Vivian Kominos, 732.395.3059.

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THE ART OF HEALING

Creative Therapy Aids Recovery

by Marlaina Donato

For decades, creative expression has been a valuable tool in healing, and expressive arts therapy—the integrated application of two or more art forms—is now considered a life-changing modality for veterans and anyone else struggling with anxiety or post-traumatic stress disorder (PTSD).

Also called creative arts therapy, this form of psychotherapy helps patients to process and express what is often beyond verbal language using music, art, dance, theater and writing as its primary modes of communication. “Individuals need no previous arts experience in order to benefit from working with a certified creative arts therapist,” explains Azizi Marshall, founder and CEO of the Center for Creative Arts Therapy, in Downers Grove, Illinois.

The National Intrepid Center of Excellence—an outpatient clinic specializing in traumatic brain injuries at the Walter Reed National Military Medical Center, in Bethesda, Maryland—ranks creative arts therapy among the top five most effective approaches in helping veterans.

A study of combat veterans and creative arts therapy conducted at Concordia University, in Montreal, reported considerable

progress, especially in areas of expressing emotions resulting from trauma and gaining understanding of symptoms such as depression, thoughts of suicide and insomnia.

Psychotherapist Cathy Malchiodi, Ph.D., has authored several books, including *The Art Therapy Sourcebook*, and uses expressive arts therapy in her Louisville practice. “I’ve worked with soldiers for the past 10 years, and find that much of their healing comes about through telling their stories on stage or participating as an actor within a play or improvisation.” Malchiodi also incorporates mindfulness practices, visual arts, music and some simple forms of yoga in her sessions.

Creative Arts Therapy for Multiple Diagnoses

Expressive arts therapy is also making a positive impact on those suffering from panic attacks, obsessive-compulsive disorder, addictions, eating and attention disorders, dementia and chronic physical illness. “Creative arts therapy can be used across life challenges; for example, dance or movement therapy has supported women with breast cancer and eating disorders,”

says Marshall, who has also witnessed the power of drama therapy to help reduce feelings of fear in clients diagnosed with anxiety and PTSD.

A 2015 study at Butler University, in Indianapolis published in the *Journal of Speech Pathology & Therapy* shows the significant effects of theater arts on individuals with autism spectrum disorder. “Creative arts therapy can be successful in supporting children with autism, especially ways to practice social skills,” says Marshall. “The drama therapist uses role play, improv and games in order to facilitate interpersonal communication.”

Dopamine and Creating Art

The multitasking neurotransmitter dopamine is one of the brain’s natural antidepressants and plays a key role in feeling pleasure and reinforcing habits. It reaches its highest levels during the initial stages of love, observing something of beauty or creating art.

A recent Drexel University study published in *The Arts in Psychotherapy* shows the neurological effects of drawing, coloring and simple doodling. Increased circulation in the area of the brain correlating to pleasure and reward was evident, and this dopamine-dominant response is responsible for decreasing symptoms of anxiety and increasing feelings of joy and accomplishment.

Psychotherapist Doreen Meister, in Oakland, California, encourages her clients to focus on the process of creating, rather than the result. “Expressive therapies are an extension of the self-discovery continuum. I often hear, ‘I draw like a 2-year-old.’ To this I say, ‘Great! Draw like a 2-year-old!’ I believe that somewhere, many of us are told that creative expression must be a certain way. Creativity is a natural state, a human quality that we are born with, and the product of creation is not as important as the process.”

Creativity from a clinical perspective allows for new emotional vantage points, distance from situations and viewing experiences through a different lens. “Bringing in creativity offers a wider palette of tools or access points, and gives us another way to understand ourselves,” says Meister. “Creativity as a life force is accessible to all.”

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HELPFUL RESOURCES

Organizations

American Art Therapy Association, ArtTherapy.org
 International Expressive Arts Therapy Association, ieata.org
 American Dance Therapy Association, adta.org
 North American Drama Therapy Association, nadta.org
 American Music Therapy Association, MusicTherapy.org

Books

Arts with the Brain in Mind, by Eric Jensen (Tinyurl.com/ArtsWithTheBrainInMind-Amazon)
Writing to Heal: A Guided Journal for Recovering from Trauma and Emotional Upheaval, by James W. Pennebaker (Tinyurl.com/WritingToHeal-Amazon)

Online

51 Art Therapy ideas to decrease stress: CorinneMelanie.com/reduce-stress-art-therapy
 National Organization for Arts in Health: Tinyurl.com/Arts-HealthAndWell-Being
 For anxious kids: Tinyurl.com/FamilyTherapyBasics

Marlaina Donato is an author and composer. You can connect with her at AutumnEmbersMusic.com.

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The Good Tree Farm – Creating a Paradigm Shift

by Sharon Shaffery

I recently had the pleasure to walk and talk with Hisham Moharram, visionary scientist and agribusiness man. As we toured the many acres of The Good Tree Farm, he shared an inspiring plan for the future of our farms, not only here in NJ - but a concept that can go far beyond.

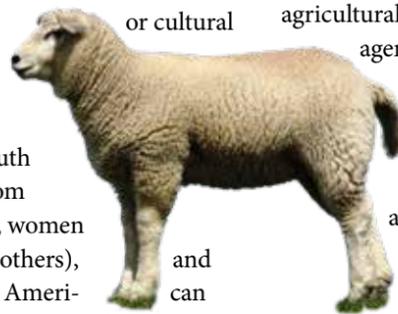
Sharon: What is the Good Tree Farm project?

Hisham: The Good Tree Farm project aims to empower environmental and food justice activists in their effort to bring about positive change for people and planet, even as we contribute to growing local economy and entrepreneurship for those left behind by the system.

Sharon: What inspired this visionary idea?

Hisham: Our idea is to empower the most at-risk minorities and disenfranchised demographics in society with land ownership and financial independence

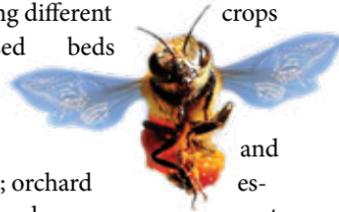
through entrepreneurship in environmentally-focused agribusiness. The minorities in question can be racial minorities, religious minorities or cultural minorities. The disenfranchised demographics we welcome are the youth (especially those from faith communities), women (especially single mothers), and First Nation/Native American tribal members. By growing the ownership base for the Good Tree project mostly from these groups, we hope to grow their activism impact through environmental and agricultural education activities, and societal engagement (via retail opportunities, fairs, etc.). We hope to get as many 501c3 organizations on the list of owners as we can to make sure that the minorities and disenfranchised groups always have an organization representing their interests to ensure continuation of this opportunity



as people move on, away, or if they simply pass away.

Sharon: How does the program work?

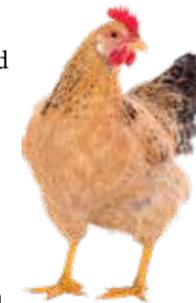
Hisham: We offer share ownership in exchange for working the farm with us. Details can be found at our website under the 'Our Story' tab. As they work to own shares, folks will get experience and practice in any of these: greenhouse construction and management; growing and managing different crops in fields, raised beds and greenhouses; aquaponics and hydroponics; orchard establishment and management; essential oil crop cultivation and processing for essential oils; natural plant product extraction and botanical product formulation; free-range poultry management and processing; honey bee management; raising beneficial insects and microorganisms for organics; renewable energy system sizing, assembly and installation; compost management and utilization; basic shop skills for construction and repairs; safe and efficient use of farm machinery; breeding and selection of new crop varieties for seed independence; installation and operation of irrigation and drainage networks; forest management; wildlife management in an agricultural setting; construction and management of agritourism facilities and programs; natural building techniques (adobe, cob, straw-bale, rammed earth); shipping container construction and home design; agribusiness management and marketing strategies. And the best part, participants gain ownership as they learn.



crops. And learn as you earn. In my opinion the best deal is to do both. Work with us to become a part owner, and also join the team and share in the season's profits. Own as you learn and earn.

Sharon: I appreciate the time you took to give me a tour and layout your vision, and I am so excited and inspired by what you are doing here. Do you have any final thoughts you would like to share with our audience?

Hisham: If you are someone from a faith community (or simply have a strong sense of spiritual/ethical responsibility toward people and planet but are not practicing in a particular faith) and you want to do something to positively impact: agriculture and food production's impact on the environment; or equitable access to healthy food by marginalized communities; or access to food and agriculture based entrepreneurship in an incubator setting; or a stronger connection between



people and nature to grow the sense of environmental responsibility and the need to fight causes of climate change – then you should consider joining our mission. Think globally, Act locally!!

If you are part of a well-off faith community, please consider empowering a less well-off faith community to become part owners and have access to all the entrepreneurship opportunities we will be making available in the coming year, plus all the other benefits they get. Just like people of faith do, communities of faith have a responsibility to sup-

port each other. Do your part! Our selling season starts in June, but a lot of our projects and activities are underway much earlier. We hope to host screenings and discussions of important topic-focused documentaries and movies this season, so join our newsletter to stay updated and follow our Facebook page which we are about to update with a lot of pictures from last year's activities!!

Sharon:You can learn more about Good Tree Farm at www.goodtreefarm.com; and you can learn more about the charitable nonprofit 501c3 The Good Tree at www.thegoodtreeinc.org.

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FIVE ELEMENT ACUPUNCTURE ROLFING/STRUCTURAL INTEGRATION





Power Switch

Taking a Home Off the Grid

by Jim Motavalli

Jesse Stafford and Alyssa Craft quit their jobs in 2015, bought five acres of remote land far away from utilities and began building their 36-foot-by-36-foot timber frame home from scratch. Next up was a septic system, then a clean water source and, of course, alternative energy. Their rooftop solar panels are backed up by a reliable Honda generator.

They had some setbacks, which is to be expected. Now they're blogging about it. "We didn't want corporate jobs, we didn't want to live in the city, commute to work or have a mortgage payment," they write in their online homestead journey at PureLivingForLife.com.

Off-the-grid living has become downright fashionable, especially for the eco-conscious. But leaving the rat race isn't easy, and it's not for everyone. Yet, anyone that wants to become more energy-independent can succeed without moving to an isolated cabin; and there's never been a better time, because prices keep coming down and technology keeps improving. Choosing the best option depends on several factors, including the specific residence, climatic zone, town and neighborhood.

Preliminary Considerations

Power source: Choose from among solar (\$12,000 to \$50,000, depending on the system's size), wind (\$6,000 to \$22,000, including installation) or geothermal (\$20,000 to \$25,000).

Ample resources: Find out if there's steady wind, plentiful sun, a place to install geothermal pipes and whether the home is properly oriented for solar without obstruction by trees or tall buildings.

Electricity needed: Get a quick average by adding up the wattage of all appliances, and then add 50 percent. The American average is 10,000 kilowatt-hours annually, although frugal folks can make do with less. The local utility company can also estimate energy needs based on past usage.

Realize that alternative energy doesn't need to be an all-or-nothing proposition. For instance, a solar system doesn't have to power the whole house. A smaller and cheaper array with battery backup can be connected to essential services like the water heater, refrigerator and electric stove, with the grid handling heavier loads. Ad-

It's turned out to be one of the best investments we've ever made—financially and environmentally.

~Ron Blumenfeld, a six-year solar convert in Fairfield, Connecticut

vantages are lower upfront cost and access to the grid when needed.

