

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE



MISSION:
ANIMAL RESCUE
Big and Small,
They Need Our Help

**LET FOOD BE
THY MEDICINE**
And Medicine Be Thy Food

**TOP 10
REASONS**
To Have An
Organic Garden



EVERY ISSUE IS
A GREEN ISSUE

March 2015 | Monmouth • Ocean | najerseyshore.com

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

Benefits of Bio-Identical Hormone Therapy for Women:

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

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

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

Naturally treat and prevent:

- Obesity
- Heart Disease
- Diabetes
- Cancer
- Arthritis
- Hypertension
- Thyroid
- Degenerative Conditions of Aging
- Holistic Treatments Including: Nutritional Therapy & Chelation Therapy

The Secret to Great Health, Super High Energy, Vitality & Sexuality



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

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

**FREE
SUZANNE SOMERS
BOOK OFFER
to All New Patients**



Healthy Living

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

Balancing Hormones and Body Chemistry

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

Stress Reduction & Emotional Resiliency

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

Call For a
FREE
Consultation



Lifestyles Medical, LLC

PERSONALIZED INTEGRATIVE, ANTI-AGING, REJUVENATIVE & PREVENTIVE MEDICINE

VINSON DISANTO D.O., PHD., CCN LAUREN SALANI, L.C.S.W., BCB

107 Monmouth Road, Suite 104, West Long Branch, NJ

732-542-2638 www.lifestylesmedical.com

contents



7

- 5 **newsbriefs**
- 8 **healthbriefs**
- 10 **globalbriefs**
- 12 **ecotip**
- 22 **greenbeauty**
- 24 **cleanoceanaction**
- 28 **petadoptions**
- 31 **myofacialrelease**
- 32 **staysharp**
- 34 **drawatree**
- 35 **simplesoup**
- 37 **soundhealing**
- 38 **regularmeditation**
- 41 **inspiration**
- 42 **calendar**
- 47 **resourceguide**
- 51 **wellnessdirectory**



8



12

advertising & submissions

HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 732-230-7337 or email: advertise@NAjerseyshore.com. Deadline for ads: the 10th of the month.

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

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 239-449-8309. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

www.najerseyshore.com

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

14 MISSION: ANIMAL RESCUE

Big and Small, They Need Our Help
by Sandra Murphy

17 THE EARTH DIET

Liana Werner-Gray on Simple Eating
by Lane Vail

18 TOP 10 REASONS

To Have an Organic Garden
by Kenny Baldo

20 FINANCIAL TIPS

Be Smart About Your Retirement Plan
by Salim Omar

26 LET FOOD BE THY MEDICINE

and Medicine Be Thy Food
by Dr. Robert H. Sorge

30 ESSENTIAL OILS

For A Clear and Creative Writing Process!
by DeeAnna Nagel

36 HEY! YOUR PURPOSE IS LOOKING FOR YOU!

by Fran McConnell

39 FOOD

The Chinese Medicine Way
by Shoshanna Katzman

40 LIGHT THERAPY

Harness the Power of the Sun to Heal Your Body!
by Ruthann Russo



14



20



40



39



contact us

Publisher
Sharon Shaffery
Christine Odegaard

Editors
S. Alison Chabonais, Linda Sechrist
Theresa Archer

Design & Production
Stephen Blancett
Zina Cochran
Kent Constable
Christine Odegaard

Multi-Market Advertising
239-449-8309

Franchise Sales
239-530-1377

P.O. Box 61
Leonardo NJ, 07737
732-230-7337
sharon.shaffery@gmail.com

© 2013 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call to find a location near you or if you would like copies placed at your business.

We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

SUBSCRIPTIONS

Subscriptions are available by sending \$25 (for 12 issues) to the above address.

letter from publisher

Hello Friends,

The days are getting longer, and soon they will be warmer... oh I am really looking forward to that. This has been a fun winter, but I am so ready to see my flowers again.



I experienced an amazing display of kindness this month. The first snowstorm of the year had just ended, the sun came out with a blinding reflection, and the day was off to a glorious start. My friends and I grabbed our sleds and headed to Huber. It was so much fun! In the fields, on the snow-covered roads – we conquered every hill. After a couple hours we headed home – where the fun continued. My little neighbor AJ had his hockey net set up in the street, and the pucks were gliding on the snowy surface like his own personal rink – who could turn down an invitation to play? Not me! Not Christine! We were out in the street for at least an hour laughing, cheering and carrying on. That is when an unfamiliar car rolled up in front of my house. An attractive couple leaned over and said “Sharon”? Yes, I replied. “Did you lose something?” As the husband held up my wallet. My jaw hit the ground. He said to me “You didn’t know it was missing?” “I had no idea” I said – “we’ve been playing all day”. I was just so stunned that I had lost my wallet in Huber Woods and before I knew it was missing, it was returned to me. We live in an amazing place! And, I thank that wonderful couple for going out of their way and being so kind.

Some Important dates are coming up...

- 👉 April 10-12 Mind Body Spirit Expo returns to the Garden State Exhibit Center.
- 👉 April 11th don't miss the 4th Annual Wellness Expo at Georgian Court. Come say hi to Christine and Me. 😊
- 👉 Sunday April 25th Clean Ocean Action Beach Sweep – hope to see you there!
- 👉 Sunday May 23rd – March Against Monsanto NYC – really hope to see you there! Meet us at the Seastreak and we can all go together. 😊

Last year Christine and I welcomed Spring from the beach in Tulum Mexico. This year I am looking forward to greeting the season from our beach right here. My personal experience has been that if you have your intentions set as you go into the season of rebirth, you reap amazing rewards by the fall harvest. Check out the calendar for some solstice celebrations if you want to discover what I'm talking about.

Thank you once again for all of your continued support. You are all so wonderful, and I love it when we get to meet you at the calendar events. Thank you to our advertisers who make this all possible! And thank you Team! We are all so lucky to be on this magic carpet ride together. 😊

Warm wishes,

Sharon

newsbriefs

Free Seminar, Wednesday, March 18

Change is hard! If you've tried everything and realized you need help, Wholetrition in 12 is there to support you on your journey to health and wellness.



Get the tools you need to transform your mind and body. This unique program combines clinical nutrition along with exercise. Done in a group setting you will be more motivated to create the life you deserve. If you are ready to commit to your health, sign up

for a free class today!

Contact Alesha via email wholetrition@gmail.com to schedule a free class to or attend the March 18th seminar! Seminar will be held from 7-8pm at Wholetrition Wellness, 935 Highway 34, Ste 2D, Matawan, NJ.

Abundance Angel Workshop

Have you considered the Angels as a resource to help you increase your supply of money, food, time, opportunities, or whatever you desire more of? Why not? The more friends that can help you the better. You only need to call upon them with a sincere heart. Come and be with the Angels in a meditation and interactive workshop. Learn how to open the channels of divine communication so you can more clearly see, hear, feel and know the messengers of heaven.

Join Angel Therapy Counselor Jane E. McNeil, to learn the simple ways to connect with the angels.

Thurs, Mar 12 6:30-8pm at New Jersey Community Spine & Pain Wellness Center, Toms River. Fri, Mar 13 6:30-8pm at the White Sands Oceanfront Spa, Point Pleasant Beach. Reservations required, seating is limited, call 704-907-0008. \$25 Fee for the Angel Workshop.

Spring Equinox - Let's Celebrate Together

Come and join us at WATERSPIRIT to celebrate and reflect on the freshness and excitement of the rebirth of nature. Enjoy this evening of reflection and ritual in celebration of Spring, a season of new vitality and energy for Earth and the human spirit.

Reservations are preferred. e-mail: waterspirit@stellamaris.comcastbiz.net or call 732-923-9788. Donations according to means. 7- 8:30 PM WATERSPIRIT at Stella Maris Retreat Center, 981 Ocean Avenue, Elberon.

Welcome the new year with a strong commitment to be well and sign up for

12 WEEKS TO WELLNESS

Start your journey to gain ENERGY, CONFIDENCE and POWER over your health!

SHORE HANDS

FAMILY CHIROPRACTIC

INCREASE
Your Focus Your Stamina Your Digestion

DECREASE
Your Weight Your Resting Heart Rate Your Toxic Load

IMPROVE
Your Nerve Flow Your BMI Your Internal PH
Your Blood Pressure Your Hip to Waist Ratio

**AFFORDABLE RATES FOR NEW AND EXISTING PATIENTS
(INSURANCE ACCEPTED IF APPLICABLE)
CONTACT FOR FULL DETAILS**

2 LOCATIONS
16 MONMOUTH ST · RED BANK
61 MEMORIAL PKWY · ATLANTIC HIGHLANDS
WE OFFER ONSITE WEEKLY APPOINTMENTS
FOR LARGE GROUPS OR COMPANIES

732-872-8009 · shorehands.com

RealHealthSolutions

Center for Functional Medicine
Safe Lymphatic Drainage & PureBioEnergy

732-414-6223
45 N Main St, Marlboro, NJ, 07746
inna@realhealthsolutionsllc.com

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

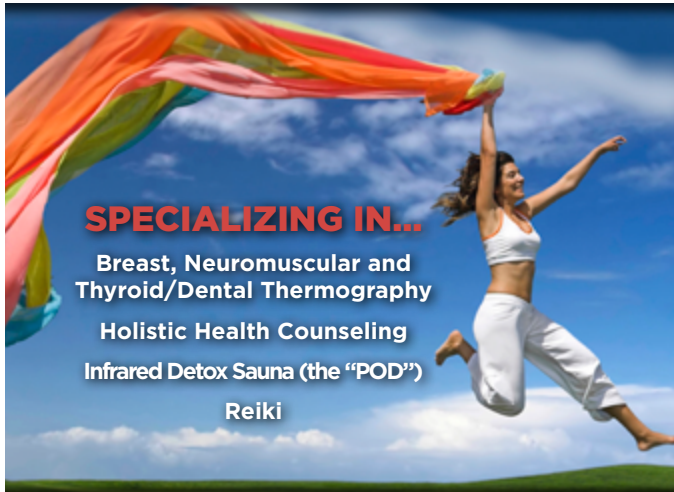
Have you check your hormones lately?
Also, for a tremendous added benefit we offer **LET (safe lymphatic detox) and PureBioenergy.**

Inna Lukyanovsky, RPh
Registered Pharmacist and Functional medicine practitioner

Russell Lukyanovsky, RPh
Registered Pharmacist and certified BioEnergy therapist

WELLNESS SERVICES FOR NATURAL BALANCE

TDI Thermographic Diagnostic Imaging &
Health Through Awareness



SPECIALIZING IN...

Breast, Neuromuscular and
Thyroid/Dental Thermography

Holistic Health Counseling

Infrared Detox Sauna (the "POD")

Reiki

Philip Getson, D.O.
Liesha Getson, B.C.T.T.
856-596-5834

Garden State Community Medical Center
100 Brick Road, Suite 206 • Marlton, NJ 08053
www.tdinj.com • www.healththroughawareness.com

Bring in this ad at the time of your
thermogram and receive a \$25.00 discount!

Learn to manage Stress and Anxiety - FREE Workshop

Are you feeling overwhelmed, by increased stress levels? Can you physically or emotionally afford to let your stress levels get any higher? Learn about ways to strengthen the Adrenals and Thyroid with diet, lifestyle and whole foods. This approach can easily support the stress gland (Adrenals) so you will experience immediate relief. This interactive seminar is not your typical stress reduction workshop. Learn some simple tools to reduce your stress & anxiety now. Improve your energy and Celebrate Your Life! Join Certified Nutritionist Jane E. McNeil, CN CH. Jane has worked with doctors and patients for 15 years to improve their lifestyle and help give them immediate relief.