Connecting to the grid makes sense for all alternative power sources, because wind and solar are intermittent, and don't always provide power. Also, most states offer net metering, which requires the local utility to pay for the electricity a homeowner puts back into the grid.

Solar: Plunging Costs

Solar panels for electricity, usually made of silicon, consist of photovoltaic cells that convert sunlight into direct current (DC). Their cost has come down dramatically in recent years. In January, the average solar panel cost \$3.14 a watt, a bottom line of roughly \$18,000 with a six-kilowatt system big enough for most homes. The price fell 6.5 percent from January 2018, reports EnergySage.com, a solar vendor pricing source. A federal tax credit covers 30 percent of the cost, so the out-of-pocket cost for a system would be approximately \$13,000 if installed before year's end, when the full residential tax credit is available. Partial tax credits will be available until they are phased out in 2022.

Ron Blumenfeld, a retired doctor in Fairfield, Connecticut, serves on his town's sustainability task force and "went live" with his rooftop installation six years ago. "It's turned out to be one of the best investments we've ever made—financially and environmentally," he says.

The U.S. Department of Energy (DOE) is working toward residential solar to generate power at just five cents per kilowatt-hour by 2030, which means it will be far cheaper than grid electricity. Consumers can either buy a system outright or—as a popular alternative—lease the system with no upfront costs. Leasing companies like SolarCity (now part of Tesla) pioneered this approach, in which consumers agree to buy electricity from the system installed on their roof.

Whether to add the extra expense of battery backup is important. A pair of Tesla Powerwalls will cost about \$14,000 installed and store enough electricity to power a home for seven days. It's suitable for people looking to go off the grid because the sun doesn't always shine, and power generated on sunny days can be stored and used when it's overcast.

Off-the-grid solar is not just for those living in sun-rich states. Installers can look at a property—often remotely, through applications like Google Earth—and determine if solar is appropriate. Sometimes a few trees will have to be sacrificed, but the benefits are manifold, and not just because there will be power during grid blackouts.

Wind: If the Resource is Right

Wind power accounted for the largest share of renewable energy growth in 2017, reports the International Energy Agency, but it's in its infancy for homeowners, partly due to an average cost of \$48,000 to \$65,000 per installed project. Residential turbines have been installed in all 50 states, but many parts of the U.S. have marginal resources. Check the Department of Energy wind resource guide for local data at WindExchange.Energy.Gov.

The best-case scenario is strong winds plus few neighbors close to a large property (and lenient zoning laws). Wind may work for the 19.3 percent of the population that lives in rural areas and the 21 million American homes built on properties of an acre or more.

However, it isn't for everyone. James Weston, of Greene, Maine, installed his turbine 10 years ago, and considers his rooftop solar panels a better investment. "By the time you put up your 100-foot tower to get the tower above the tree line and optimize the wind resource, the return isn't there," he says, noting that his savings from the turbine amount to a few hundred dollars a year.

Bergey WindPower, maker of the 10-kilowatt BWC Excel 10 turbine (\$31,770), recommends that a property have at least a 10 mph average wind speed, coupled with high electricity prices of 10 cents per kilowatt-hour or more. Also consider the neighbors: The system's turbine is typically installed on an 80-to-100-foot tower, and so-called "viewshed" objections



Residential wind power is in its infancy in the U.S.

have taken down many projects (including Cape Wind, in Massachusetts).

With annual maintenance, the DOE reports that small wind turbines should last about 20 years, the same basic lifespan as solar panels. The federal production tax credit for wind is available this year, but won't be available afterwards. Some states offer incentives. A useful small wind guidebook can be found at WindExchange.Energy.gov/small-wind-guidebook.

Geothermal: Available Anywhere

Some common misconceptions about home geothermal are that consumers need to live in one of the planet's "hot spots" (think Iceland, California or Utah). But the truth is the Earth's temperature just below the surface almost anywhere is a constant 45 to 75 degrees Fahrenheit, and the Northeast and Midwest have the highest geothermal adoption rates. Geothermal doesn't necessarily require a large piece of property. Local geology will be a factor in siting and sizing the system.

Geothermal systems use underground pipes filled with refrigerant that absorbs warmth from the ground through a heat exchanger. In summer, that same underground temperature can be tapped to cool

a home, combining heating and air conditioning in one system.

While it necessitates a relatively high upfront cost, low operating costs mean the systems can pay for themselves in less than 10 years. Most include a ground-source heat pump with a 50-year warranty. For a 2,500-square-foot home, an average off-the-electrical-grid system will cost \$20,000 to \$25,000 to install. Bill Martin, in Quincy, California, runs an efficient three-ton geothermal system installed in 2014. "It's been a very good experience," he says. "I'm ecstatically happy."

The same 30 percent federal tax credit that applies to solar also applies to geothermal for systems installed by 2020. States also provide incentives. A detailed guide on availability is available at Tinyurl.com/GeothermalHeatPumpListing.

Special Considerations

Buildings, especially older structures, are usually sieves in terms of energy loss, so before investing in a system, check to see if the local utility provides free energy audits. Even if it's not free, it's worth finding out if the home needs new windows or strategically applied insulation.

There are scammers in every field, and alternative energy is no exception. Ask providers for references to previous customers and check for online cautions from the Better Business Bureau, Yelp and others.

Alternative energy in any form can save money and precious resources. Explore the options thoroughly and choose wisely before pulling the plug.

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

If a Stream Runs Through It

Properties with moving water have a fourth sustainable power source available to them: hydroelectric.

If opting to harness the energy in a nearby flowing stream or river, 10-kilowatt micro-hydropower systems can power even large homes. They combine piping from the water source to a turbine, pump or waterwheel with an alternator or generator, regulator and wiring.

According to *Home Power* magazine, a fully installed hydro system for the average use of a modern household might cost \$20,000 to \$100,000.

Our Planet Netflix Series Reveals Its Fragile Beauty



Ten years after the groundbreaking documentary *Planet Earth*, an eight-part sequel, *Our Planet*, shows even more rapturous scenes of our planet's most precious species and fragile habitats. Premiering globally April 5 on Netflix, it was filmed during four years in 50 countries across every continent, involving more than 600 film crew members and 3,500 days spent in such habitats as the remote Arctic wilderness, the vast landscapes of Africa and the diverse jungles of South America.

The series, narrated by world-renowned naturalist Sir David Attenborough, is a joint venture of Netflix, the World Wildlife Federation and Silverback Films, whose director Alastair Fothergill was the creator of the critically acclaimed original *Planet Earth* and *Blue Planet* series.

"Our Planet will take viewers on a spectacular journey of discovery showcasing the beauty and fragility of our natural world," says Attenborough. "Today, we have become the greatest threat to the health of our home, but there's still time for us to address the challenges we've created, if we act now. We need the world to pay attention."

Healthier Dry Cleaning Non-Toxic Ways to Lower Risks

Chemicals used in dry cleaning clothes have long been linked to health concerns for both people and the environment. Perchloroethylene ("perc" for short) is most commonly used in this process. Federal regulatory agencies have documented myriad negative effects from exposure to the petroleum-based solvent.

The U.S. Occupational Safety and Health Administration links it to dizziness, blurred vision, loss of coordination and other nervous system effects, including memory loss. The U.S. Environmental Protection Agency calls perc a likely human carcinogen "by all routes of exposure." The EPA also warns that the chemical can leak into the ground, contaminating water supplies, and react in the air to form smog, which has been associated with respiratory effects.

Earthtalk.org suggests there are safer alternatives through products and processes used by independent "green" dry cleaners nationwide. These include a biodegradable liquid silicone—essentially liquefied sand—which doesn't chemically react with fabric fibers. It's safe to use on delicate garments like beads, lace, silk and cashmere, and won't cause

shrinkage. *GreenEarthCleaning.com* includes a store locator function.

Another good option is wet cleaning, whereby fabric is laundered in a computer-controlled washer and dryer that uses water—along with specialized soaps and conditioners instead of solvents—and spins its contents much more slowly than a typical home washing machine.

Because wet cleaning is free of hazardous volatile organic compounds like those in perc, it eliminates health and safety risks, as well as environmental hazards associated with traditional dry cleaning, according to *GreenAmerica.org*. As an added benefit, the equipment and operating costs are lower. While the biggest disadvantage to wet cleaning is that it produces waste water, it's still a highly energy-efficient method.

Another method is liquid carbon dioxide (CO₂) cleaning, in which some commercial cleaners use the pressurized gas in combination with other gentle cleaning agents to dissolve and remove dirt, fats and oils in clothing instead of using perc; or consider simply handwashing delicate clothes and fabrics in a mild, non-toxic detergent, and then hanging them outside to dry.



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

Dear friend,

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

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

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

Eighteen years ago something happened to me that changed my life forever. In 2000, I was a first year student in chiropractic school. Having played high school football at Manalapan high school, I experienced a neck injury. But I was now in chiropractic school and I wasn't worried...I knew that I would receive chiropractic care and the pain would be gone in a matter of weeks.

I received traditional chiropractic care three times per week but it didn't help me. This led me to question my decision to become a chiropractor and I was even considering leaving chiropractic school for another profession.

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

Immediately after the first visit, I felt relief, and for the first time in years, I felt "right" again. I decided to stay in school and train under this doctor.

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

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



For the last 13+ years, people from Monmouth County and the surrounding counties have come to see me with their problems.

The more common problems are:

- Headaches
- Fibromyalgia
- Migraines
- Chronic pain
- Neck pain
- Shoulder/arm pain
- Whiplash
- Backaches
- Numbness in limbs
- Sports injuries
- Trigeminal neuralgia

Just to name a few...

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Again, there's only 20 of these slots, so don't miss out (by law, this offer excludes Medicare/Medicaid/PIP/FEP beneficiaries).

Great care at a great fee...Please, I hope that there's no misunderstanding about quality of care just because I have a lower exam fee. You'll get great quality care at a value. My qualifications...I'm a Magna Cum Laude graduate of Logan Chiropractic College, a published author and I am an active board member and instructor for the Upper Cervical method that we utilize in our office. I've been entrusted to take care of tiny babies to 90 year olds. For the past 15 years, I've been taking care of people from across the U.S. I just have that low exam fee to help more people who need care.

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

Call today for an appointment to find out if we can help you. Thank you.
— Dr. Larry Arbeitman
Chiropractor for Children & Adults

P.S. When accompanied by the first, I am also offering the second family member this same examination for only \$27.

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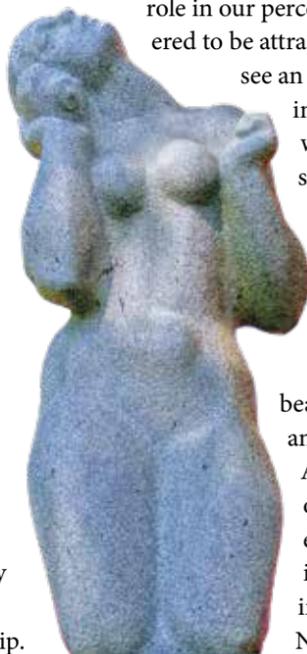
Body Beautiful

by Rebekah and David Frome

What makes a women's body beautiful? How do standards of beauty affect our self-image, identity and sense of what is possible?

Nature and biology dictate the huge variety of shapes and sizes that women have. Depending on what era and decade one is born into can engender a sense of beauty, or a feeling of failure regarding a women's physique. Bathroom scales were not invented until the 1920's. A voluptuous and well-nourished figure was popular 25,000 years ago. For the past 8 generations, women have been supported to become progressively smaller.