Tues, Mar 10 5:30-6:30pm at New Jersey Community Spine & Pain Wellness Center in Toms River. Fri, Mar 13 5:30-6:30pm at the White Sands Sea Spa, Point Pleasant Beach. Reservations required, seating is limited, call 704-907-0008. No Fee for Educational Seminar.

New Home For Permanent "Weight Loss Thru Body Cleanse" Center

Infinite Possibilities Inc. has moved one of their 7 offices to a new home at 615 Hope Road in Eatontown. At Infinite Possibilities clients receive a comprehensive

"A New and Healthier You"



education of the RAPID K system of weight loss through body cleansing. Their three-pronged approach of acupuncture, reflexology and natural foods help clients to lose weight quickly, come off of their medications in an

amazing amount of time through their physicians and feel great. This individualized program addresses each client's special needs from health issues to proportional weight loss. Owner, Shima Chayvet makes sure clients receive individual support throughout the program, ensuring they are successful. Infinite Possibilities guarantees that the weight loss and phenomenal gifts of health are sustainable.

Attend a comprehensive, free, no obligation orientation session and decide if the program is right for you. These sessions provide great insight into some of the reasons for weight gain and illness along with an informative, honest discussion about the expectations and requirements of the RAPID K system of weight loss through body Cleansing. Attendees to the free seminar can start the program immediately or return at a later date.

For more information call 732.544.2011 or go to www.iploseweight.com. See page 29.

THE FINICKY FRAMER

Quality Custom Picture Framing

Prints	Certificates
Mirrors	Needlework
Posters	Photographs
Paintings	Sports Memorabilia

661 Highway 35
Shrewsbury, NJ 07702
732-747-2922
www.thefinickyframer.com

Easter Lamb from the Arctic Butcher

The Arctic Butcher is once again offering their Merino Lamb for your Easter Celebration. Michael Sirchio says, "Merino Lamb is considered the New Gold Standard for Lamb. It is enjoyed by many people because of its distinguishable flavor compared to that of conventional lamb which is often described as having a very strong & gamy taste." Merino Lamb is naturally leaner, because it is raised on New Zealand's Alpine Pastures where the lamb graze on herbs and tussock grasses.



Our Merino Lamb enjoys the status of "open range". There are plenty of "free range" claims out there, but how many can boast 4 acres of pristine mountainside per animal? Now that's true, open-range living! Not only that, but Merino Lamb is raised without GMOs, hormones or antibiotic growth promotants.

Merino meat is fine-grained, silky, succulent and marbled, without the heavy fat deposits found in conventional lamb. For this reason, it is very tender with a mild, elegant flavor and a clean palate as opposed to the strong, gamy taste associated with traditional lamb. This allows you to pair it with many flavors, making it a more desirable choice. In addition, because it is leaner, the meat will cook faster & finish at lower temperatures. Sirchio says, "Silere Alpine Origin Merino Lamb is considered the New Gold Standard and would make an excellent choice for your Easter dinner.

We're very happy to offer a healthy, flavorful lamb that you and your family will love."

For more information, please contact the Arctic Market & Butcher @ 732-899-6328 or find them on the web at www.arcticbutcher.com.

FREE WEBINAR- Thyroid Dysfunction and Adrenal Fatigue

On Wed Mar 25th Join Ben Briggs, R.Ph, IACP, CNC Owner of Lionville Natural Pharmacy and Health Food Store as he talks about thyroid dysfunction and adrenal fatigue. He will discuss the role of the thyroid and its impact on multiple body systems as a critical component of overall hormonal balance.



Ben Briggs

Hypothyroidism presents a myriad of symptoms which may not be diagnosed for years, and more than half of all people with thyroid disease are unaware of their condition. Working in conjunction with the thyroid, the adrenal glands secrete hormones that are essential to health and vitality and significantly affect total body function. It is impossible for a person with overworked adrenal glands to achieve optimal hormonal balance.

Ben will be discussing treatment options for regulation of the thyroid and adrenal glands for optimization of health.

Journal to Joy Part 2

Workshop with Fran McConnell, CPC, ELI-MP – Write Your "PGP" and Live on Purpose!

Picking up from the contemplative and action-oriented writing exercises covered in Journal to Joy Part 1, this second journaling workshop will introduce additional techniques and thought provoking writing prompts so you can effectively compose your Personal Growth Plan ("PGP") for the next 6 to 12 months. The PGP will serve as a motivating baseline for you to continue your journaling practice and achieve your desired professional and personal goals.

Come join us for a relaxed, productive afternoon of self-exploration and inspiration! Past participation in Journal to Joy Part 1 is not required.

Sat, Mar 7, 1-3:30pm at Monmouth Beach Yoga & Wellness. Register on line at mbyogaandwellness.com or by calling the studio at (973) 452-2828. Cost \$35 in advance; \$40 at the door.

Healthy Lifestyle App Now Available for Android Users

The *Natural Awakenings* healthy living, healthy planet lifestyle app has been upgraded with a brand-new look and updated features. The free app, already downloaded by more than 40,000 iPhone users, is now available on the Android platform.



Natural Awakenings makes staying in touch with the best choices for a green and healthy lifestyle easier than ever. Find products, practitioners and services dedicated to healthy living, plus articles on the latest practical, natural approaches to nutrition, fitness, creative expression, personal growth and sustainable living by national experts with fresh perspectives and inspired ideas.

New features include signing up for promotions, updates and newsletters, as well as convenient links to the *Natural Awakenings* website and webstore. Find a local magazine; a national directory of healthy, green businesses, resources and services, complete with directions; updated national monthly magazine content; archives of hundreds of previously published articles that are searchable by key words; and an archive of articles in Spanish.

"These upgrades and expanded accessibility will empower people to enjoy healthier, happier and longer lives wherever they are more easily than ever before," notes *Natural Awakenings* founder Sharon Bruckman. "Offering free access to *Natural Awakenings'* powerful network of healthy living resources through this exclusive app is another way we can serve our users."

To download the free app, search for *Natural Awakenings* on Google Play or the Apple app store or visit NaturalAwakeningsMag.com.



INTEGRATIVE-FAMILY MEDICINE

David Dornfeld D.O.
Giulio Bianchi M.D.
Juliane Hochstadt PA-C

- Heavy Metal & Mercury Detoxification
- Lyme Disease
- Hyperbaric Oxygen Therapy
- IV Vitamin Therapy
- Chelation Therapy
- Autism
- Natural Thyroid & Hormone Balancing
- Neurotransmitter Evaluation
- Advanced Diagnostic Testing
- Massage Therapy / OMT

732.671.3730

The ONLY Physician CERTIFIED in Chelation Therapy in Monmouth & Ocean counties

www.osteodocs.com

1680 Route 35 South, Middletown, NJ

NEW STUDENT SPECIAL:

3 Classes for \$30

(first visit only, expires within 30 days of first class)

YOGA CLASSES for all levels and ages.

WORKSHOPS on various topics for all interests.

Power Flow	Kids Yoga	Yoga Basics
Express Power	Flow & Let Go	Kundalini
Heated Power	Stretch & Breathe	Yin Yoga
Vinyasa Flow	Meditation	Beach Yoga
Hatha Flow	Yoga 4 Athletes	Warm Sunrise



MONMOUTH BEACH

yoga & wellness

We are PROUD & GRATEFUL to be awarded



Like us on facebook:
www.facebook.com/byogaandwellness



Download the free app & add us as a favorite to receive the daily schedule.

We believe yoga is for EVERYONE, regardless of age, limitations or injury.

HONOR YOUR BODY!

healthbriefs

Ginkgo Biloba Calms ADHD, Boosts Memory



Researchers from Germany's University of Tübingen's Center for Medicine tested the *Ginkgo biloba* extract EGb761 on 20 children diagnosed with attention deficit hyperactivity disorder (ADHD) in a clinical trial. The children were given up to 240 milligrams (mg) of the extract for between three and five weeks. Before, during and after the treatment, the scientists evaluated the children by testing the brain's

electrical activity, along with other ADHD-related tests. Those that had received the extract exhibited significant improvement in ADHD symptoms.

A study from Liberty University, in Virginia, previously examined 262 adults ages 60 and over with normal memory and mental performance and found that the same Ginkgo biloba extract improved their cognitive scores. Half of the study participants were given 180 mg of the extract daily and half were given a placebo. Standardized tests and a subjective, self-reporting questionnaire found the Ginkgo resulted in significant cognitive improvements among the older adults.

BUGS LINKED TO FACTORY FARM ANTIBIOTICS

The bacteria *E. coli* now causes 75 to 95 percent of all urinary tract infections, and research from Iowa State University has confirmed that such occurrences are linked to factory farms that use antibiotics. The findings support a study previously completed by scientists from the Johns Hopkins University School of Medicine and George Washington University that shows a strain of antibiotic-resistant *E. coli* called ExPEC, an extra-intestinal pathogen, was genetically traceable to factory-farmed animals receiving certain antibiotics.



The National Antimicrobial Resistance Monitoring System reports that 75 percent of chicken and turkey, 59 percent of ground beef and 40 percent of pork meats tested were contaminated with *E. coli*, and that the strains were predominantly multi-drug resistant.

Meditation Minimizes Migraines



Researchers from the Wake Forest School of Medicine found that mindfulness meditation significantly reduced the number and duration of migraines among 19 episodic migraine patients. Ten were given eight weeks of mindfulness classes with instructions for adding personal meditation in-between sessions. The other nine received typical migraine care.

Those in the meditation group experienced an average of 1.4 fewer migraines per month, which averaged nearly three hours less than the ones experienced by those in the control group. Pain levels of the headaches reported by those in the meditation group averaged 1.3 points lower on a scale of one to 10.

Even Modest Drinking Raises Risk of Heart Disease



Contrary to the hypothesis that moderate drinking can be heart-healthy, a new study published in the *British Medical Journal* indicates that even light to moderate drinking increases the risk of heart disease.

In a large, randomized meta-study, researchers examined patient data from 261,991 European adults derived from 56 studies. Participants were classified as non-drinkers, light drinkers, moderate drinkers or heavy drinkers. The researchers also used a gene variation to determine alcohol intake—a genetic marker that indicates low alcohol consumption of less than 10 milliliters (about a third of an ounce) per week.

They found that those with the gene variation—and thus are virtually non-drinkers—had a significantly lower risk of heart disease, including stroke and hypertension, and that even light drinking significantly increased heart disease risk. The researchers concluded: “These findings suggest that reductions of alcohol consumption, even for light to moderate drinkers, may be beneficial for cardiovascular health.”

Register Receipts Low Risk for BPA

Research from the Finnish Institute of Occupational Health has determined that handling cash register receipts, common in credit card transactions, can increase exposure of the hormone disruptor Bisphenol A (BPA), but that exposure is well within limits considered safe when the receipts are handled under normal conditions.



The researchers tested 121 people exposed to the synthetic chemical through their skin and found their average BPA urinary excretion levels averaged 2.6 micrograms (mcg) per liter. The researchers then had test subjects handle thermal paper three times every five minutes, simulating a store cashier's handling of receipts. The researchers found those that handled the thermal paper during the simulation test had an average increase in their BPA urinary excretions of just under 0.2 mcg per liter per kilogram of body weight. The researchers noted that this was still 25 times lower than the European Food Safety Authority's proposed temporary tolerable daily intake of 5 mcg per liter per kilogram of body weight per day.

Primary sources of BPA exposure are plastics used in water bottles and many other consumer goods.

WILD THYME KILLS BREAST CANCER CELLS

A study published in the *Nutrition and Cancer Journal* reveals that the herb thyme is more than a cooking spice. Scientists tested a methanol extract of *Thymus serpyllum*—also referred to as wild thyme—on two types of breast cancer cells and found that it was able to kill them in laboratory testing. The testing also found the extract to be safe for healthy normal breast cells. The researchers state that wild thyme may provide the means for a promising natural cancer treatment.



A Walk in Nature is a Path to Progress



Explore new territory, advertise in *Natural Awakenings'* April Nature's Wisdom & Healthy Home Issue

natural awakenings

To advertise or participate in our next issue, call 732-230-7337

All gardening is
landscape painting.

~William Kent



A dog is a vehicle,
you know; a dog
is a window to
Mother Nature, and
that's the closest
species we have.

~Cesar Millan



globalbriefs

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

Salty Harvest

Seaweed May Be the New Lettuce

Food items such as kelp, dulse, alaria and laver may be unfamiliar now, but likely not for long, as these and other varieties of edible seaweed and sea vegetables appear on more shopping lists and restaurant menus. These ingredients are already favored by cooks for the jolt of salty goodness they bring to soups and salads and by health food advocates that appreciate their high levels of essential minerals. Goodies in the pipeline include seaweed-filled bagels, ice cream and chips.

The trend toward farming seaweed instead of harvesting in the wild is making news. Working waterfronts often go dormant in the winter as lobstermen that work during warmer months move inland out of season for part-time jobs. Seaweed is a winter crop that can keep boats out on the water, providing year-round aquaculture employment.

Entrepreneur Matthew Moretti, who operates Bangs Island Mussels, a shellfish and kelp farm in Casco Bay, near Portland, Maine, explains, "Mussels are monoculture," so he has been growing sugar kelp between mussel rafts to create a more ecological model.



Source: Johns Hopkins Bloomberg School of Public Health Center for a Livable Future

Holy Batastrophe!

Wind Turbines a Kill Zone for European Bats

Bats are vital natural pest controllers, saving the use of millions of pounds of pesticides by eating insects, but many species are declining across Europe, despite being protected, because wind turbines are seriously harming their populations. "It's most common in migratory species, with around 300,000 bats affected every year in Europe alone. Bats are found dead at the bottom of these turbines. One option is to reduce turbine activity during times of peak migration," says Richard Holland, Ph.D., of Queen's University Belfast, co-author of a study published in *Nature Communications* that sheds light on the problem.



Scientists have discovered the first known example of a mammal to use polarization patterns in the sky to navigate in the greater mouse-eared bat. The study demonstrates that the bats use the way sunlight is scattered in the atmosphere at sunset to calibrate the internal magnetic compass that helps them to fly in the right direction.

Holland says, "Bees have specially adapted photoreceptors in their eyes, and birds, fish, amphibians and reptiles all have cone cell structures in their eyes which may help them to detect polarization, but we don't know which structure these bats might be using. Anything we can do to understand how they get about, how they move and navigate will be a step forward in helping to protect them."

Source: Natural Environment Research Council (nerc.ac.uk)

Feeding the World

UN Lauds Small-Scale, Sustainable Agriculture

A recent publication from the United Nations Commission on Trade and Development (UNCTAD), *Trade and Environment Review 2013: Wake Up Before it is Too Late*, includes contributions from more than 60 experts around the world. They are calling for transformative changes in food, agriculture and trade systems to increase diversity on farms, reduce use of fertilizer and other inputs, support small-scale farmers and create strong local food systems.



The report includes in-depth sections on the shift toward more sustainable, resilient agriculture; livestock production and climate change; the importance of research and extension; plus the roles of both land use and reform of global trade rules.

The report's findings contrast starkly to the accelerated push for new free trade agreements, including the Trans-Pacific Partnership (TPP) and the U.S./EU Transatlantic Trade and Investment Partnership (TTIP), which will strengthen the hold of multinational corporate and financial firms on the global economy. Neither global climate talks nor other global food security forums reflect the urgency expressed in the UNCTAD report to transform agriculture.

Source: *Institute for Agriculture and Trade Policy (iatp.org)*

Cultivating Youth

Farming Seeks to Recruit a New Generation



With an aging population of farmers, it's clear that agriculture needs to attract more young people, because half the farmers in the U.S. are 55 or older. But for much of the world's youth, agriculture isn't seen as being cool or attractive—only as backbreaking labor without an economic payoff and with little room for career advancement. However, with some effort, young farmers can explore contemporary career options in permaculture design, biodynamic farming, communication technologies, forecasting, marketing,

logistics, quality assurance, urban agriculture projects, food preparation, environmental sciences and advanced technologies.

"Increased access to education and new forms of agriculture-based enterprises means that young people can be a vital force for innovation in family farming, increasing incomes and well-being for both farmers and local communities," says Mark Holderness, executive secretary of the Global Forum for Agricultural Research.

The New Entry Sustainable Farming Project (*nesfp.org*), in Massachusetts, trains young farmers in how to run a small farm operation, from business planning to specialized advanced workshops in livestock and healthy food. Likewise, the Southeastern New England Young Farmer Network (*YoungFarmerNetwork.org*) hosts free social and educational events that bring together farmers of all ages and experience levels to network and collaborate.

Source: *FoodTank.com*

Frack Attack

Drilling Poisons Both Water and Air

Major concerns about hydraulic fracturing, or fracking, as a means of extracting natural gas have centered on how toxic fracking fluids and methane injected into the ground can pollute water supplies. Now a new study published in the *Journal of Environmental Health* attests how fracking adversely impacts air quality, too.

Lead author David Carpenter, director of the Institute for Health and the Environment at New York's University at Albany, is concerned that fracking sites show potential to develop cancer clusters in years to come. The study found eight different poisonous chemicals in groundwater near wells and fracking sites throughout Arkansas, Colorado, Ohio, Pennsylvania and Wyoming at levels that exceeded federal limits, including levels of benzene and formaldehyde, both known carcinogens.

Approximately half of the air samples Carpenter analyzed exceeded federally recommended limits. Benzene levels were 35 to 770,000 times higher; hydrogen sulfide levels were 90 to 60,000 times higher; and formaldehyde levels were 30 to 240 times above a theoretically safe threshold. "Cancer has a long latency, so you're not seeing an elevation in cancer in these communities [yet]," says Carpenter. "But five, 10, 15 or more years from now, elevation in cancer incidence is almost certain to happen."

Source: *Crist.org*



Stop Drops

How to Find and Fix Leaking Pipes

While municipal water main breaks make news, it's just as important to be watchful at home. According to the Alliance for Water Efficiency, a typical home annually loses more than 2,000 gallons of water due to leakage. SNL Financial, an industry analysis firm in Charlottesville, Virginia, recently reported that water leaks cause \$9.1 billion in annual homeowner policy property losses. Sensing a less-than-stellar water flow or seeing a leak from a faucet or mold or damp spots on walls and ceilings can indicate possible water pipe problems.



Copper water lines can develop tiny leaks over time when the water supply is too acidic. Also, clogs can develop, regardless what lines are made of, from lime and rust accumulations, stressing sections and especially fittings. Particularly vulnerable are 45-to-65-year-old homes, the length of time corrosion-resistant coatings on interior and exterior pipes generally last (*OldHouseWeb.com*). Fortunately, if repairs are needed, most builders group water lines in predictable places; bathrooms are often stacked one atop another in multi-floor houses for easier placement of supply and drain lines, so work can be localized and focused.

Instead of costly copper, many plumbers have switched to PEX—a tough and flexible polyethylene—that doesn't require fittings or react to acid, like copper does. Repairs typically consist of replacing specific pipe sections as needed. Ask a visiting plumber to inspect all exposed plumbing lines to maximize the value of the service call.

Here's a simple way to check for leaks: Turn off all water by closing internal and external water valves and don't use the toilet. Record the current reading of the water meter, and then wait 20 minutes. Record the reading again and wait another 15 minutes. If the meter indicates an increase during this period, it's probably from a leak. Another option is to install an automatic water leak detection and shutoff system.

According to *AllianceForWaterEfficiency.org*, 20 to 35 percent of all residential toilets leak at some time, often silently, sending wasted water onto both household water and sewer bills. Flapper valves improperly covering the exit from the tank are the most common problem, and they can easily be replaced.



Empower yourself to be a healer in your own home!



FREE SEMINAR

DATES: Saturday, March 28th
Saturday, April 18th / Saturday, May 9th

Time: 1:00-3:00PM

Place: Airport Plaza,

1390 State Route 36, Hazlet NJ

Suite 105- Conference Room

(at the vestibule in IEI, take elevator to 2nd floor to suite 105)

RSVP 609-232-2598 me@vikiscudieri.com

dōTERRA

Certified Pure Therapeutic Grade Essential Oils

**A NATURAL HEALTHCARE ALTERNATIVE
LEARN HOW TO USE ESSENTIAL OILS TO:**

- Alleviate coughs, colds & ear infections
- Ease digestive discomfort
- Relieve stress and anxiety
- Support restful sleep
- Assist in first aid & pain relief
- Alleviate allergies
- Support immune function
- Along with much more!





Are You Confused...?

Nutrition Testing and Personal Health Evaluation Testing

Amazingly uncovers the answer to your health care needs. All based on your individual Bio-Chemistry derived from 70 different diagnostic lab tests of blood, urine, saliva, physical exam, iridology, hair biopsy and the Naturopathic Doctor 1001 Nutritional Assessment Questionnaire.

Receive at your Report of Finding Consultation an incredible 50 page computer analysis with an exact nutritional protocol instructing you on the foods to avoid (No/No list), Natural foods, raw juice therapy, super foods and power supplements necessary to address your personal, nutritional, hormonal and metabolic needs.

We believe that every symptom is a sign of a nutritional deficiency and every named medical condition is a sign of multiple nutritional deficiencies either ignored or worse drugged into submission. ☹️



Let **Robert H. Sorge, N.D., Ph.D., Doctor of Naturopathic Medicine Since 1964** help you discover the true healing power of Naturopathic Detoxification, Natural Foods and Natural Healing.



FREE CONSULTATION
208 Third Avenue • Asbury Park, NJ 07712
732-775-7575
www.abundalife.com

"I have come that ye may have life and have it more abundantly."

– John 10:10 –



MISSION: ANIMAL RESCUE

Big and Small, They Need Our Help

by Sandra Murphy

Every creature in the animal kingdom has an essential purpose, yet through human interference, animal life overall has become so imbalanced as to signal a tipping point for Earth. Extreme care for the rapidly growing population of a relative handful of pet breeds stands in stark contrast to trending extinction of dozens of other species. Fortunately, in addition to the efforts of dedicated volunteers, conservationists and supportive lawmakers, every one of us can make a real difference.

Home Pet Rescues

Zack Skow started by volunteering with a nearby dog rescue organization. He became director, and then in 2009 founded his own nonprofit, Marley's Mutts (MarleysMutts.org), in Tehachapi, California, pulling many kinds of dogs out of Los Angeles shelters. "A lot of rescues are breed-specific; I think mutts deserve an equal chance," says Skow, now the executive director. "Small dogs get adopted faster, so we

get the larger mixes, including pit bulls and Rottweilers."