The 1980's fostered extreme thinness as an ideal, and since then the culture has been slowly creeping back to a more nourished ideal body type for worship.



Finally, diversity in body types is beginning to be embraced.

Culture, media, art, the cosmetics, fashion and plastic surgery industries play a crucial role in our perception of what is considered to be attractive. It is not unusual to see an ad for underwear featuring a group of vital healthy women representing the spectrum of sizes that women encompass. This sends a powerful message of inclusion about whatever size one is.

How do our biases about beauty shape our opinions of and interactions with others? As culture sets the standard of beauty it teaches us to evaluate how the women in our world measure up in relation to this ideal. Now that a variety of body

types are being reflected back to us in the media as attractive, our vision and perception of beauty can shift. The image of a beautiful body can mean something entirely different to us. Perhaps this trend creates an opportunity for us to discover our own idea of physical beauty rather than accepting cultural norms.

When Rolfers look at a women's body they envision the potential for that particular human. They see that person breathing fully, moving with ease and reflecting the unique and wondrous being that they are. They gaze past the surface and visualize how the person in front of them would look minus the remnants of physical/psychological injuries that drag them down and eke away at their self-image. Physical stress can prematurely disable and age an otherwise healthy body. Rolfers help their clients to process the emotional remnants of stress and remove its physical manifestations, which had taken residence in their structure. Physical manifestations of stress can be experienced as aches and pains, limited mobility, exhaustion even depression.

A beautiful body is one that is fully alive and expresses the essence of the person within. While Rolfers are working on the connective tissues to create balance within the structure they also aspire to bring out the beauty in each person that they work with.

Maybe the industrial standard of beauty prevents us from celebrating each person's magnificence. Perhaps it is our differences that make us truly beautiful. The time has come for us to begin redefining what is a beautiful body.

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

types are being reflected back to us in the media as attractive, our vision and perception of beauty can shift. The image of a beautiful body can mean something entirely different to us. Perhaps this trend creates an opportunity for us to discover our own idea of physical beauty rather than accepting cultural norms.



Café La De Da

Serving up Good Health for the Mind, Body & Soul

by Sharon Shaffery

There is a comforting, good energy when you walk into Café La De Da; which is only amplified when your eyes meet the welcoming smile of owner Grace Sepe. Grace opened the café 3 years ago with a mission to provide quality, non-gmo and organic food and beverage choices to help her customers feel and live better. Over the years the menu has grown to accommodate a large array of dietary restrictions including Gluten-free keto, paleo and vegan. Providing an outlet for good, healthy food - Café La De Da is now supporting other small local businesses offering menu items like Glenda's Kitchen organic and gluten free cookies and Cookman Creamery vegan ice cream.

Grace knows that a person's well-being goes beyond the food we consume. She likes the phrase "You only get one body; you can't trade it in like a car - so you better take care of it." With this in mind she is now expanding her business with the new goal of healing everyone from the inside out. Grace has partnered with Dr. Tom Jones, pioneer in the field of Chiropractic and Sports medicine, Shaman Anthony "Silver Wolf" Schifano student of the world renowned Shaman Dr. Alberto Villoldo, along with Anthony's wife Carol, Reiki Master Teacher. Together they are creating a healing place for the mind, body and soul.

This new team of super-heroes wants to take the community on a spiritual journey, and help people find a more peaceful and healthy state. Grace is a true believer of meditation, reflexology, reiki and other holistic modalities, stating that they have healed her in her own life, and she is excited to work with Anthony and Carol to introduce them to the community. One group especially important to Grace are the LGBTQ teens. Having first-hand experience with the confusion and pain these children suffer, Grace is committed to creating a healing environment for her son and others. On March 20th Café La De Da became the official meeting place for the local high schools LGBT Club. It is Grace's hope that this experience helps the kids learn to love their bodies and find inner peace.

There are more exciting things brewing at Café La De Da, and we will tell you more about them next month. For now, follow them on Instagram & Facebook, and stop in for a healthy delicious treat. You can even bring your dog on Sundays!



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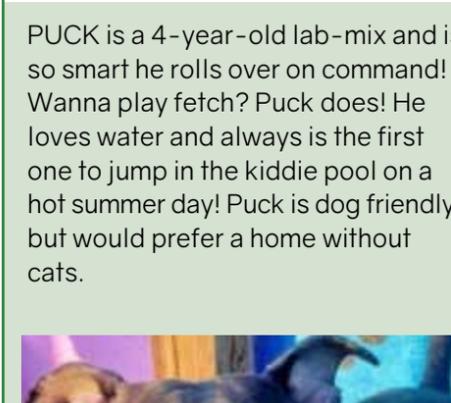


ESMERALDA is a 3-year-old black beauty. She loves to go on car rides and adventures with her friends. Once she knows you, she will cover you in kisses and show her silly side! She even enjoys a good belly rub and will jump with joy at the sight of her friends!



LYKOI was found in terrible conditions with 12 other cats! About 3 years young, she is very sweet and loves being petted. She would love to be in a home with lots of affection, playtime, and some comfy spots to relax in. Good with other cats or plenty happy as your one and only.

Associated Humane Society
732-922-0101



PUCK is a 4-year-old lab-mix and is so smart he rolls over on command! Wanna play fetch? Puck does! He loves water and always is the first one to jump in the kiddie pool on a hot summer day! Puck is dog friendly but would prefer a home without cats.



Tails of Hope
732-660-8440



MISS PIGGY is a 2-yr-old female terrier mix who is good with kids but older ones might be better due to her size. Good with other dogs but a little shy when meeting new people. If you can give her a minute to warm up she could be your new bff.

MITSY is 5 years young and her owner passed away. Here she sits confused and wondering what happened to her beautiful life. She is very social / eager for love and pets and stunning!!! Come meet Miss MITSY today.



MISCHA is a black 9-year-old sweetheart who gets along well with other cats and children. She is an extremely affected gal who is a total lap cat. She is very playful and enjoys playing with her toys and her cat friends.



“Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win”

— Sun Tzu



3 Steps to Winning the Weight Loss Game

by Dr. David Rendelstein

There is a problem inherent in all weight loss programs...they are utterly compliance-dependent. Weight loss programs are, by definition, comprised of a series of steps. If these steps are not taken, even the most efficacious program will fail. If the steps are taken successfully, even an average program will yield some results.

Underlying each step is a decision (do or not do) and behind each of these decisions are mental and emotional phenomena and mechanics. These must be understood and resolved before any program is undertaken. It was the great Sun Tzu who said, “Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win” He was correct... the mental game must be won!

What follows is a 3 step plan to win the mental game and achieve weight loss results.

Step One - Choose Certainty

It is commonly believed that certainty is a conclusion based on proof and experience. This is incorrect. Certainty is a choice. Don't believe it? Think back to a time when you just knew something for sure even though you had no proof or experience in the matter. Conversely, have you ever doubted something that was an established “fact?”

We seem to hold on to doubt because we perceive it will protect us from failure or imagined harm. This is a terrible strategy as doubt kills possibility. Its presence tends to dictate both if we will participate in some beneficial activity and how we participate in the activity once chosen.

It can be difficult to know which path to choose when it comes to a topic as hotly debated as weight loss. It is certainly the case that some programs are more effec-

tive than others. Do your research. Make sure you've chosen a sound and sensible program (If you are not sure which weight loss program to participate in, check out this article).

Once you've made your decision, choose to be certain it will work! It is, in fact, up to you. Leave your doubts at the door. They will not benefit you.

Half-heartedness and constant questioning of the path you've already chosen has never been, and will never be, a strategy for achieving outstanding results.

Step Two - Be Aware of Resentments

Nobody wants to begin a weight loss program. Nobody wants to be in a situation where they have to lose weight. It is a “have to” and it runs directly counter to one of our greatest desires...the desire to be free. Let's face it: we want what we want when we want it and we dislike constraints intensely. Weight loss programs are nothing if not constraints against freedoms and pleasures. This brings with it many resentments leading to internal conflict. “I don't want to do it. But I have to. But I don't want to. But I have to. And on and on...”

So, we grit our teeth and use our will power to overcome. This strategy can work, at least for a while. The problem is that it involves force and will ensure the war continues. There can be no victory when the enemy is ourselves!

The solution, then, is that we must first become aware of our resentments. Oh sure, we know the feeling of resentment but what, specifically, do we resent?

What “freedoms” are we “sacrificing?”



Write it down. Shine the light of truth on it and see if those resentments don't release their grip a bit.

Step Three – Gird Yourself for the Effort

Effort is an inherent and necessary component of any weight loss program and, yet, we are often unprepared or unwilling to expend it. We assume that effort (along with energy, money and time) are scarce resources and that giving them up will feel painful, like we're giving away pieces of ourselves. Be assured, these resources are renewable and limited only by the perception that they should be held onto tightly.

How much effort are you willing to put forth? How much are you not? Find the limits of your willingness and you may find how likely you are to achieve your desired results.

Or better yet, follow the advice set forth by Grant Cardone in his terrific book, The 10X Rule and be willing to multiply your efforts 10X. You will then be assured of success.



Summary

Each of these topics can probably fill an entire book. In addition, they each affect each other in various ways;

Uncertainty will lead to resentment and a lack of willingness to expend resources.

Resentment will lead to uncertainty and a lack of willingness to expend resources.

An unwillingness to expend resources will certainly lead to uncertainty and resentment.

The solution to these problems starts with the awareness that they exist and a willingness to take them on. Sometimes we forget how strong we really are and what we have overcome in our lives. If you find that you've forgotten, use this as a reminder and know that you are appreciated.

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All kids like creating special places, going on adventures, befriending animals, following maps and paths, and so on.

~David Sobel

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LOVING NATURE

Outdoor Adventures for Kids

by Ronica A. O'Hara

Getting kids off the couch and into the great outdoors can be a challenge when they tend to be better acquainted with the popular Angry Birds video game characters than with the real warbling ones. Unfortunately, studies show that digital devices, parental work overload and media-stoked fears of the outside world are currently making our kids nature-deprived.

Yet, they have an instinctive love of the outdoors, experts agree. "When given free access to nature, children's play follows the same patterns all around the world,"

says prominent environmental educator David Sobel, author of *Wild Play: Parenting Adventures in the Great Outdoors*. "All kids like creating special places, going on adventures, befriending animals, following maps and paths, and so on."

The more we encourage them, the more likely they'll discover the thrills of the natural world—and numerous studies show that they'll then be calmer and less stressed, better able to concentrate and less likely to be obese. Kids also are more "responsive and connected" when they are talking outdoors with adults than talking indoors, according

to a recent study published in the *Journal of Environmental Psychology*.

Here are some simple ideas to get started:

Build fairy houses. In a park, forest or backyard, ask the child to find a quiet spot, like the base of a tree or under a bush, and build a tiny house using only their imagination and natural materials such as sticks, bark, grass, pebbles, feathers and pinecones. "The fun is ageless and connects you to nature in magical and memorable ways," says Tracy Kane of Maine, whose website, *FairyHouses.com*, offers ideas and books.

Befriend a bug. Help them look for bugs and crawling things in the dirt and on leaves, then ask them to draw them. Back home or at the library, kids can search in guidebooks or online to learn the critters' names and traits.

Engage in real-life tweets. Show them how to listen carefully for bird songs and count how many different ones they hear. See if they can imitate the tweets or find words that describe them. Check out a bird-song beginner's guide at *Audubon.org/news/a-beginners-guide-common-bird-sounds-and-what-they-mean*.