Currently, the facility continues to expand its services, working with pet foster homes; providing medical care for severely abused animals in need of rehabilitation and socialization; and managing visits to prisons, mental health facilities and schools. "We take in who we can help. To see a dog triumph over tremendous odds gives people hope," says Skow. Recently, volunteers pulled 70 dogs from Los Angeles shelters, fostered them for a month and then transported them east to adoption facilities where conditions were less crowded.

Spay/neuter is the best solution to pet overpopulation, says Ruth Steinberger, national founder of Spay First, headquartered in Oklahoma City (SpayFirst.org). From 20 years of experience, she explains that in locations and situations in which surgery is impractical, "We've had great results using calcium chloride in ethyl alcohol, done under sedation. A slow

infusion into the pet's testicles causes them to atrophy. It's less invasive, with a lower chance of infection and less pain, and reduces testosterone. For feral cat populations where traps haven't worked, megestrol acetate, derived from progesterone, added to food acts as birth control to slow or stop colony growth."

Treatment of laboratory animals has also improved. "There have been three significant changes since 1984," says Cathy Liss, president of the nonprofit Animal Welfare Institute, in Washington, D.C., founded in 1951 (awionline.org). "General housing conditions are better, the number of government-owned chimpanzees has decreased and laboratories no longer obtain dogs and cats from random sources, so no stolen pets end up in labs."

She reports that animals now are subject to only one experiment, retired for adoption instead of being euthanized, and furnished with natural living conditions on-site—vertical space, an enriched environment with mental and physical stimulation, interaction with other animals and appropriate food and bedding. "Most lab animals are rats and mice," says Liss. "Any animal has the capacity to suffer. It's up to us to treat them humanely."

Farm Animal Stewardship

"Animals become ambassadors," says Gene Baur, president and co-founder of Farm Sanctuary's three locations in New York's Finger Lakes region, Los Angeles and northern California (FarmSanctuary.org) and author of *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*. "People are distanced from food sources. Once you learn that sheep love to be petted and pigs like belly rubs, you know an animal as an individual. The best way to help is to share information, farm animal videos and plant-based recipes, so people can see that going meatless is about far more than just eating produce."

Musician Sir Paul McCartney, author of *The Meat Free Monday Cookbook*, took the message to schools in 2012. Now students around the world participate in meat-free lunch programs. The adult initiative of going meatless for one or more days extends to 35 countries on six continents.

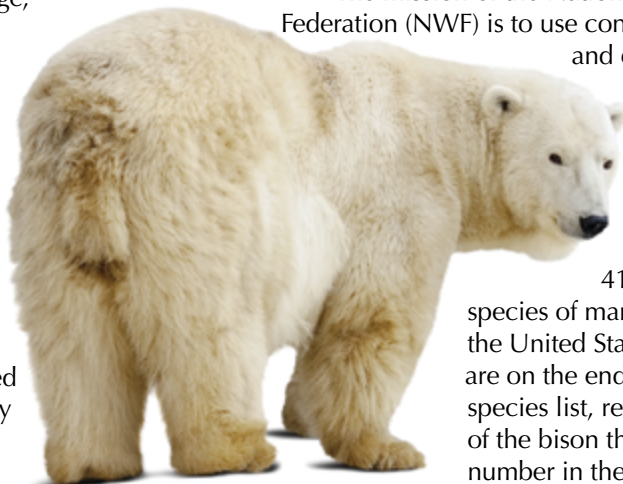
Pigs, cows, horses, peacocks and an alpaca live in harmony at local non-profit Cracker Box Palace Farm Animal Haven, in Alton, New York (*CrackerBoxPalace.org*), which spurs recovery from illness, neglect or abuse. "People get animals without doing research on their care or habits. That's how we got the peacocks—they have a bloodcurdling scream," says Farm Manager Cheri Roloson, who rents out their goats as nature's landscapers to clear brush.

Mistreated animals also provide therapy for returning military veterans and abused children at Ranch Hand Rescue, in Argyle, Texas (*RanchHandRescue.org*). Kids find it easier to talk about their experiences with an animal that has also endured cruel treatment, like Spirit, a horse that received precedent-setting surgery to repair a leg that had improperly healed after being broken by a baseball bat.

Conscious chicken farms, too, are making an impact. "Chickens can be well-treated and have a healthy, decent life," says Jason Urena, marketing manager with NestFresh, which operates 20 small farms and five processing plants, concentrated in Colorado, Iowa, Illinois, Wisconsin and Texas to reduce its carbon footprint (*NestFresh.com*).

Starting with cage-free hens, the Denver company grew based on nationwide customer requests for certified cage-free, free-range, organic, pasture-raised and non-GMO (genetically modified) eggs. "We're the first in the country to offer certified non-GMO eggs," attests Urena.

He explains that in the process for certification, feed is inspected at every step, from planting seed (usually corn



"Pets are considered property, and until that changes, it's harder to make a difference. Farm animals have no rights at all. Animals are sentient beings with rights commensurate with the ability to feel pain and even be valued members of the family. They deserve far more than a property classification."

~Diane Sullivan, assistant dean and professor, Massachusetts School of Law

or soy) to storage in silos and mill grinding, to allow traceability for potential problems and avoid cross-contamination.

Wildlife Habitat Preservation

There are few places on Earth that humans haven't impacted fragile ecosystems. Loss of habitat and lack of food sources are critical issues. Bats are a bellwether for the impact on wildlife from human-induced diseases. The Wildlife Conservation Society studies the loons in New York's Adirondack Mountains to monitor their exposure to disease and pollution.

The mission of the National Wildlife Federation (NWF) is to use conservation and education to protect present and future wildlife. Of the 410-plus species of mammals in the United States, 80 are on the endangered species list, reminiscent of the bison that used to number in the millions,

but now mostly exist in small bands on private and public lands.

NWF aims to build on the bison restoration efforts achieved to date (now numbering tens of thousands) by reintroducing them onto more public lands, reservations and protected habitats, and likewise build up populations of other wild threatened and endangered animals. Its programs feature green corridors to give native species a home and migrating species a rest stop.

"The important message is not how many species have gone off the list, but how many didn't go extinct," says David Mizejewski, a celebrity naturalist for NWF. "It's important to understand species require different ecosystems.



When we quit draining swamps and rerouting rivers and leave them alone in a proper habitat, alligators will come back. Eagles have fewer young, so it's not easy for them to recover."

The success in restoring populations of the bald eagle, our national symbol, during the second half of the last century was significant. Measures

What You Can Do

- ✓ Volunteer to walk a dog, foster a cat, make phone calls or help with shelter paperwork.
- ✓ Spay/neuter pets and consider adopting before shopping at a pet store.
- ✓ Donate to support rehabilitation of an abused animal.
- ✓ Pick up litter, especially harmful in and near waterways.
- ✓ Be a conscious consumer and don't let factory farm prices influence decisions.
- ✓ Tell companies what is acceptable or not via purchases, emails and phone calls.
- ✓ Lobby politicians to support worthy animal causes.

that included banning the poisonous DDT pesticide that contaminated their food and affected reproduction, improving native habitats and prohibiting hunting of the bird allowed its removal from the endangered list in 2007. They are still protected by the 1918 Migratory Bird Treaty Act.

Another raptor, the peregrine falcon, has adapted to urban living in order to survive. Nests adorn tops of buildings and pigeons are a plentiful food supply.

Bears, mountain lions and wolves have been dwindling, hunted as dangerous, a nuisance or for sport. With fewer of these natural predators, white-tailed deer can overpopulate their habitat and starve. Deer and other displaced animals may migrate into suburban areas in search of food, prompting hurtful human reactions to reduce their numbers.

The American Bear Association provides safe, seasonal habitats for black bears (AmericanBear.org). Located near Orr, Minnesota, the 360-acre sanctuary



The 1966 Animal Welfare Act improved the lives of many commercial animals, but more laws are needed.

See SustainableTable.org/274/animal-welfare.

also hosts white-tailed deer, bald eagles, beavers, mink, pine martens, fishers, timber wolves, red squirrels, bobcats, blue jays, owls, ducks, songbirds and ravens.

Among movements to protect smaller endangered and threatened animals, the American Tortoise Rescue lobbies for legislation to ban the importation of non-native species (Tortoise.com). "Turtles and bullfrogs are imported as pets or as food, and many end up in streams or lakes, where they

kill native species," says co-founder Susan M. Tellem, in Malibu, California. "They can carry salmonella, parasites and tuberculosis," she explains. Unfortunately, a California law passed to limit importation was revoked within weeks due to claims of cultural bias by politicians lobbying for Asian food markets that sell live turtles and bullfrogs.

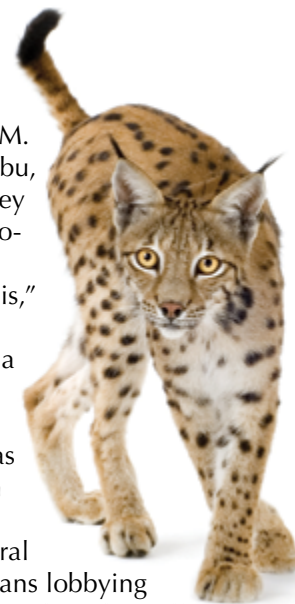
As the only Association of Zoos and Aquariums-certified wolf facility in the world, The Endangered Wolf Center, in Eureka, Missouri, has been breeding and reintroducing wolves into the wild for 40 years (EndangeredWolfCenter.org). Founded by zoologist and television host Marlin Perkins and his wife, Carol, they helped increase both the Mexican gray wolf population from nine to 235 in managed care, plus at least 75 in the wild, and the red wolf population from 14 to 160 in managed care, with more than 100 in the wild. Every pack of Mexican gray wolves roaming the Southwest and 70 percent of North Carolina red wolves can be traced back to the center.

Wildlife protection laws vary by state. Key conservation successes typically begin with local and regional initiatives promoted by farsighted individuals that care enough to get the ball rolling and back it up with supportive legislation.

Christian Samper, Ph.D., CEO of the Wildlife Conservation Society, observes, "Zoos and aquariums help the public better understand the natural systems that make all life possible. The hope is that what people understand, they will appreciate and what they appreciate, they will work to protect."

One person's care can make a difference. For an animal, it can mean life itself.

Sandra Murphy is a freelance writer in St. Louis, MO. Connect at StLouisFreelanceWriter@mindspring.com.



Did You Know...

- San Francisco's SPCA is one of many organizations that offer free or low-cost spay/neuter for specific breeds most frequently seen in shelters, like pit bulls, and special programs offer free surgeries. Find locations at Tinyurl.com/SpayNeuterServices.
- One female dog can produce litters of up to 10 pups twice a year; cats can have three litters a year of up to five kittens each.
- An estimated 2.7 million healthy shelter pets remain unadopted each year, yet only about 30 percent of pets in homes come from shelters or rescues, according to The Humane Society of the United States.
- Factory farms account for 99 percent of farm animals, yet less than 1 percent of donated money directly assists them, reports Animal Charity Evaluators, in San Diego. The highly rated Mercy for Animals, dedicated to prevention of cruelty to farmed animals, reports, "Despite the fact that these are the most abused animals in the United States, they actually have the fewest number of advocates."
- Sandra, a 29-year-old Sumatran orangutan at the Buenos Aires Zoo, was recognized as a "non-human person" unlawfully deprived of her freedom by Argentine courts. "This opens the way not only for other great apes, but also for other sentient beings that are unfairly and arbitrarily deprived of their liberty," says Paul Buompadre, an attorney with the Association of Officials and Lawyers for Animal Rights. "The question is not 'Can they reason?' or 'Can they talk?' but 'Can they suffer?'" says Barry MacKay, director of the Animal Alliance of Canada. "That to me is the ultimate question."

The Earth Diet

Liana Werner-Gray on Simple Eating

by Lane Vail



photo by Roxie NYC Photography

Liana Werner-Gray, an Australian-born beauty queen, actress and environmentalist, lectures worldwide on healthy eating and is supported by a corps of nutrition coaches. Her book, *The Earth Diet*, describes a nature-based eating and lifestyle plan that has helped thousands realize greater vitality, harmony and peace.

How did you discover the Earth Diet?

Six years ago, I was completely addicted to junk food and chronically sick, tired, bloated and miserable. It wasn't until I was diagnosed with a golf-ball-sized precancerous tumor that I decided to take a serious look at my life and make a change.

I began to blog about my journey into self-healing through natural foods and my readers held me accountable to sticking with it. I also started creating healthy recipes that delivered my favorite junk food flavors so I didn't feel deprived. Slowly, I stopped craving artificial junk foods and started craving natural versions of those flavors. Within three months, the tumor disappeared.

I had demonstrated that I could undo the damage of toxic junk food by restoring proper nutrition into my cells and knew that by going back to nature, I could experience healing. Now people from around the world have testified that

The Earth Diet has helped them heal ailments from A to Z.

Why is it important to define our eating plan?

Everyone on the planet is on a diet; it's just a matter of which one. Are you on a junk food diet or a disorderly eating diet? Most people deprive themselves at some point and end up binging later.

Having a name for the lifestyle I wanted to live helped me commit to it. When you're lost and disconnected from nature and your body, you need rules and guidelines. Day one, eat this; day two, eat that. The Earth Diet's rules and guidelines helped me to break a disempowering addiction to junk food. After following the guidelines for a while, the whole lifestyle becomes natural and choices become easy.

How can busy people prepare and eat fresh foods more frequently?

Try making a huge batch of smoothies or vegetable juice on a Sunday; put a few servings in the fridge and the rest in the freezer. Then, take one to work each day. Fresh is best, but a thawed frozen juice is better than nothing.

Also, simplify eating. I grew up in Australia's Outback, alongside aboriginal people that ate "mono foods"—singular, whole, raw foods sourced directly from

nature, and they had slim, resilient and healthy bodies. Eating mono foods gives the digestive system a break; we feel energized because the body doesn't have to break down a complicated meal. Try, for example, eating a watermelon for lunch or an avocado for dinner.

Name some foods we'd be surprised to read about in The Earth Diet.

My readers especially enjoy the chicken nuggets, burgers, gluten-free cookie dough, cashew cheesecake and vegan ice cream. The raw chocolate balls are popular, made with just three ingredients: almonds or sunflower seeds ground into flour, cacao powder and a favorite natural sweetener like maple syrup, honey or dates. Sometimes I add salt, mint, coconut or vanilla. I make a batch in 10 minutes and keep them in the freezer so I can have chocolate whenever I crave it.

Transforming the way we eat can be overwhelming; what are some simple first steps for the novice?

Lemon water is incredibly powerful. It's high in vitamin C, so it boosts the immune system, and it's energizing, alkalizing and detoxifying. Just squeeze the juice of a lemon into two cups of water first thing in the morning and drink. I also recommend eating a whole, raw, mono food in its natural state every day, like a banana, orange or strawberries. Eat something that hasn't been sliced, diced, processed and packaged.

Lastly, practice eating only when hungry and eat what you're craving in the most natural way possible (for example, upgrading from conventional pizza to organic store-bought brands to raw homemade pizza). On Sunday I woke up and made a big brunch for friends; we had organic eggs, salsa, herbal tea and organic cookies. For dinner, I ate an avocado. That's all I was craving, and it ended up balancing out my day.

If you're craving chocolate, there's a reason. If you're craving a smoothie for dinner, have one. You can both fulfill cravings and nourish and love your body at the same time.

Lane Vail is a freelance writer and blogger at DiscoveringHomemaking.com.

Top 10 Reasons to Have an Organic Garden



by Kenny Baldo

There are many reasons why you may want an organic garden of your own. Maybe you enjoy cooking with really fresh produce, want the convenience of having the vegetables and herbs you love at your fingertips or maybe it's simply an enjoyable activity you would like to share with your family. Whatever it is for you, here is what the people we surveyed came up with as the top 10 reasons!

10. Knowing Where Your Food Comes From

Food products today are often labeled with words like "all natural", and "local." It can be hard to differentiate between the marketing hype and the real thing, but with your own garden, there is no question, you know it comes right from your own backyard!

9. It Helps Relieve Stress

Did you know that horticultural therapy is a time-proven practice, recognized as early as the 1800's? The colors, textures, and scents of a garden provide sensory stimulation that can quickly distract the mind from worries and stress.

8. Saving Money

Growing your own produce is always more cost effective than buying it from a grocery store and careful design and planning can maximize crop yields. And the next time you want to create a spontaneous meal, you will save time and money by not having to drive to the grocery store!

7. An Enjoyable Outdoor Activity

Your garden enjoys the benefits of fresh air and sunshine and so can you! A backyard garden is a focal point and hub of activity that the whole family can enjoy through the seasons and cycles of nature.

6. An Easier Way To Get Kids To Eat Veggies

A recent study found that preschool children who were almost always served homegrown produce were more than twice as likely to eat five servings of fruits and vegetables a day—and to like them more—than kids who rarely or never ate homegrown produce. What a great way to develop those young taste buds!

5. Food That Tastes Better

Did you ever purchase a package of tomatoes during the winter and wonder why they tasted like cardboard? Supermarket tomatoes are frequently picked before they have the chance to fully develop flavor so that they can withstand travel. Homegrown, freshly picked produce always tastes better and provides an appreciation for what is in season.

4. Better Nutritional Value

Vegetables that ripen in the garden have more nutrients than store-bought vegetables that must be picked prematurely and sometimes degrade on their way to the supermarket, especially if exposed to heat. With your own garden, you have total control over when to harvest your food.

3. An Easier And Convenient Way Of Having A More Organic Lifestyle Without Leaving Your Yard!

You can help the planet while you help yourself. Growing your own food organically, without pesticides, herbicides, or GMOs keeps your body clean and healthy and helps prevent unnecessary air and water pollution. As a bonus, you have reduced fossil fuels and the number of food miles travelled to zero!

2. Cooking And Entertaining Using Fresh Produce That's "Really Locally Grown!"

A backyard garden enables you to host your own garden-table dinners, creating a powerful shared experience for all involved as your guests may opt to help harvest, clean, cook – and of course eat!

1. Neighborhood Bragging Rights!

Hands down, growing your own food is one of the most gratifying things you can do and provides an amazing sense of accomplishment.

Kenny Baldo is co-founder of Yard2Kitchen. They design, build and maintain organic garden beds here in Monmouth and Ocean counties. Contact Kenny at 732.410.6173 for more information or consultation.

Shop Our Newly Upgraded Web Store



Fall Asleep Safely, Quickly and Naturally!

Pleasant Dreams™ contains a blend of safe, natural, sleep-inducing ingredients including chamomile, valerian root and melatonin which may help to:

- Facilitate relaxation without morning drowsiness
- Maintain sleep all night
- Reduce anxiety symptoms
- Improve pain tolerance

60 capsules: **\$34.99** plus \$5 shipping/up to 8 bottles

Order online today at
ShopNaturalAwakenings.com
or call: 888-822-0246

Consult a healthcare professional before taking this product. Pleasant Dreams is not intended to cure, treat, diagnose or mitigate any disease or other medical conditions. These statements have not been evaluated by the U.S. Food and Drug Administration.



BODY N BALANCE

Wall Township's Wellness Spa

732-966-5704

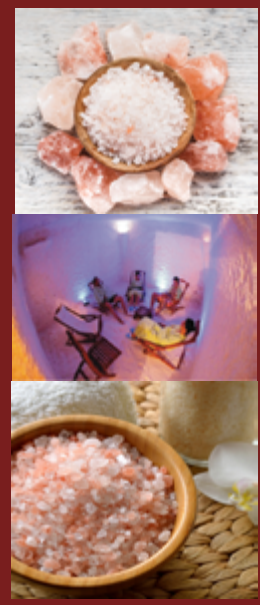


Far Infared Biomat use has improved conditions reported by clients and practioners :

- Migraines ♦ Lyme ♦ Fibromyalgia ♦ Insomnia ♦ Arthritis
- Stress ♦ Autism ♦ MS ♦ High Blood Pressure ♦ Cancer
- Diabetes ♦ ADHD ♦ Depression ♦ Anxiety
- ♦ Neuropathy ♦ Circulation ♦ Toxicity

Print or Send Gift Certificates

www.BodyNBalanceMassageTherapy.com



Cabin Fever Special

\$15 Salt Cave Sessions

Hurry, this deal ends on: 3/31/2015



Reiki Healing During Scheduled Salt Cave Session

\$1.00/min

Hurry, This deal ends on: 3/31/2015

By appt only: Online Scheduling www.BodyNBalanceMassageTherapy.com

1985 Route 34 Suite A2 (Allenwood Circle, Wall Circle Park)



Be Smart About Your Retirement Plan

by Salim Omar, CPA

Something that many people don't think twice about messing with is their retirement plan.

Saving for your retirement now, no matter how old you are, is always a wise decision. If you don't have one, look into the plans your employer offers. If you own your business, you may be able to set one up with the help of a financial advisor.

While having a retirement plan is a smart decision, few of us know all the mechanics of our 401(k) or other retirement plans. This can cause unpleasant surprises when people retire or switch jobs. Here are some important things to know:

Trading limits. Many plans allow you to move money, but with strings attached. Don't move long-term retirement savings around for short periods of time. If you do want to switch from time

to time, keep in mind that your plan may allow only a set number of trades each week, month, quarter, or year.

Account valuations. Find out how often the value of your retirement account is calculated. You can get the most out of your money by timing your retirement or departure. Most organizations value everything the day you leave, but some value your account weekly, monthly, or quarterly.

Withdrawal options. Some plans don't allow retirees to keep their money in place. Instead, they're paid the lump sum to be reinvested elsewhere. Other plans allow retirees to take a stream of payments as an income source while the rest of the money stays in the plan.

With these tips under your belt, you'll be making smarter decisions toward your retirement. Here's to a more secure retirement!



Salim Omar, CPA is a tax and financial educator in Monmouth County, New Jersey, specializing in providing accounting and tax services to individuals and their families.

If you own a small business or are looking to start one, you can get a free copy of Salim's popular book, *Straight Talk About Small Business Success in New Jersey*, by calling (732) 566-3660. Limited quantities available, so call now!

"Providing affordable care for the health of our community..."



THE ZEN DEN
CENTER OF
NEW JERSEY

732.414.9423
www.ZenDenCenter.com
2116 Sunset Ave. Ocean, NJ 07712

\$30 Community Acupuncture
\$15-\$35 Reflexology
\$50 1 hr. Reiki



BALANCE

Fourth Annual Wellness Expo



Saturday, April 11, 2015

11:00 AM–4:30 PM

900 Lakewood Ave., Lakewood, NJ 08701

Casino Building



Free Admission

Rain or Shine Event

Come meet local holistic health practitioners and vendors to learn about new, exciting ways to enhance your health and well-being!