Create mud art. "Make a batch of mud and use it to create sculptures, paint a masterpiece or just use it to jump in and get messy with," suggests MaryEllen Mateleska, director of education and conservation at the Mystic Aquarium, in Connecticut.

Make dolls and critters. Kids can use hibiscus or hollyhock flowers and toothpicks to make dolls with flowing skirts. Or they can collect leaves of different shapes and sizes and glue them together to create leafy creatures. "You can take it an extra step by inventing a story and creating a one-of-a-kind storybook," says Mateleska.

Grow a garden. Using a kid-sized plot of land—it can even be a big pot of dirt—give them a trowel, a watering can and easy-to-grow seeds such as radishes and carrots. Not only will they get exercise, a Texas A&M University study shows gardening makes kids more likely to choose veggies for snacks.

Invent a cozy hideaway. Under the limbs of a big tree, old blankets and pillows can be used by a child to build a "secret" hiding place, stocked with lemonade, apples and fun books.

Incorporate digital delights. Rather than competing with digital devices, integrate them into the nature experience. "A phone app like iNaturalist lets kids take a picture and will identify the creature or plant for them," says science teacher Jemma Smith, of The Education Hotel, a UK-based tutoring service. "Or have them take three artistic pictures of nature."

Try geocaching. This game for older kids requires them to use their phones as a GPS to find tiny treasure boxes that have

already been hidden all over the countryside. "Most boxes have small trinkets to swap and a tiny book to sign their name," says Smith.

Time It. Simply set the timer for an hour, open the door into the back yard and let the kids "go at it," as does writer Attiyya Atkins, a mother of four in Pompano Beach, Florida. "Mostly it's self-play, but I come out sometimes and teach them about nature, or we do art projects with leaves, rocks or dirt. It's always naturally fun, and they're pretty tired afterwards!"

Ronica A. O'Hara is a Denver-based natural health writer. Connect at OHaraRonica@gmail.com.

EVEN MORE IDEAS

Maker Lab Outdoors: 25 Super Cool Projects, by Jack Challoner

Nature in a Nutshell for Kids: Over 100 Activities You Can Do in Ten Minutes or Less, by Jean Potter

Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder, by Richard Louv

Introduce Kids to the Geocaching Adventure Game: Tinyurl.com/GeocachingGameInstructions



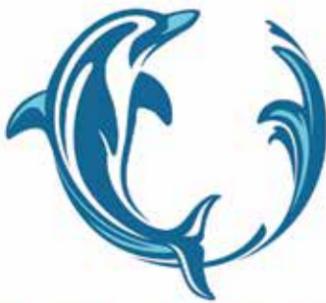
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POTLUCK FOR THE 21ST CENTURY

Breaking Bread, Building Community

by April Thompson

Americans are eating alone more than ever, with adults going solo for nearly half of all meals, according to consumer research consultants at the Hartman Group. Yet, fellowship-minded foodies are bucking the trend by finding new and unique ways to bring strangers, colleagues and friends together for healthy, home-cooked meals.

Meal sharing not only builds community and camaraderie; it can also save time and money and minimize food waste. Eating with others can also encourage mindful consumption, a boon to physical and mental health. A number of emerging ideas and platforms from around the block to across the globe are helping singles and families young and old connect over food.

Linking Diners Through Technology

"I wanted to find a place to create more meaningful conversations and meet new people than bars where people often meet up, and thought home is that place. Who

doesn't like dinner parties or potlucks?" says Jared Gold, co-founder of MealTribes, in Washington, D.C.

Within two years, MealTribes has grown to more than 200 members that can host or join potlucks via a private Facebook group open to area residents in their 20s and 30s. To encourage participants to be fully present, the group encourages guests to leave their phones in their bags.

Instead of strict food do's and don'ts, MealTribes encourages attendees to bring a contribution that makes them proud. However, guests are discouraged from bringing alcohol in lieu of a food dish to avoid it becoming the focus of the table.

"Lasting friendships and business opportunities have come from our potlucks," says Gold. "Even skeptics have come away from events feeling like they got the best-case scenario; nice people, homey environment, with good food and conversation."

Jay Savsani, co-founder of Meal Sharing, in Chicago, got the idea for the

Even skeptics have come away from events feeling like they got the best-case scenario: nice people, homey environment, with good food and conversation.

~ Jared Gold, co-founder of MealTribes

"Airbnb of meals" after seeking out a home-cooked dinner while backpacking in Cambodia. He was invited to a farm feast in the countryside, connecting with local hosts over great conversation and delicious food. "I returned home wanting to find a way to use technology to recreate that serendipitous moment," says Savsani.

Today, the platform uses technology to connect curious diners with affordable, home-cooked meals in 150 countries. "The concept is open; we encourage hosts to make whatever they believe in," says Savsani. "That can be a top chef serving nine-course meals or a simple spaghetti someone offers for a few bucks or even free."

Savsani says the meal becomes secondary to the deeper social interactions that can manifest through these gatherings. "We even got an inquiry from a local fire department interested in hosting meals to get to know people in the community better."

Organically Grown Gatherings

Lilia Fuquen, who directs the Food and Community project in Virginia, participates in several gatherings intended to nurture community through food. Fuquen's project aims to bring people across the state together to document, celebrate and share traditional, contemporary and emerging foodways, initiating a deeper conversation about and the connections between food, place, culture and community.

Last fall, the project convened more than 200 people around a feast celebrating indigenous foods, people and foodways in Virginia. The meal was prepared from locally farmed and foraged ingredients representative of the diverse native culinary traditions of the region, including greens,

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We even got an inquiry from a local fire department interested in hosting meals to get to know people in the community better.

~ Jay Savsani, co-founder of Meal Sharing

mushrooms, wild rice and fish sourced from fields, forests and streams.

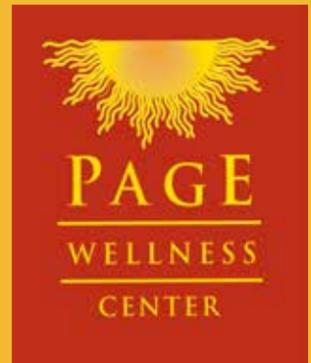
On a more grassroots level, an intergenerational family potluck dinner "helps create community and a sense of family among people who often live far from blood relatives," says Fuquen, who lives on a small farm outside Charlottesville, Virginia.

The workplace can also be a great place to break bread together, says Fuquen. Her office enjoys hosting the Souper Club, where co-workers each bring a key element like salad fixings, a loaf of bread or a pot of soup to enjoy together—away from their desks.

Rebecca Shaloff, a fundraising consultant in Washington, D.C., has participated in work lunch swaps, which she says promote camaraderie, new food discoveries and healthy eating. She also takes part in a closely knit monthly supper club of four young families in her neighborhood.

"We all value each other's friendship and company, but there's something about coming together for dinner that makes us feel more like family than friends," Shaloff says.

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



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Into the Woods

Hiking for Health and Happiness

by Marlaina Donato

Many of us equate fitness with going to the gym, but a good hike in a natural environment can foster unique benefits for both body and psyche.

Hiking or walking outdoors not only promotes heart health, helping to balance both blood sugar and blood pressure, it increases hip bone density to help reduce fractures, according to research on postmenopausal women from the ongoing Nurses' Health Study. Navigating uneven terrain also necessitates lateral movement, which can strengthen core muscles and improve balance more significantly than working out on a treadmill or cycling.

Walk and Live Longer

Any kind of walking can be a great boon to health. Recent research by the American Cancer Society involving 140,000 older adults correlates a lower mortality rate with even short intervals of walking.

Walking and hiking balance the body through natural movement, oxygenation of the cells and the use of our muscles as they were designed to be used.

~Dami Roelse

through natural movement, oxygenation of the cells and the use of our muscles as they were designed to be used," says Dami Roelse, of Ashland, Oregon, author of *Walking Gone Wild: How to Lose Your Age on the Trail*. "Walking is in our genes; DNA molecules need to be stimulated regularly to express themselves, and walking does just that. It also improves mood and cognition."

The beauty of hiking is that it offers a tailored experience according to ability and personal interests. Day hikes, whether in the countryside or in urban botanical gardens or parks, are uplifting and ideal for any fitness level.

Individuals in the study that walked six hours a week lowered their risk of dying from cancer and cardiovascular and respiratory disease. It also shows that just two hours of walking per week could significantly improve health.

"Walking and hiking balance the body

Longer or overnight treks with a backpack of supplies offer healthy challenges and opportunities for total immersion in nature. Bringing the kids on a hike offers family fitness time and a healthy way to unplug from technology and sneak in some learning about local flora and fauna.

Trek for a Healthier Brain

Exercise stimulates feel-good neurotransmitters like dopamine and serotonin, but getting a workout in a natural setting fortifies the whole nervous system. A 2015 study published in *Proceedings of the National Academy of Science* led by Stanford University researchers shows that walking in nature for 90 minutes decreases activity in the subgenual prefrontal cortex, the region of the brain most affected by depression. In contrast, individuals that walked in an urban environment did not reap the same results. Another 2015 study published in the *Journal of Environmental Psychology* shows that nature walks improve memory and decrease anxiety in teens.

The Japanese philosophy of *shinrin-yoku*, or "forest bathing", woven into Japanese Shinto and Buddhist traditions, has become an important part of science-based health care in Japan. A significant 2009 study by Japanese researchers published in *Environmental Health and Preventive Medicine* shows that just 20 minutes of walking in the woods decreases stress hormones. Forest bathing has also been shown to speed postoperative healing, improve concentration in children with attention-deficit/hyperactivity disorder and fortify immunity with an increased number of NK, or natural killer cells.

Naturalist Melanie Choukas-Bradley, in Washington, D.C., knows about Mother Nature's therapeutic gifts firsthand. "I participated in some of the health research both in the field and the lab during a forest bathing trip to Japan," says the author of *The Joy of Forest Bathing: Reconnect with Wild Places & Rejuvenate Your Life*. "My vital signs were checked before and after shinrin-yoku walks, and in the lab my brainwaves were measured while viewing urban and forest scenes. My blood pressure was lower after every walk, and my brainwaves calmed while viewing forest scenes." Choukas-Bradley emphasizes that forest bathing doesn't require a forest setting,

Helpful Links and Inspiration

National trail guide resource: AllTrails.com

13 best hiking apps: AtlasAndBoots.com/best-hiking-apps

Hiking with the kids: Tinyurl.com/HealthyHikingWithKids

Beginning with day hiking: SectionHiker.com/10-tips-for-beginner-day-hikers

Backpacking tips for beginners: REI.com/learn/expert-advice/backpacking-beginners

Practical advice, inspiration and tips for women hikers: GirlsWhoHike.net

Walking to stay fit: VeryWellFit.com/walking-4157093

Library of forest bathing articles: TheForestLibrary.com/forest-bathing-online-articles

noting, "You can forest bathe in the desert, at the beach or even an urban park during a lunch break."

Hitting the trails can also help us see life from another perspective. "Forests are living, breathing organisms. Mountains transcend my humanness," muses Roelse. "It's both a humbling and uplifting experience."

Marlaina Donato is the author of several books on spirituality and clinical aromatherapy. She is also a composer. Connect at AutumnEmbersMusic.com.

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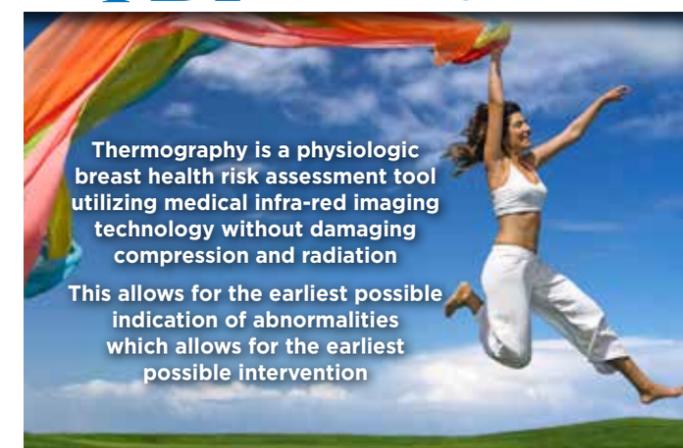
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The Power of Patience

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



Patience is defined as the capacity to stay calm when dealing with a difficult or aggravating situation, task or person.

Having patience provides the ability to cope and endure with an occurrence that would otherwise lead to anger, annoyance or upset. Working toward developing this ability is a process that yields great healing and power. It provides a method for keeping the peace through steadfast boundary setting within oneself and with others. The cultivation of patience has been an integral aspect of the Chinese exercise art of tai chi for 3,000 years. Its martial arts beginning trained individuals to be patient and wait for the exact time to react to an opponent in a centered and calm manner.

Today, those seeking meditative and mindfulness benefits are afforded the opportunity to embrace patience through learning the graceful, flowing and balanced movements of tai chi. The slow nature of its choreography presents a student with the first of many challenges in achieving patience. This is particularly true due to the fast pace of American society, along with the inherent stress of daily life and pressure to achieve immediate gratification. Learning to move slowly and be present in the moment eventually becomes a tai

chi practitioner's normal state of being – blossoming into a lifelong spiritual practice for maintaining balance and harmony. Where patience is embraced on a moment to moment basis without even thinking about it.

The power of patience learned through tai chi brings about a deep sense of freedom and energetic flow. This stems from the release of blockages that have accumulated within the body as a result of excessive frustration and anger. Once flow of qi (vital energy) has been restored, an overall sense of well-being takes hold. As such, a practitioner develops greater awareness and trust in the existence of

their qi. Experiencing the effortless and rhythmical movements of tai chi reinforces their knowing that “going with the flow” is the best approach daily life.

Development of mind intent plays a major role in the cultivation of patience as it empowers a practitioner to use the mind to decipher the appropriate time for action. This begins while figuring out when and how to sustain physical stability and energetic integrity while moving from one move to the next. It requires a strong sense and respect for limitations in one's ability, combined with willingness to release the need for instant results. This forms a sound basis for the cultivation of patience joined with a strong body-mind. The first sign this is happening is experiencing a general sense of inner calm while seeing things more clearly without distraction.

Great value is gained from allowing development to happen naturally and in its own time. Conversely, pushing to make things happen prematurely impedes the full emergence of physical and energetic power. This is based on the tai chi saying: “Qi behaves like water, it can't be pushed – but it can be led”. Whereby, pushing causes qi to become flooded within the energetic system - leading to imbalance and unpleasant symptoms. Yet qi that is guided and led with gentle care and mindfulness flows freely and produces vibrant health and wellness.

Tai chi performed in this manner opens the door to facing oneself. It becomes an experience that provides the necessary time and space to become completely present with oneself. This empowers an individual to listen carefully to what is going on within their heart and mind - allowing them to hear the totality of their feelings and thoughts. It creates the ultimate circumstance for connecting with their inner wisdom, taking deep breaths and being in touch with the beating of their heart. These profound results are gained through greater integration and communication with the physical, energetic, emotional and spiritual aspects of oneself.

Dedicated tai chi practice strengthens intuition and psychic ability which enlightens a person to the deep importance of remaining patient in the face of adversity. Such intuitive capacity empowers a person to instinctively know when, where and how to respond. This forms the basis for healthy relationship building and healing of oneself. In addition, ability to be patient is a key attribute that leads to mastering the flow of qi within the body. This strengthens the energetics of the kidneys resulting in increased willpower and ability to prevent flying off the handle, which saves wear and tear on the adrenal glands through reducing stress and minimizing the fight or flight response.

The power of patience embellishes a tai chi practitioner's life and their form with great presence. It allows for the emergence of a precise and graceful physical form and sets the stage for spiritual energies to blossom. And it fosters deep respect, honor and kindness for self and others resulting in a gentle, powerful and patient existence. It is no wonder that tai chi is known as the “grand way of life as taught through movement” and based on a philosophy that emphasizes maintaining balance in all things.

Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist and director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for thirty years. She has taught tai chi and qigong for almost 45 years and is a 6th generation lineage holder of the Guang Ping Yang Style Tai Chi Form. Shoshanna is author of Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy and co-author of Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness (www.qigong4.us). For more information call 732.758.1800 or visit www.healing4u.com.



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Copper in new device prevents cold and flu



New research: Copper stops colds if used early.

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you feel a cold about to start.

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

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

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

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

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

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

"It worked!" he exclaimed. "The cold

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

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

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

Users wrote things like, "It

stopped my cold right away," and "Is it supposed to work that fast?"

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

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

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

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

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

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

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

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

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

Copper even kills deadly germs that have become

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

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

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code **NATA10**.

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Sinus trouble, stuffiness, cold sores.



Women and Fasting: Why Not?

by Larisa Belote

You may have heard that fasting is bad for women and that their bodies are not made for it especially with modern day hormonal problems. You may think it is impossible for women to fast who have adrenal and thyroid issues? Well, this is not true!

Modern-day hormonal problems do exist and the subject is very real. Women's hormonal systems are under a lot of pressure, and there are many women with thyroid and adrenal issues, but avoiding fasting is not an answer.

While it's true that women with these conditions generally do have a harder time and there might be a longer adaptation period, women can still reap the incredible benefits of fasting.

The benefits of fasting are weight loss by burning fat and not just glucose, activating stem cells, optimizing hormones, resetting your DNA, even healing the gut and the brain.

The following are three facts you need to achieve success with fasting:

1) What is Intermittent Fasting and Ketosis?

Intermittent fasting (IF) is eating in a restricted time window within the 24 hours of a day. Whether it be 8, 6, 4 hours, or even a single meal for the day- IF is the act of consciously eating within that limited time window. This extended time without food supports the body in becoming "fat adapted," whereby it uses fat (ketones) for fuel, instead of the conventional sugar (glucose) provided when we're eating around the clock. Ketosis is a metabolic process that happens when you consume a very low amount of carbohydrates per day, forcing the body to use fat for fuel. It goes very well with an IF lifestyle, because the body's blood sugar levels become very stable, and the body gets really good at burning fat.

2) What is Varying the Diet and why it works?

Varying the diet is using a low carb (ketogenic) diet. Also, by incorporating at least one day per week of increased of carbs, or

of protein, or even just a general increase in calories and at least one day per week of intermittent fasting. There are different ways to vary the diet, which you can tailor to your individual needs and also change over time as your body adapts and gets more metabolically flexible.

Varying the diet works because it forces the body to adapt thereby getting hormone optimization. During adaptation, there are hormonal shifts that trigger the body's ability to burn fat for energy (which means fat loss), but also prevents us from burning out. This burnout is particularly prevalent with those suffering from underlying hormonal and adrenal issues, which most of the time are women. Remember that varying the diet is not only for women, in fact, it helps all people get better results! Not only are people losing fat, getting more energy, clearer minds, and healthier bodies...but they are finding that varying the diet is more conducive to leading a happy and balanced life.

3) Listen to Your Body

Women are by nature, incredibly cyclical beings. Following your menstrual cycle alone is a great way to vary the diet to support the needs of your body as it transitions through the month. It's generally the week leading up to menstruation that the body craves more carbohydrates: so listen! The body actually requires more insulin to make hormone conversions, so this is the right time to provide your body with higher carbohydrate foods. Incorporate this at a time when your body is intuitively calling for it. It is important to work with a trained practitioner especially if you have adrenal and thyroid issues, to insure you are choosing correct varying diet strategies and fasting windows.

Larisa Belote, INHC, AADP, Integrative Nutrition Health Coach and founder of Step by Step Wellness is dedicated to keeping up with the latest research and creating individualized programs that fit best with our client's needs. Contact Larisa to set up an appointment or to learn more about the Seven Week Makeover Program. 732.490.5770, email: larisa@stepbystep-wellness.com or visit stepbystep-wellness.com.

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green living



NATIVE INTELLIGENCE

Planting an Eco-Friendly Yard

by Avery Mack

Maintaining a grassy yard or ornamental shrubs can be time consuming and less than eco-friendly. That's why conservation-minded gardeners are turning to lush, native landscaping as an aesthetically pleasing alternative to spartan, water-free xeriscaping.

Native plants not only save water, they enhance local ecosystems by providing food and shelter for birds, bees, butterflies and wildlife. "Indigenous plants build healthy soil and retain and replenish ground water," says Michael Fleischacker, chair of landscape architecture and environmental sciences at Delaware Valley University, in Doylestown, Pennsylvania.

Accustomed to the climate and nutrients in their habitat, they don't need the extra fertilizer required by exotic transplants. Natives are also better equipped to fend off harmful insects, reducing the need for pesticides.

"When pests did show up, I used insecticidal soap and neem oil. Both are great eco-friendly remedies," says Kimberly Button, an Orlando-based freelance journalist and

author of *The Everything Guide to a Healthy Home: All You Need to Protect Yourself and Your Family from Hidden Household Dangers*.

A genuine indigenous plant in the U.S. predates European settlement. These natives grew in the wildlands of the regions where they evolved and adapted over hundreds or thousands of years.

However, what's wild isn't necessarily native. These days, the woods and forests are rife with alien species that escaped from non-native gardens or were planted to perform some specific purpose that went awry.

Kudzu, for instance, was imported from Asia and installed along roadways to prevent soil erosion. The perennial vine, which can grow up to a foot per day, has become the plague of the South, rooting out native plants and toppling trees under the sheer weight of its

Native varieties have longer growing seasons, a decades-long lifespan and tight plant groupings to prevent weed growth.

~Michael Fleischacker

smothering foliage.

In 2013, the U.S. Environmental Protection Agency issued a report summarizing numerous studies that concluded that non-native plants disrupt the food web and present a growing problem for "organisms that depend on native plants for food, shelter and places to rear their young."

Natives vs. Nativars

While the harm caused by many invasive plants that evolved in a foreign habitat is well-documented and profound, the ecological impact of plant variations derived from native species—known as cultivars or nativars—is sometimes more subtle.

Cultivars have been developed to highlight specific traits, like larger blooms or longer bloom times. They may be bred for a stronger scent, or have the scent bred out of them in pursuit of another trait, making them less enticing to pollinators and wildlife.

One drawback to cultivars is what those "improved" traits can affect. "The native serviceberry (*Amelanchier*) has small, bright red berries birds love to eat," Fleischacker says. "Because they add color to a winter yard or are used for wreaths and décor, cultivars were bred to produce larger berries. Birds choke on the bigger berry, unable to swallow them."