- Yoga
- Tai chi
- Ayurveda
- Herbalism
- Energy therapy
- Massage
- Qigong
- Acupuncture
- Classical Chinese medicine
- Chiropractic aromatherapy
- Feng shui
- Energy clearance
- Natural weight loss
- Thermography
- Spiritual healing
- Essential oils
- Lifelong learning
- Crystal singing bowls
- Holistic health studies
- Books/DVDs
- Vegan/gluten-free living
- Jewelry
- Orgone
- Crystals
- Eco-friendly products
- E-waste handling

COMPLIMENTARY 30-MINUTE WORKSHOPS

11:00 AM Healing with the Wisdom of Macrobiotics with Anthony Dissen, M.A., R.D., GCU Lecturer in Holistic Health

11:30 AM Successful Business as a Wellness Practitioner with Gabrielle Pelicci, Ph.D. L.M.T., GCU Lecturer in Holistic Health

12:00 PM Thermography as a Proactive Approach to Breast Health with Phillip Getson, D.O.

12:00 PM Outdoor Yoga for Children

12:30 PM Breathing Techniques for Better Living (Pranayama) along with a guided meditation and chakra balancing with Gail Smith

1:00 PM Qigong

1:30 PM Vibrant Living with Essential Oils with Irina Gubenko, Certified Aromatherapist/Health Coach

2:00 PM Seven Critical Steps to Having a Healthy Baby with Rob Coomb, D.C. (Coomb's Chiropractic)

3:00 PM Outdoor Yoga for Adults

See our full event schedule at www.georgian.edu/wellnessexpo2015.htm

For more information, please contact [Sachiko Komagata](mailto:komagatas@georgian.edu) at **732.987.2663** or [komogatas@georgian.edu](mailto:komagatas@georgian.edu).

See our Facebook page at www.facebook.com/groups/GCUHolisticHealth/events

Your Beauty Routine... Is It Green?



Happy St Patty's Day, Everyone! I love this time of year! St Patrick's Day means to me that Spring is around the next corner and oh how I love Spring! Most of all I love to see the fresh, new plants come back to life, so clean and bright green.

Speaking of green.... we hear a lot of talk lately about "going green" or "being green," but what does it mean, exactly? If you Google "go green," Urban Dictionary defines it as this:

"To adopt an environmentally friendly lifestyle by recycling, buying local, reusing, minimizing driving, etc."

So, with that definition, let me ask you this – is your beauty routine green?

As you begin to think over your personal routine, what products you use, what is in those products, how are

they made, who makes them, etc...you might start thinking, whoa, there is a lot to consider. And if you're not thinking that, then you're not looking at the whole picture. There is A LOT to think about and evaluate here.

But this month, let's just take the first step and think about what you are putting on your skin as far as skin care products (soaps and lotions) as well as makeup (mascara and lipsticks).

I want to tell you that most makeup out there is harmful and over time, does more harm than good. I also want to tell you that I believe most name brands have no advantage over natural beauty products. I know I am going to have to convince your brain first about the toxicity of commercial beauty products before I can talk you into ditching

some of your most beloved beauty practices.

Your Homework:

Haul out your makeup bag. Open your cabinet and take inventory.

Write down everything you use:

1. The brand name
2. The product name

Then go to <http://www.ewg.org/skindeep/> and check out the toxicity of what you put in your system on a daily basis in the way of "beauty" products. Keep that list handy, because next month we will use it to turn your routine green.

"May the light always find you on a dreary day.

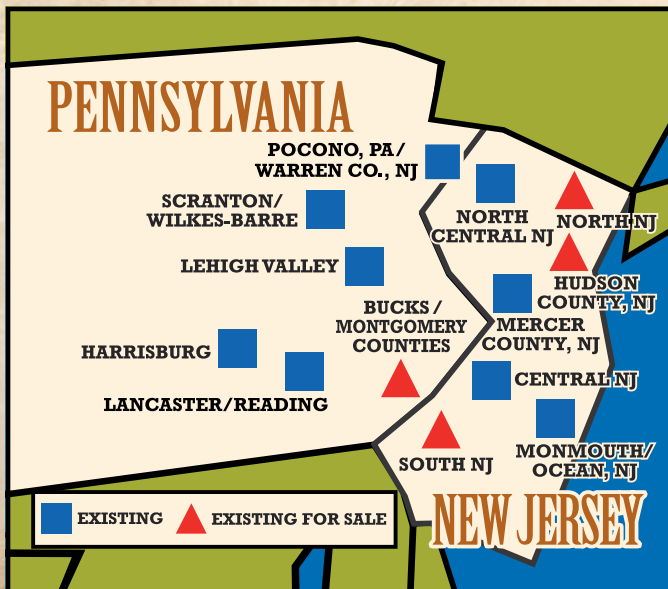
When you need to be home, may you find a way.

May you always have courage to take a chance.

And never find frogs in your underpants." ~Irish Blessing

Mandi Odegaard O'Connor is an Irish skin consultant, freelance Irish makeup artist and Irish aromatherapist. She is passionate about Mother Earth, Irish green cleaning and women's health.

FRANCHISES NOW AVAILABLE IN PA AND NJ



Join Our Family of Natural Awakenings Publishers

Natural Awakenings is published in 93 communities. Together we're reaching over 3.8 million readers with our free monthly magazines.

Natural Awakenings Franchises are currently available in:

- ▲ Bucks/Montgomery Counties, PA
- ▲ North NJ ▲ South NJ
- ▲ Hudson County, NJ

Be part of a dynamic franchised publishing network that is helping to transform the way we live and care for ourselves.

For information about how to publish a *Natural Awakenings* in your community call: **239-530-1377** or visit: NaturalAwakeningsMag.com/mymagazine



Congestion, meet your match.

Made with Xylitol, Xlear is the safe,
effective way to real, immediate relief.

Simply put, **it works.**

Try Xlear today.



Available at these and other fine retailers.



 **XLEAR**[®]
xlear.com



Persistent Plastics



Save the date: Sunday, April 25th - **Beach Sweep**

Plastics are synthetic, long-lasting materials derived from petroleum (crude oil). They have transformed our world. Single use disposable plastics symbolize a society of convenience that unfortunately comes with a cost - to the environment. As marine debris, plastics impact recreation, transportation, water quality, and wildlife. It is also ugly – littered beaches can cause economic harm to coastal communities.

Plastics do not biodegrade- they photodegrade, breaking down into smaller and smaller pieces. Once it is introduced into the environment, it will thrive for hundreds of years. Smaller plastics, commonly called microplastics (that is, plastic < 5 mm in size), are commonly present in the marine

environment. In addition to larger pieces breaking down, these tiny plastic fragments are oftentimes too small for wastewater treatment plant filtration systems to intercept, and as such, end up in our waterways and ultimately the ocean. Scientists have found that some beaches contain as many as 100 plastic particles per square foot, and the open ocean is estimated to contain between 10,000 and 800,000 plastic particles per square mile! In the ocean, they can have potentially serious health implications for a variety of marine species, which have been documented to mistake microplastics for food.

In the process of degradation, these plastics release toxic chemicals into the sea, such as Bisphenol A (BPA)

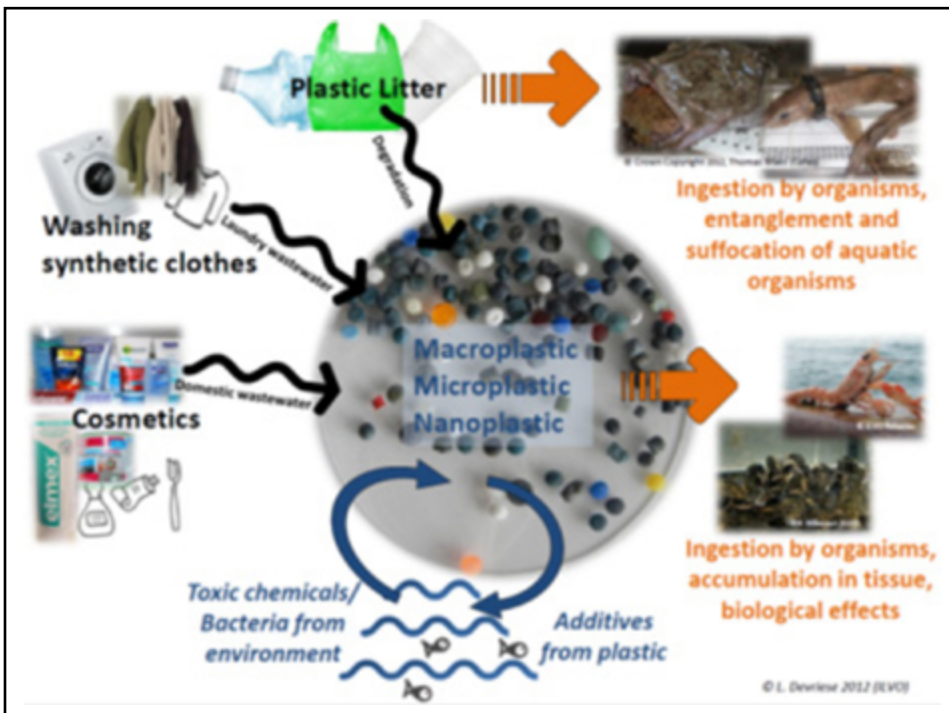
and styrene trimer (a liquid hydrocarbon). Plastics have also been known to host a group of pollutants called persistent organic pollutants, or POPs. POPs include PCB, dioxins, and petroleum based chemicals. The POPs gravitate towards all shapes and sizes of plastics in the seawater, which are then absorbed by the marine life that accidentally eat plastic pieces. Tragically, marine life, such as fish, plankton, and sedentary filter-feeders, ingest these toxic-tainted plastics as food. This can lead to mechanical problems in the throat or stomach and a false sense of satiety. It can also lead to toxicological impacts such as leaching of plastic additives and leaching of adsorbed contaminants. Some studies have shown bioaccumulation of contaminants in tissues and biomagnification up the food web, but both need to be investigated further.

Plastics can also entangle marine life causing death by strangulation or drowning. More studies need to be conducted on the effects (whether adverse or not) once consumed by marine life, but their presence speaks volumes.

Clean Ocean Action (COA) has been a leader in investigating marine debris on the New Jersey coast for the past 30 years. Since the inception of the bi-annual Beach Sweeps in 1985, COA turned a two-day/year volunteer effort into a legacy of information with the data that has resulted. This data has influenced a COA-lead research project investigating microplastic abundance in New Jersey's beach sand and coastal waters.

In the summer of 2014, Cassandra Ornell, Staff Scientist, and Catie Tobin, Marine Science Education Coordinator, teamed up with scientists at the National Oceanic and Atmospheric Administration (NOAA) along with students from the Marine Academy of Science and Technology (MAST) to conduct this research study of microplastics. In the months ahead, the team will continue the identification phase with the hopes of releasing the data in tandem with the year of celebration for the 30th Beach Sweep Anniversary.

Help make a difference in reducing plastics on the beach and marine life by volunteering at the Spring Beach Sweep on Saturday April 25th. Visit CleanOceanAction.org for more details.



Mind Body Spirit Expo

Garden State Exhibit Center
Somerset, New Jersey

and Yoga!

April 10-12

**\$5 off
General
Admission
with this ad**
SAT/SUN*
Code: NAMO

- Holistic Health
- Natural Products
- Personal Growth
- Healing
- Psychics
- Jewelry/Gems
- Workshops
- Free Samples
- Free Lectures
- ... and more!