A current, multi-year research project at the Mt. Cuba Center's native botanical gardens in Hockessin, Delaware, is seeking to determine whether certain cultivars

NATIVE PLANT RESOURCES

- Tinyurl.com/GardeningWithNativePlants
- Tinyurl.com/AboutNativePlants
- Tinyurl.com/NativePlantFinder
- Tinyurl.com/NativePlantsForPollinators
- Tinyurl.com/ChickadeesAndNativeTrees



photo by Kimberly Button

are as attractive to insects as their native counterparts.

What's certain, say the experts: A gardener can't go wrong with indigenous plants. "Native varieties have longer growing seasons, a decades-long lifespan and tight plant groupings to prevent weed growth," Fleischacker says. Despite the perception by some that natives are boring, they can be showier than their cultivar cousins and also thrive in their region's unique conditions.

"I keep my yard as natural as possible to co-exist with my neighbor, the Hiawatha National Forest, and its small animals and birds," says Monica Cady, co-founder of the Herbal Lodge and a member of the Sault Ste. Marie Chippewa tribe in Hessel, Michigan.

Going Native

Transitioning to native landscaping isn't as daunting as it might seem. Small changes can make a difference, and local plant



nurseries can assist. Some may have a staff horticulturalist to help distinguish the natives from the nativars and to steer gardeners clear of invasive, water-guzzling, nutrient-needy non-natives that will spread quickly and overwhelm the landscape.

Going native isn't an all-or-nothing proposition, says Fleischacker. "Consult a local nursery or landscaper about adding natives to the mix. There are plants that love shade or sun, dry areas or damp."

When planning, look past what's trendy. "The ecosystem is set up to protect and promote beneficial insects and pollinators," says Button. What was old can be new again.

Connect with freelance writer Avery Mack at AveryMack@mindspring.com.

Aligning values and investing

Many individuals are choosing responsible investing because of its unique ability to combine financial success and social impact. Responsible investing also provides opportunities to integrate each investor's financial goals with their values. The industry has moved beyond green investing to embrace complex issues of sustainability.

If you are interested in creating an investment strategy based on responsible investing, please contact me to help you choose the right approach.

\$50,000 minimum initial investment.



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We have seen many disruptive technologies and transformative changes in society and business over the past few decades. One change that has gained tremendous momentum in the past few years is the widespread acceptance of socially-conscious investing. Corporate social responsibility has come under intense scrutiny for many reasons.

The movement for responsible investing can reflect a wide variety of strategies, issues and causes. There are many forms of this work and there are many names for it. Investing for positive social impact, mission-based investing, sustainable investing and the growth of activist investors all reflect different aspects of the fastest growing trend on Wall Street. Recent research has shown that over 25% of all professionally managed money is managed with consideration of the intangibles of corporate social responsibility. Trusts and foundations were early adopters and a natural fit for mission-based investing, and portfolios can be designed to fit any organization or individual's mission.

To call it a niche market doesn't do it justice. It is more like an analytical overlay that has been embraced by Wall Street analysts and is apparently on the way to universal acceptance. The United Nations has been working on a world-wide standard of corporate behavior and there are three



Socially Responsible Investing Comes of Age

by Jeffrey Ball



general criteria that have been adopted to create that standard. ESG Investing stands for grading companies on "Environmental, Social & Governance" criteria. Bloomberg, Morningstar, and many other research firms are giving companies ESG scores. The E in "Environmental" was initially a reference to a company's carbon footprint, but rating agencies have developed a much more nuanced analysis of environmental stewardship now. The S in "Social" refers primarily to a company's culture and employment policies. Studies have shown that successful corporate performance correlates with greater ethnic and gender diversity at all levels, among employees, managers and directors. The G in "Governance" refers to how companies respond to feedback from all stakeholders. Privacy issues and challenges to shareholder's voting rights have embroiled the big tech stocks in controversy recently.

Now that studies have shown that ESG investing is popular and profitable Wall Street has taken notice. Over the past five years impact investing (in its many forms) has gained widespread acceptance among professional investors. Individual investors have remained largely unaware of this approach to investing and its outstanding success. There are now hundreds of different mutual funds and ETF's that consider corporate culture and ESG scores. These funds and ETF's are available to individual investors at every brokerage firm. Inquiring minds want to know more.

Jeffrey Ball, Senior Vice President, RBC Wealth Management, Red Bank, New Jersey. Jeff is a Financial Advisor and Certified Financial Planner practicing in Monmouth County for over 30 years. For more information contact Jeff at 732.576.4634 or email jeffrey.ball@rbc.com.

natural pet



OlhaStock/Shutterstock.com

BRINGING UP KITTY Get Off on the Right Paw

by Karen Shaw Becker

There's nothing as endearing as a big-eyed kitten hopping sideways across the floor or curled into a small ball of fluff on our lap. Getting a new kitten started off on the right foot will ensure they grow up to be a healthy and happy companion.

1 Prepare a sanctuary for the family's new kitten.

When bringing a new kitten (or adult cat) into their new home, it's best to separate the new addition in a little bed-and-breakfast-like setup of their own for at least a week. Put their litter box, bedding, food and toys in their space and keep noise, confusion and foot traffic to a minimum.

2 Provide warm, snugly sleeping quarters.

Felines, especially tiny ones, like their environment warmer than what humans generally prefer. Look for bedding that hasn't been treated with flame-retardant chemicals such as PBDE; Swedish scientists have linked the chemical, commonly found in foam, to hyperthyroidism in cats. The best choice is wool, which is naturally flame resistant.

3 Consider crate training.

Most cats fight being put into a carrier because it only happens when someone's about to take them to a place they don't want to go to. That's why it's a good idea to set up a carrier for a kitten on their first day

home. Entice them to enter on their own using food treats, toys and comfy bedding.

4 Go slow with family introductions.

Introduce other members of the household to the new kitty one at a time. Ideally, introductions occur in a neutral location, like the living room, when the kitten ventures out to investigate.

5 Offer this tiny carnivore the nutrition they were born to eat.

To provide the very best start in life, feed the little one either a homemade or commercially available, nutritionally balanced, fresh food diet (preferably raw) designed for cats at all stages of life.

6 Help the kitten learn to love their personal litter box.

Most kittens can use a litter box at about four weeks. Just make sure its walls are low enough that they can hop in and out on their own. If a kitten or cat is avoiding the box, there's likely a reason: location, type of litter or failure to clean it often enough.

7 Provide appropriate climbing and scratching surfaces.

Climbing and scratching are natural feline behaviors. Try burlap, cardboard and

carpeted scratching surfaces, placed vertically and horizontally to meet all preferences. Keep the scratchers in areas where the kitten hangs out.

8 Train kitty to use the scratching post.

Initially, it might help to apply catnip or attach a feather toy to make the scratching area especially appealing. Discourage any feline from scratching on inappropriate surfaces by attaching double-sided tape or inflated balloons to rugs or furniture that are off limits.

9 Offer toys that bring out the feline hunter.

Think like a cat and buy or create toys that draw out their hunting instincts. A piece of string wrapped around the end of a stick dragged on the ground will bring out the stalker in almost any cat. So will ping-pong balls or small wads of paper flicked across the floor.

10 Indulge most kittens' love of boxes.

When cats in the wild feel threatened, they head for trees, dens or caves for safety. Domestic kitties don't have that option, so their obsession with hiding in boxes may be an adaptation. Providing "hidey holes" may also help a kitten acclimate faster to their new home and family.

11 Provide easy, safe access to the outdoors.

Indoor cats need time outside. Consider building or buying a safe, secure, outdoor enclosure (catio) for them to hang out in when the weather is nice.

12 Consider adopting two kittens at the same time.

One of the best ways to avoid many common behavioral problems is to adopt a pair of kittens. Because they crave stimulation and interaction, adopting two provides instant playmates to occupy each other's time.

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

calendar of events

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



Pippin & Neo
The New Kid In Town

FRIDAY, APRIL 5

Friday Night Unwind at The Yoga Loft, 462 Adelpia Rd. Freehold 6-7:30 with Joan. Bloom into Spring and get energized! Spring is known as Kapha season in Ayurveda (the sister science of Yoga). This practice will start with specific Pranayama (breathing practices) and some basic gentle movement to warm you up and help re-energize your body, mind and spirit. Most of your time will be enjoyed in comfy Restorative poses accompanied by gentle aromatherapy to help bring you to a balanced state of peaceful energy. Please call/text 732.239.2333 or email info@theyogaloftnj.com to register \$25

SATURDAY, APRIL 6

Reiki Level I Workshop and Certification – 11am-2pm. Get started on your Energy Healing journey with Reiki Master Maria Martin. 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! \$175.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Ayearandadaymysticalshoppe@yahoo.com, Ayearandadaymysticalshoppe.com

Reiki Level II Workshop and Certification 3-6pm. Come join Maria Martin for the second step on your Energy Healing journey. In this level two workshop, in addition to getting your second attunement you will learn the Art of healing with Reiki including: How to heal others, the chakras 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. Pre-requisite Reiki I; \$225.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Ayearandadaymysticalshoppe@yahoo.com Ayearandadaymysticalshoppe.com

Aberdeen Township Health and Wellness Fair 11am-2pm. Stop by the Dimensions Reiki table to get your own Reiki healing demo, and visit an array

of healthcare providers offering free screenings, food samplings, activities for children, and other services! Admission Price: FREE. Location: Matawan Regional High School, 450 Atlantic Avenue, Aberdeen, NJ. 732.832.1036 visit dimensionsreiki.com/calendar

Holy Love Crystal Reiki Levels One & Two Saturday & Sunday (9am-5pm), Cranbury NJ Join the 2-day workshop led by Dr. Fliss, Reiki Master, as she shares her knowledge on creating balance, peace and healing in the human energy fields with crystals. Visit RAYKISchool.com and click event & class to register, or contact Contact@RAYKISchool.com.

SUNDAY, APRIL 7

Greens! Greens! Greens! SJ Seed Circle Library will have seeds for early season varieties like green leafy vegetables. Be sure to stop by to get your seeds for garden produce that can be planted now. Someone will be on hand to answer your gardening questions. Free and open to the public; bring a friend! Collingswood Library, 771 Haddon Ave, Collingswood, NJ 1pm-2:30 more info: call 856.425-2221, www.GMOFreeNJ.com/events <https://facebook.com/events/1063642907176025?>

Crystal Bowls at The Yoga Loft, 462 Adelpia Rd. Freehold. 12-1pm. Join Billi Jo Murphy, Reiki Master and Intuitive Life Coach for an evening of healing, balancing and relaxation with the pure tones of the quartz crystal “singing” bowls. Take a vibratory journey into a deep meditative state as you sit or lie in a comfortable position. 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/text 732.239.2333 or email info@theyogaloftnj.com to register \$20

Grounding Your Energy 1-3pm. If you constantly feel or take on the energy of family and friends around you, learn techniques on how to ground yourself and restore the balance of your energy field! \$75.00 per person at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. 732.832.1036 dimensionsreiki.com/calendar

TUESDAY, APRIL 9

“Herbs: Growing Them, Using Them, and Filling Your Yard with Them!” presented by Gloria Stevens, Proprietor of Springville Herbarium in Mt. Laurel. Horticultural Society of South Jersey monthly meeting. She will be bringing actual plants, not pictures! Learn about how much fun it is to grow herbs and how useful and tough they are. The focus will be mostly on culinary herbs and teas. Free and open to the public. 7pm Carman Tilelli Hall, 820 Mercer Street, Cherry Hill, NJ. For more information, check the website: www.hssj.org or call 856.287.5959. Facebook event: <https://www.facebook.com/events/351069935748902/>

WEDNESDAY, APRIL 10

Light Language Workshop and Activation: 7-8pm., Light Language is the “Voice of the Soul.” It is the language of the heart. The Light Language upgrades our DNA, connects us more to our higher selves, clears and aligns us and assists us in com-

munication with Spirit. Led by Michael, he will be guiding you on a meditation, channeling activation codes to initiate you as a Light Language speaker. Please bring paper and pen/pencil for the writing section of the workshop. \$30pp; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Ayearandadaymysticalshoppe@yahoo.com, Ayearandadaymysticalshoppe.com

THURSDAY, APRIL 11

Reiki Healing Circle 7:30-9pm Join a group of Reiki practitioners and like-minded members to cleanse your Chakras and your energy field, and then receive your own healing! \$10 per person at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ 732.832.1036 dimensionsreiki.com/calendar.

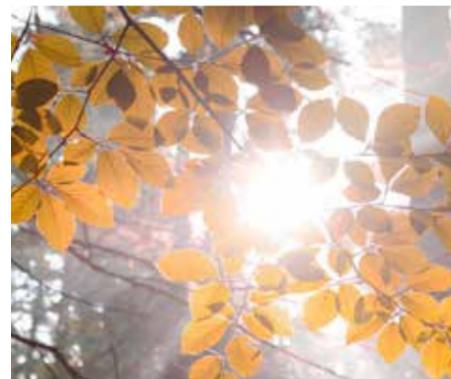
FREE Workshop: Body / Mind Detox for Optimal Health 7-8pm The time for “Spring Cleaning” has arrived. So, if you suffer from Chronic Fatigue, Weight Gain, Brain Fog, Anxiety, Low Energy, and Poor Sleep, this workshop is for you. Please join us on pm, and RSVP by calling Ada at 732.333.6680. Also, visit our website at www.OptimalHealthGuide.com. Wemrock Professional Mall (sign at entrance to medical plaza), 501 Stillwells Corner Rd., Bldg. A (1st floor / Dr. Borgersen's office), Freehold, NJ.

FRIDAY, APRIL 12

Talking with Angels, at The Yoga Loft, 462 Adelpia Rd. Freehold 6-7:30 with Katie Grace. Your Angels have surrounded you since birth and they will gladly assist you in creating a better life for yourself that radiates out to touch everyone you meet. Join us for a workshop that will help you make contact with your “spiritual entourage” and establish a friendly, working relationship that brings peace, joy and practical help in matters related to your work, your relationships and your life purpose. Please call/text 732.239.2333 or email info@theyogaloftnj.com to register. \$25.

SATURDAY, APRIL 13

Chakra Sound Healing with Tuning Forks at The Yoga Loft, 462 Adelpia Rd Freehold 12-1:30 with Rachel Salzhauser. Do you feel tired, stressed and always on the go? Would your body- mind & spirit love an energetic tune-up? Join Relax with Rachel for Chakra Sound Healing. Explore balancing your Chakras while being guided through a meditation with essential oils. You’ll be in restful poses as the forks are applied to each Chakra, and you will be guided by the subtle body to heal from within. Space is limited to 8 students, please register call/text 732.239.2333 or email info@theyogaloftnj.com \$35



Free Drumming Circle: 1:30-3pm and stay and get a reading or energy healing from one of our gifted Psychics or Healers at our Holistic Fair from 3-6pm. Circle to be led by Shaman, Lauren Porter. Experience the uplifting energy vibrations of this Native American drumming. You may bring one instrument (drum, rattle, etc.), or just be here for the experience A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Ayearandadaymysticalshoppe@yahoo.com, Ayearandadaymysticalshoppe.com.

Learn Tea Leaf Readings 1-4pm Join International Psychic Medium Dolores Rilho as she teaches the art of Tasseography aka Tea Leaf reading. In this hands-on class you will learn the history, the proper cup and tea to use, how to interpret the pictures you see in the tea, how to give yourself a daily reading and how to give readings to others and so much more. You will receive your own antique tea cup and saucer to take home with you. Limited space, pre-registration required \$40 After 4/11 \$50. Supreme Soul Center @ The Salty Zen 8 Main St, Keyport, www.DoloresRilho.com

SUNDAY, APRIL 14

Private Angel Readings at The Yoga Loft in Freehold 2-4pm with Katie Grace. When you book an Angel Reading with Katie Grace, she helps you to connect with Angelic energy and interpret the message you receive. With guidance that’s practical and personal to you, an Angel Reading can help you to see a higher vision for your life, and make the changes that benefit you and everyone concerned. Seeking clarity about your soul’s mission? Schedule Your Private Angel Reading with Katie Grace today to experience an uplifting, supportive and unconditionally loving message just for you! Registration required-please call/text 732.239.2333 or mail info@theyogaloftnj.com \$35

WEDNESDAY, APRIL 17

Native American Drumming/Journeying with Shaman, Lauren Porter 7:30-9:30pm. Looking to connect with the spirit of the drum and connect with your inner medicine? This event is for both those new to journeying and those experienced. 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. \$40.00pp; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Ayearandadaymysticalshoppe@yahoo.com, Ayearandadaymysticalshoppe.com

FREE Workshop: How to Change Your DNA Gene Expression for Optimal Health 7-8 pm. Join us to feel empowered in creating your own mental and physical health, and learn about having an in-depth analysis of your genes to help you formulate the Optimal Health Plan, specific to and personalized for your genes. Please RSVP Ada at 732.333.6680, and visit www.OptimalHealthGuide.com. Wemrock Professional Mall (sign at the entrance to medical plaza), 501 Stillwells Corner Rd., Bldg A / Dr. Borgersen's office, Freehold, NJ.

FRIDAY, APRIL 19

Healing Circle: 7-8pm, 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. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.21.2371. Ayearandadaymysticalshoppe@yahoo.com, Ayearandadaymysticalshoppe.com

SATURDAY, APRIL 20

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

Improving Joint Health through Connective Tissue at The Yoga Loft, 462 Adelpia Rd Freehold 12:30-2:30 with Claire. This exploratory workshop will use balls, rollers, flossing and pull up bands to allow you to open and with practice develop supple connective tissue. Working on tight areas can be uncomfortable but it will be presented so everyone can choose the pace they need. Why would you want to do this uncomfortable workshop? To function and last they need the support of healthy connective tissue which include ligaments, tendons, muscle and fascia. Registration required, please call/text 732.239.2333 or email info@theyogaloftnj.com \$30

Full Moon Circle: 8-8:30pm April’s moon is associated with the winds, the perfect time to explore the winds that blow from each of the cardinal directions and work on new beginnings. Stop planning and start doing, take all of those ideas you have had brewing for the past few months and make them come to fruition. We will have a brief meditation and focus our intention and give blessings toward new hope blossoming and a fresh start. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Ayearandadaymysticalshoppe@yahoo.com Ayearandadaymysticalshoppe.com

FRIDAY, APRIL 26

Reiki Master Teacher Workshop Friday, Saturday & Sunday 9am-5pm Cranbury NJ. Become a certified Reiki Master Teacher by taking a 3-day workshop. Receive the highest symbols, and start offering Reiki classes to your clients. Tuition \$1050. RAYKISchool.com and click event & class to register, or contact Contact@RAYKISchool.com

SATURDAY, APRIL 27

World T’ai Chi & Qigong Day Enter the Cosmic

Rhythm with easy, gentle movements that help improve health & well-being. Must register for details. Call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com. FREE morning practice, but your registration holds your spot as space is limited. In Columbus, NJ.

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

SUNDAY, APRIL 28

Essentials to Mediumship 10am-4pm This workshop is for anyone who would like to develop their natural gifts of Mediumship. Learn: The Chakras, the Clairs, types of mediumship, proper meditation, meeting your Spirit guides, proper format of giving a reading, ethics of Mediumship and your responsibility to the spirit world, the importance of evidence, how to give a message and so much more! Receive certification and 2 free vouchers to attend practice circle with fellow mediums. Class facilitated by International Psychic Medium Dolores Rilho \$199 after 4/23 \$239 Supreme Soul Center @ The Salty Zen 8 Main St, Keyport, www.DoloresRilho.com pre-registration required.

MONDAY, APRIL 29

7 Week Makeover Program – starts on April 28th at 8:30pm. The Program utilizes fasting, ketosis and Diet Variation to maximize stem cells for health and longevity. You will learn a dietary strategy that is right for your body, the key to burn stored fat and not just glucose and discover why toxins may be the reason you struggle to lose weight. You will get rid of bad cells and reset your DNA, activate stem cells, optimize hormones, heal the brain and the gut. See News Brief for more details.

TUESDAY, APRIL 30

FREE Workshop: Solutions to Chronic Stress, Adrenal "Fatigue", And Autoimmune Issues 7-8 pm. Learn more about the importance of HPA Axis, and how to overcome the adrenal problems (Chronic Fatigue, Weight Gain, Anxiety/Depression, Poor Digestion, Sleep Issues, Hair & Skin Problems, etc.) by addressing food sensitivities (not allergies), thyroid dysfunction, hormonal / neurotransmitter imbalance, digestive issues, chronic inflammation, and detoxification. To reserve your spot, please RSVP Ada at 732.333.6680, and visit www.OptimalHealthGuide.com. Wemrock Professional Mall (sign at the entrance to medical plaza), 501 Stillwells Corner Rd., Bldg A / Dr. Borgersen's office, Freehold, NJ.



on going events

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



sunday

Kundalini Yoga 10am - 11:15am This beautiful, ancient healing practice incorporates yoga postures, breath work, and meditation to help us empower ourselves from within. The class opens with chanting (optional to chant). pranayama (breath work), yoga moves, then close the practice with a meditation. The class is 75 mins and great for all levels of experience. Trinity Wellness Emporium, Union Beach 732.217.1566.

monday

Beginner Qigong Class taught by Shoshanna Katzman 11am at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Suitable for all ages and abilities! Qigong is a form of Chinese exercise characterized by gentle, flowing movement practiced to enhance health & longevity. The movements are done to integrate body and mind, strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation. The Qigong workout you will experience is based on Shoshanna's book and DVD "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy." Visit www.healing4u.com or call 732.758.1800 for more info.

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

Basic Slow Flow 6:45-7:45pm This class is great for beginners and all levels of yoga. This flow class is a great way to raise the bar for beginners that want to transition their practice into more of a flow or bring the season yogi back to the basics. In this class we

focus on paying attention to the breath, posture, and moving with mindfulness to ensure the proper alignment of each posture.

Basic Slow Flow. Trinity Wellness Emporium, Union Beach 732.217.1566.

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

tuesday

I Am Avatar Series 7-9:30pm, every other Tuesday in Cranbury NJ Ascension lecture series - covering I AM consciousness, Astra traveling etc. Meet 6 times. \$35/meet RAYKISchool.com and click event to register, or email Contact@RAYKISchool.com

Tuesday Meditations: 7-8pm, Come join our weekly group guided meditations. De-stress from your hectic weekend and Manic Monday. Recenter and Regroup yourself for the coming week and be ready for whatever life brings your way. For all levels: Beginners to Advanced. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$10pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadamysticalshoppe@yahoo.com Web: Ayearandadamysticalshoppe.com **Ask us about private meditation sessions

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

Reiki & Energy Balancing Sessions Just for you to re-lax, re-balance, & re-energize in a comfortable environment. 2:30-5pm New Egypt. For appointments call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com.

wednesday

Reiki & Energy Balancing Session Just for you. To re-lax, re-balance, & re-energize in a comfortable environment. 2:30-5pm New Egypt. For appointments call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com.