**Maureen
Hancock**



The Medium
Next Door

**Deborah
King**



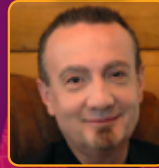
Master Healer
Bestselling Author

**Dr. Eric
Pearl**



Reconnective
Healing

**Gerry
Gavin**



Messages from
Margaret

**Dr. Linda
Bender**



Animal
Wisdom

**John
Newton**



Ancestral
Clearing

“Early Bird” \$5 Admission

Be in line before expo doors open (Sat/Sun 10am), and you get in for \$5.
Regular Sat/Sun Admission Price: \$18 per day. Friday Admission is \$5.

Seniors & Students
with Current ID
Free on Friday

* Discount offers cannot be
combined with other offers

Free Yoga Classes
Try Different
Modalities!

Please bring
your own mat



TICKETS AVAILABLE NOW

www.MindBodySpiritExpo.com • 215-599-EXPO (3976)

IT TAKES 12 WEEKS TO MAKE LASTING CHANGES.

Your Life. Take Control.

What if you could completely transform your health, your body, and your life in ONLY 12 weeks?

WHOLETRITION IN 12 is a customized exercise and nutrition program yielding sustainable, life changing results for those who are ready to commit and take control of their lives.

Led by certified clinical nutritionist, Alesha Lazan MS, CHHC

Interested in Learning More?
Call to reserve a seat at our FREE Seminar!

March 18th (7-8pm)

Wholetrition Wellness
935 Highway 34, Ste 2D
Matawan, NJ 07747



JOIN THE WHOLETRITION IN 12 TRANSFORMATION TODAY.

www.wholetrition.com / 732.896.6898
www.facebook.com/wholetrition
IG - wholetrition
Twitter - @wholetrition



**“Let food be
thy medicine
and medicine
be thy food.”**

-Hippocrates

by Dr. Robert H. Sorge

Nutrition or natural food supplements are beneficial, and the medical journals agree. There is more and more true science available proving the efficacy of nutrition. For example, recently, The Journal of Cell Metabolism, just reported on branched-chain amino acids, their affects and benefits to the cardio vascular system, endurance, motor skills and coordination.

The American Journal of Clinical Nutrition reported on a study of 31,671 Swedish women, over a 10.2 year period on how vitamin supplementation lowered heart attack risk 41%. The

Journal of Bone and Joint Surgery reported that 50% of the patients requiring orthopedic surgery are severely deficient in vitamin D3. The International Journal of Cancer reported that gamma-tocotriol down regulates the expression of prostate cancer. And, researchers at the university of Illinois reported that “luteolin” may help memory loss. This healing nutrient is found in carrots, rosemary, celery, and some specific natural food based supplements.

The Heart Journal reported that researchers at Royal Hall Amshire Hospital in Sheffield, England found that reduced testosterone levels in men,

increases mortality. In brief, low testosterone in men is dangerous to their health and life.

What do all of these reports mean? Nutritional science is increasing rapidly from all over the world, at a faster rate. And, the new mind, body spirit medicine is improving lives by treating disease at it's root cause.

The old system of waiting until the doctor officially diagnoses you with a named medical condition may have been a good system that saved lives 100 years ago. Today it is dangerous and even life threatening because most of our modern day diseases, diabetes, arthritis, immune breakdown, chronic fatigue, heart disease, cancer, and Alzheimer's are degenerate diseases. They take 10, 20, or 30 years to fully develop to the point that they can even be officially diagnosed. When they are diagnosed you may be a quarter of a century too late.

The new body, mind and spirit medicine is different. We do not treat named medical conditions. Instead, we treat the individual, through natural, alternative, drugless therapies, including naturopathic detoxification, oxidative therapies, direct ozone, rife vibrational therapy, ozone infused far infrared detoxification therapy, ionic foot detoxification bath therapy, fasting nutrition saturation therapy, all based on individual bio-chemistry. Intelligent people are no longer waiting for an official diagnosis because the laboratory science is now available to uncover precursors to disease, long before they are diagnosed as such. Body, mind and spirit medicine begins with nutritional testing and personal health evaluation. It is the starting point of all self-help. Discover for yourself at last, your personal deficiencies, toxicity levels, hormonal functions, metabolic efficacy using the latest scientific breakthrough in laboratory blood diagnosis for personal assessment. This is the first step of taking responsibility for your life, health, production and future.

Dr. Robert H. Sorge, a Doctor of Naturopathic Medicine, is the Director of Abunda Life Medical Testing Clinic in Asbury Park, NJ. He can be contacted at 732-775-7575. Or by email at dr.sorge@abundalife.com or visit www.abundalife.com.

Improving the Health & Well-being of Children with Autism & ADHD

Specialize in evaluating & treating children with Autism, ADHD & Developmental Delays

We strongly believe in a natural approach to handle the needs of your child by:

- Complimentary & Alternative Treatments
- Dietary Interventions
- Nutritional Supplements
- Lifestyle Changes

Call Today
to schedule your personalized
& comprehensive evaluation

732.919.1335



www.cwdcenter.com 2006 Highway 71, Suite 6 Spring Lake Hts, NJ

“Has Your Doctor Failed You?” We Can Help!

Dear Friend,

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

Fifteen years ago something happened to me that changed my life forever. In 1999, I was a first year student in chiropractic school. Having played football at Manalapan High School, I experienced a neck injury. But I was now in chiropractic school and I wasn’t worried...I knew that I would receive chiropractic care and the pain would be gone in a matter of weeks.

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

NOW...Find out for yourself and benefit from an AMAZING OFFER – Look it shouldn’t cost you an arm and a leg to correct your health. You are going to write a check to someone for your healthcare expenses, you may as well write one for a lesser amount for chiropractic.

An entire week of care in my office may cost what you pay for one visit elsewhere. Mention this article within two weeks and you will receive my entire new patient exam for \$27. That’s our full exam, with x-rays (if indicated)... the whole ball of wax. This exam normally costs up to \$310. Further care is very affordable and you’ll be happy to know that I have affordable family plans. (By law, this offer excludes Medicare or Personal Injury beneficiaries).

You see, I’m not trying to seduce you to come see me with the low start up fee, then only make it up with high fees after that. Further care is very important to consider when making your choice of doctor. High costs can add up quickly. We offer great care at a great fee.

Please, I hope that there’s no misunderstanding about the quality of care just because I am offering a lower exam fee. You’ll get great care at a great fee. I utilize a highly sought after gentle adjusting technique (no twisting, turning, or popping) in my office to serve you. Yes, I believe as a doctor, I’m here to serve you and make a difference in your life. I’ve been entrusted to take care of babies to 94 year-olds for over 10 years now. I’m just offering this low fee to help even more people.

My assistants are Stacy, Samantha and Nicole. They are great and absolutely full of love. Our office is both friendly and warm and we try our best to make you feel at home.

We have a wonderful service offered at an exceptional fee. Our office is called Upper Cervical Chiropractic of Monmouth, LLC and is located at 25 Kilmer Dr. Bldg. 3-Suite 101 in Marlboro. (Rt. 9 South & Union Hill Rd. West)

Our phone number is 732-617-9355 (WELL). We are open in the evenings and on Saturdays. Call us today because this offer expires March 31st, 2015.

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 \$17.

Spring is Here, Let's Fall in Love!

MCSPCA
732-542-0040



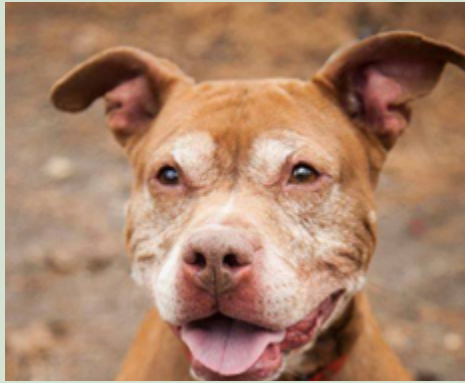
Princess Frost is a really sweet 3 year old kitty. A bit shy at first, but a gentle girl and very affectionate. She loves to be petted. And is quiet and loving. She purrs and purrs and makes muffins when you pet her. And, she does great with other kitties. She would do best in a quiet, adult-only home, with or without some feline friends. She came to the MCSPCA because her owner passed away.



Tory is about one year old, and came from a shelter in SC. She looks like a Lab mix and is pretty petite. Frightened when she came to NJ – but is doing fantastic at her foster home. A happy girl, she enjoys being petted. She likes dogs and cats both and would prefer a calm home with dog siblings to run and play with. She is still nervous around small children, so it would be best to have a quieter household.

Associated
Humane Society
732-922-0101

Brownie a 4 yr old terrier mix has a wiggle butt because her tail wags all the time. She is great with other dogs and is an easy keeper with her beautiful short brown coat. She loves all the people she meets, and walks great on a leash. She loves walks on the trails. She also LOVES treats, and will sit if you ask. Come by and meet her, she'll be the one wagging and wagging and wagging!



Ranger is our most handsome big boy! He is so adorable with his pink nose, stunning eyes and those perky ears! He is around 8-years-old but don't tell him that, as he sure as heck doesn't act like it when he's playing with other dog. He's a big, strong boy who eagerly waits his turn for walks, moseying right up to the kennel door with his booty shaking in delight. He knows the sit command and loves to run around in the yard and chase and play with balls.



Rescue Ridge
732-681-3450



Rudy is a wonderfully affectionate Boxer/Pit Bull puppy who at only 9-months-old was saved just in time from a local shelter. This young pup is very playful and has done great with all the dogs he's met so far. He goes potty outside and walks well on a Gentle Leader. All this, plus he has the most stunning, rust colored, brindle fur! Rudy loves to play ball and looks like a little squirrel when he puts two tennis balls in his mouth!



Charlie is a total cutie pie, plus he's child, dog and cat friendly! He is a 5-year-old Puggle who was found roaming the streets during this cold winter. The poor boy had a serious eye problem and lost it as a result. He sees just fine with his other eye and is very social and gentle. Charlie is housebroken, takes toys and treats gently, is very well behaved, great on the leash and in the car. He will make a wonderful family member and companion.

Weight loss Can Be Quick, Safe & Sustainable

When we say Body Cleanse we mean:

Rid your body of the toxins and hormones that cause us to gain weight and be unhealthy.

The Rapid K Program is about:

providing successful weight loss.

For more than 14 years Infinite Possibilities has been delivering results that are quick, safe and sustainable. This is a 2,000 year old methodology combined with foods from your local grocery store. No gimmicks, no supplements, no exercise!

Guaranteed Results!

Come Visit us at WWW.IPLOSEWEIGHT.COM

Call for a free no obligation orientation at any of the locations listed below or just submit your information on our web site.

Other programs available:

Squeaky Clean: A perfect program when you have no weight to lose but want to cleanse and learn about what is safe to eat. Our bodies were never meant to ingest the unnatural chemicals that are in our food today and cooking them doesn't mean that they go away!

Sprouting Possibilities: For our children who may be over weight and being teased at school. A sensitive program to help them lose weight, clear up acne and become aware of the interaction of foods and how they work in their body.

Infinitely Young: For those over 70 years of age who want to look younger on the outside and feel great inside.

Clean & Lean: Exercise fanatic? Learn how to do it right and lose at the same time!

Nothing to sell - no gimmicks - no supplements and guaranteed weight loss and guaranteed sustainability!!