Qigong & Gentle Yoga (STANDING OR CHAIR) 4:30-5:30PM ---Learn/practice Qigong energy exercises and Gentle Yoga stretches for flexibility,

balance, cardio, brain, connective tissue & musculoskeletal health & strength, including shoulders, knees, hips, pelvis & spine, also recovery from injury/surgery. Ends with restorative guided imagery. Standing & chair options will be shown. Beginners & All Levels. Neptune Community Center, across Stop & Shop Plaza. \$8.00 Fee. Carol is a Natural Health & Reiki Practitioner, certified in Therapeutic Yoga, Yin, Vinyasa, Pre-Natal, Children's Yoga & holds Qigong certifications. Email cazstarpup@aol.com for more info, addtl. classes/locations, changes/cancellations.

Alignment Yoga 4:30pm. Just \$2.00! Yoga improves your life. Whether you are new to yoga or been practicing for a while, this class will benefit you. When your body is in alignment, your mind will be free to invite peace and ease within and around you. This form of yoga aligns with the divine and clarity in your body, mind and spirit. Yoga as a way of life will bring you flexibility and strength beyond what you imagine on and off the mat. Location: Belmar Community Center 7th Ave & D St. for more info call: 732.567.0206 or check Belmarlibrary.org.

Yoga Kalachakra Astrology Charts/Related Classes Based on the original medical and lifestyle chakra organ planetary chart system, Carol has been teaching how to cleanse, energize & rebalance each chakra/planet/organ meridian system in yoga, qigong & chakra classes/workshops for over 20 yrs. She works with energy medicine, vitality exercises, yoga asanas, sound, imagery, crystals & her aromatherapy blends, & teaches optimum hours, days of each week & season to focus on upcoming or preventive issues and best times to maximize daily benefits for physical/emotional/spiritual health, relationships, career & finances. Email cazstarpup@aol.com for related classes, individual charts, more info.

Gentle Yoga Stretch & Strengthen (STANDING OR CHAIR) 5:45-6:45pm Stretch, balance, align & flow with gentle yoga poses & stretches for flexibility, stability, and to support & strengthen the immune, cardio, connective tissue & musculoskeletal systems, including knees, hips, pelvis & spine. Standing & chair options will be shown for finding your balance between comfort or more challenge. Ends with restorative guided imagery. Beginner & All Levels. Neptune Community Center, 117 Third Ave. \$8.00 Fee. Carol is a Natural Health & Reiki Practitioner, Certified in Therapeutic Yoga, Hatha, Yin, Pre-Natal & Children's Yoga and Qigong. Email cazstarpup@aol.com for more info, addtl. classes, changes/cancellations.

Qigong Class taught by Shoshanna Katzman 6pm at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Suitable for all ages and abilities! Qigong is a form of Chinese exercise characterized



by gentle, flowing movement practiced to enhance health & longevity. The movements are done to integrate body and mind, strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation. The Qigong workout you will experience is based on Shoshanna's book and DVD "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy." Visit www.healing4u.com or call 732.758.1800 for more info.

Kids Yoga - 5-8 yrs. 4:30-5:30pm Kids Yoga is a 60-minute class for children ages 5-8 yrs. old. Teaches children about the fundamentals of yoga, kindness, creativity, meditation, mindfulness but in a REALLY fun way through games, music, books, crafts, dancing, yoga etc. Trinity Wellness Emporium, Union Beach 732.217.1566.

Wednesday Sound Healings/Meditations: 6-7, Come join our weekly group sound healings and guided meditations. For an hour each Wednesday evening, enjoy the experience of unique sound healings and meditations for healing mind, body and spirit. Through the use of crystal bowls, guided sounds, singing and chanting we will facilitate your healing journey. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$20 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371, Ayearandadamysticalshoppe@yahoo.com

Develop your Mediumistic abilities 7:15pm to 9:30pm in a safe, loving, and growing environment. Each week will be different in development lessons. Class will open with a meditation, followed with quick group discussion or concerns in development followed with group practice. You will be pushed outside of your comfort zone to pull in unique evidence. This circle is facilitated by International Psychic Medium Dolores Rilho. Call 732.217.1478 or email www.DoloresRilho@gmail.com to register. No walk-ins. This circle is limited in size so we can build and grow the energy of the group and sharpen the effectiveness of our connections.

thursday

T'ai Chi Class for Beginners taught by Shoshanna Katzman 10am at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Tai Chi is traditionally known as "meditation through movement." The form you will learn is the Guang Ping Tai Chi form for which Shoshanna is a 6th generation lineage holder. It is a Yang Style comprised of flowing movements that promote energy, balance, serenity, grounding, strength as well as mind, body, spirit

wholeness. Simply call before coming so we can give you more specifics. Visit www.healing4u.com or call 732.758.1800 for more information.

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

friday

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

Reiki & Energy Balancing Sessions Just for you, to re-lax, re-balance, & re-energize in a comfortable environment. 2:30-5pm Toms River. For appointments call 609.752.1048 or email Siobhan@NextStepStrategiesLLC.com.

Tween Yoga 9-12 yrs. 4:30 - 5:30pm Tween Yoga Class is designed to teach your tweens about the fundamentals of yoga, getting them ready for an "adult" yoga class by teaching them about the different poses, mindful movements and meditation. We incorporate mindful activities like journaling, games, crafts into the class to keep it fun, interesting and to help with socialization for your child. Trinity Wellness Emporium, Union Beach 732.217.1566.

saturday

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

Guardian & Me (Toddlers - 4 yrs.) 11:45am-12:30pm - This class for parents and their children ages, designed to bring mindful movement, music,



crafts, interaction and socialization to everyone. This class is designed for walking Toddler through 4yrs old. Trinity Wellness Emporium, Union Beach 732.217.1566.

save the date

SATURDAY, MAY 4

Deepak Chopra: The Nature of Reality - 7:30pm. Explore the nature of reality through power of intention and manifesting your dreams while learning how renowned mind-body healing pioneer Deepak Chopra's work is changing the way the world views physical, mental, emotional, spiritual and social wellness. VIP ticket includes a great seat, a copy of his newest book, a pre-lecture book signing and a photo opportunity. \$30-\$80. Paramount Theatre, 1300 Ocean Ave, Asbury Park. 732-897-6500. Ticketmaster.com.

save the date

SUNDAY, MAY 5

Plant Swap! 1-2:30pm Collingswood Library, 771 Haddon Ave, Collingswood, NJ. Bring your extra veggie/flower seedlings, perennial divisions, bulbs, shrubs, healthy house plants, or just come empty handed, and leave with new (to you) plant varieties. Please place your plants in containers, label them as well as possible and make sure they are non-invasive, as well as pest & disease-free. The SJ Seed Circle Library will be on hand with seeds that can be started now. Free and open to the public. Facebook: <https://facebook.com/events/2213754082211879>? More info: call 856.425.2221, www.GMOFreeNJ.com/events

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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 Diplomat 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! .

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

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

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BIO FEEDBACK/STRESS MANAGEMENT THERAPIST

LAUREN A. SALANI, LCSW, BCB

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



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

treatment that may be used alone or in conjunction with other medical treatments and medications. And, moving in the direction of health feels good! If you are interested in biofeedback to reduce stress and pain, please call my welcoming office.

CHIROPRACTIC

DR. JULIE PAGE

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



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

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

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



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

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

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

MASSAGE

SANCTUARY MASSAGE

Sally Kurth LMT,APP
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Break old habits, Develop new rituals, Visual your life as you want it to be. Know it in your minds-eye, Feel it in your actions. Roseann is a Wellness coach, certified in Hypnotherapy, Past Life Regression, Neuro-Linguistics, Tree Reading and Reiki Master. A private session combines various modalities with the vibrational energy of the client to allow healing and well-being. Roseann specializes in Stress Coping Skills, Weight Management,

Smoking Cessation and Recovery Re-Enforcement. Roseann offers private session and group meditation circles. Membership includes: National Guild of Hypnotists and Monmouth/Ocean Reiki Group. For more call for a Free phone consultation.

RETAIL

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POSITIVE PSYCHOLOGY PRACTITIONER

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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.

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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.

DOLORES RILHO

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



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

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Michele Lipari- Certified Reflexologist
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Mliparireflexology.com (732)887-3352



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

removal due to the fact that the infrared waves are absorbed more deeply in the cells of the body. Benefits include increased circulation, improved skin tone, eliminates joint and muscle pain, relieves tension and increases energy.

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ALBERT ORATIO PH.D., CCC-SLP

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Red Bank, NJ 07701 (732) 298-4769



Dr. Oratio owns and operates Monmouth Center For Communication Disorders. It is a full range speech therapy center offering diagnostic and speech therapy services for children and adults. He earned his Ph.D. in Speech Pathology from Bowling Green State University in Ohio.

His credentials include both licensure and certification as a Speech-Language Pathologist in the State of NJ, and the Certificate of Clinical Competence from the American Speech-Language-Hearing Association.

YOGA

MONMOUTH BEACH YOGA & WELLNESS

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



Monmouth Beach Yoga & Wellness has been voted the best in Monmouth County by Monmouth Health & Life Best of Monmouth County readers' choice awards 5 years in a row & the Best of Asbury Park Press readers' choice in 2015, best of New Jersey Monthly 2017 & 5 stars from Kidgooroo. At MONMOUTH BEACH YOGA & WELLNESS we believe "YOGA IS FOR EVERYONE" regardless of age, limitations & injuries. We offer OVER 40 CLASSES A WEEK FOR ALL LEVELS. Our Mission is to provide a variety of fitness modalities that are therapeutic, fun &

practical. We have weights, bands & props that allow you to use your body to stretch & strengthen to challenge both your body & mind. We offer classes aimed at developing strength, balance, coordination & flexibility, while being in a supportive, healing, safe & non-competitive environment. We are committed to offering students inspiring classes as well as a whole yogic lifestyle. Come in and check us out, you will be glad you did. Yoga, fitness and retail therapy at its finest.

THE YOGA LOFT

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



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

TRINITY WELLNESS EMPORIUM

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



Trinity Wellness Emporium is a yoga studio & metaphysical boutique that offers yoga, meditation, and fusion classes for all ages and levels of experience. All our teachers are certified to ensure your safely aligned so you get the most out of your practice.

We offer a variety of classes to fit your need, with prices to fit your budget. We have many specialty yoga classes and workshops like prenatal, chair yoga, yogilates, and kids' classes. Our boutique offers a variety of curiosities: crystals, sage, apparel, jewelry, organic body care, and more! We also offer services like Angel Card readings, space clearing, private yoga sessions; by appointment only. Come take a class, get a reading or find yourself the perfect crystal, you'll be happy you did!

TULA YOGA

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



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





EMPOWERING OUR COMMUNITY

to achieve optimal health
and healing

Hackensack Meridian Integrative Health & Medicine has developed a comprehensive health and wellness program like no other. Completely customized and focused around our Five Pillars of Health & Well-Being: Sleep, Activity, Purpose, Nutrition and Resilience. Begin your path to optimal health with one of our clinical experts: integrative medicine physicians, nurse practitioners, acupuncturists, nutritionists, massage therapists, health coaches, health psychologists, and movement & energy therapists.



To learn about the events and classes we offer or to schedule a consultation, please call 732-263-7999 or visit HackensackMeridianHealth.org/IntegrativeMedicine for more information.