Tinton Falls - 732-544-2011

Cherry Hill - 856-685-7963

Bronx - 718-597- 4444

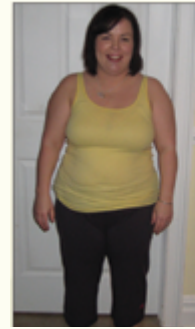
Peekskill - 914-788-9355

Jeffersonville - 845-482-2154

New Paltz 914-788-9355

"A New and Healthier You"

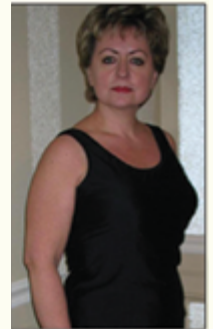
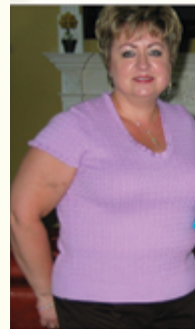
Infinite
POSSIBILITIES^{Inc.} FOR SHORE



The average woman loses 30 lbs in 30 days



and men lose even more!





Use Essential Oils for a Clear and Creative Writing Process!

by DeeAnna Nagel

How can any of us heighten our expressive writing skills when we are busy and distracted with the details of life? Whether a seasoned writer or just beginning the writer's journey, we all seek to discover refreshing ways to kick-start the process to break through the occasion of staring into space, waiting for F-L-O-W to happen onto the page.

Writing should be an accessible, rewarding process and for many of us, that is the case, at least most of the time. For some people, even with a longing to write, getting those creative juices to flow takes intention and effort.

There are many ways to spur on a creative streak, and one way is to

diffuse essential oils. Essential oils have an ability to elicit emotional responses in us and are therefore used to shift us into a positive mood state. Certain smells can help us meditate, relax and feel positive, all of which are conducive to an increase in creativity. And the use of aromatherapy is one way to help increase concentration and improve memory as well.

Essentials oils have a direct effect on the brain. Inhalation and diffusion of essential oils begins with the nose. Aromas are inhaled and registered by the olfactory bulb at the top of the nose. The olfactory bulbs are an extension of the part of the brain called the limbic system, which is believed to be the home of emotions, sexual feelings, memory



and learning. So, being happy and focused can in fact be evoked with the inhalation of aroma.

So what is a great essential oil for getting unstuck in the writing process? The essential oil blend, Envision, by Young Living. Envision contains spruce, geranium, orange, lavender, sage and rose. It's known to stimulate creativity and resourcefulness, encouraging renewed faith in the future and the ability to maintain the emotional fortitude necessary to achieve goals and dreams.

DeeAnna is an Intuitive Coach and offers coaching packages on Wellness, Emotional Transformation and other topics. Her online coaching packages are always infused with the benefits of essential oils. DeeAnna also teaches other therapists coaches and healers about complementary and alternative modalities such as aromatherapy, energy medicine and distant healing.



Boost Your Mood and Energy Levels!

One Serving Has the Equivalent Antioxidants of Four Servings of Fruits and Vegetables.

Made with certified-organic, non-GMO, Paleo profile ingredients, *Natural Awakenings Green Powder* supplement nourishes and strengthens every system in your body, resulting in:

- SUSTAINED ENERGY
- ENHANCED RECOVERY
- MENTAL CLARITY
- OVERALL WELL-BEING
- BALANCED ACIDITY LEVELS

Order online today at ShopNaturalAwakenings.com
or call: 888-822-0246

9.5-oz jar **\$54.99** (30-day supply)
\$5 shipping for up to 3 jars

Myofascial Release: The Deepest Deep Tissue Massage Ever!



by Olympia Hostler

A Myofascial Release (MFR) massage is very different than traditional massage in that its effects are longer lasting, and it releases the pain, tightness, and stiffness at the source – which is in the deepest layer of the connective tissue. A deep tissue massage is deep only in the upper layer of connective tissue – the elastic layer where symptoms are located – never reaching the source.

In a MFR session, the MFR therapist uses sustained pressure into fascial “restrictions” or “areas of tightness, stiffness, or pain” allowing the “knots” and inflammation to literally

melt away therefore providing what has been reported as, consistent, profound and lasting results. The muscle/fascial restriction requires 90 to 120 seconds of sustained pressure to be released, once released it allows the therapist to access deeper layers that are more difficult to reach. As a result of these deep releases, patients have observed: Increased range of motion, restored flexibility, reduction of stress in the mind and body via activation of the parasympathetic nervous system, and elimination of pain. New research also shows that MFR is a power anti-inflammatory, activates the

immune system to send macrophages to heal that part of the body, and accelerates nerve regeneration.

The John Barnes Myofascial Release approach is the cutting edge of bodywork. Massage therapists, Physical Therapists, Registered Nurses, and Occupational Therapists from around the globe are learning this approach because it works so well with lasting results. Symptoms such as: Chronic pain, poor posture, injuries, decreased mobility, Sciatica, nerve disease, headaches, migraines, head/back/neck pain, Fibromyalgia, chronic fatigue, plantar fasciitis, scars, herniated or bulging disks or entrapped nerves - you could greatly benefit from trying myofascial release therapy.

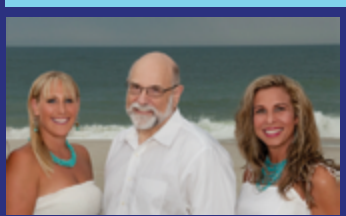
The Lasting Pain Relief Center is offering a 20% discount during March for first time clients, or clients trying a new service. Clients who have received an MFR session, have been astounded by the results.

For more information, please call 917.288.7477 or email olympia@lastingpainrelief.com to register. www.LastingPainRelief.com

Bringing Smiles To The Holistic Community



0% Financing Available . Call Today! . Free Consultation



Brick, NJ
732.295.1616

John J. Tortora D.D.S WWW.holisticsmilesNJ.com

Mercury-Free

Amalgam Removal With Safe Protocol
Disease Prevention Program

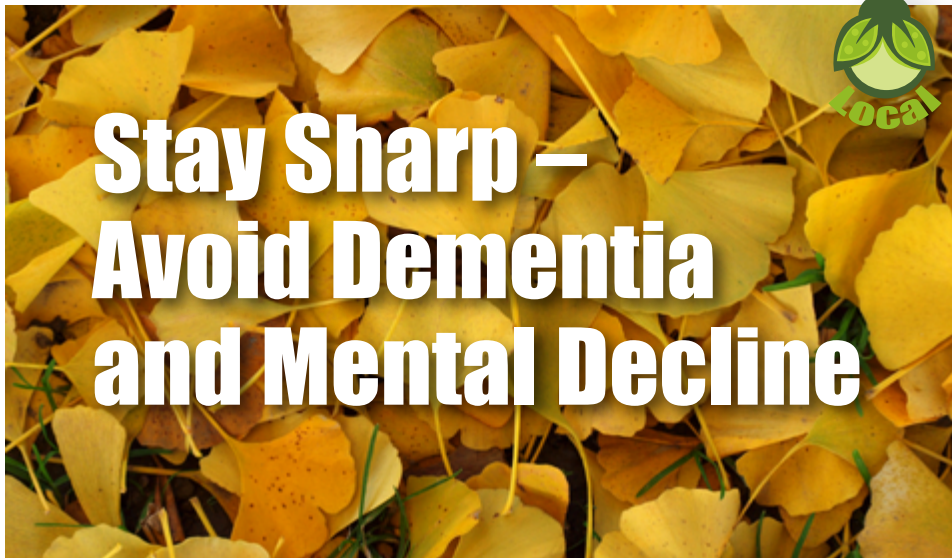
Safe Digital X-Rays Reduces Exposure By 90%

Cosmetic Dentistry

Porcelain Veneers

Invisalign





Stay Sharp – Avoid Dementia and Mental Decline

by Kerri Ferraioli

The ravages of mental decline are a real concern for many. Here is a list of actions that can make a difference in how susceptible we are to dementia and mental decline as we age.

- Avoid sugar and refined fructose. Ideally, you'll want to keep your sugar levels to a minimum and your total fructose below 25 grams per day, or as low as 15 grams per day if you have insulin/leptin resistance or any related disorders. Keep your hemoglobin A 1 C level below 6.
- Avoid gluten and casein (primarily wheat and pasteurized dairy, but not dairy fat, such as butter). Research shows that your blood-brain barrier is negatively affected by gluten. Gluten also makes your gut more permeable, which allows proteins to get into your bloodstream, where they don't belong. That then sensitizes your immune system and promotes inflammation and autoimmunity, both of which play a role in the development of Alzheimer's. Optimize your gut flora by regularly

eating fermented foods or taking a high-potency and high-quality probiotic supplement.

- Increase consumption of all healthy fats, including animal-based omega-3. Healthy fats that your brain needs for optimal function include organically-raised grass-fed meats omega-3, olives and olive oil, avocado, nuts, organic pastured egg yolks, and butter made from raw grass-fed milk. High intake of the omega-3 fats EPA and DHA are also helpful for preventing cell damage caused by Alzheimer's disease, thereby slowing down its progression, and lowering your risk of developing the disorder.
- Reduce your overall calorie consumption, and/or intermittently fast until insulin resistance resolves. Ketones are mobilized when you replace carbs with coconut oil and other sources of healthy fats. Intermittent fasting is a powerful tool to jumpstart your body into remembering how to burn fat and repair the

inulin/leptin resistance that is also a primary contributing factor for Alzheimer's.

- Improve your magnesium levels. Preliminary research strongly suggests a decrease in Alzheimer symptoms with increased levels of magnesium in the brain.
- Eat a nutritious diet, rich in folate. Vegetables, without question, are your best form of folate, and we should all eat plenty of fresh raw veggies every day.
- Exercise regularly. It's been suggested that exercise can trigger a change in the way the amyloid precursor protein is metabolized, thus, slowing down the onset and progression of Alzheimer's. Exercise also increases levels of BDNF (brain derived neurotropic factor) and a protein PGC-1alpha. Research has shown that people with Alzheimer's have less PGC-1alpha in their brains and cells that contain more of the protein produce less of the toxic amyloid protein associated with Alzheimer's.
- Optimize your vitamin D levels with safe sun exposure. Sufficient vitamin D is imperative for proper functioning of your immune system to combat inflammation that is also associated with Alzheimer's.
- Avoid and eliminate mercury from your body. Dental amalgam fillings, which are 50 percent mercury by weight, are one of the major sources of heavy metal toxicity, however you should be healthy prior to having them removed.
- Avoid and eliminate aluminum from your body: Sources of aluminum include antiperspirants, non-stick cookware, vaccine adjuvants, etc.
- Avoid flu vaccinations as most contain both mercury and aluminum, well-known neurotoxic and immunotoxic agents. Homeopathic flu vaccines are a safe non-toxic alternative.

Modern Tekniques Salon
New management, new staff; same passion for beautiful hair.

Mention this ad, and enjoy a blowout & shine glaze for \$25, offer ends MAR. 31, 2015
661 Broad Street, Shrewsbury NJ **732-758-0011**

Oils for Essential Living
Workshop Series
FREE Introductory Classes in Red Bank

Presented by:
Wendy Bright-Fallon
DeeAnna Nagel

Learn to use essential oils to nourish!

877.773.5591
oilsforessentialliving@gmail.com
www.oilsforessentialliving.com



- Avoid anticholinergics and statin drugs. Drugs that block acetylcholine, a nervous system neurotransmitter, have been shown to increase your risk of dementia. These drugs include certain nighttime pain relievers, antihistamines, sleep aids, certain antidepressants, medications to control incontinence, and certain narcotic pain relievers. Statin drugs are particularly problematic because they suppress the synthesis of cholesterol, deplete your brain of coenzyme Q10 and neurotransmitter precursors, and prevent adequate delivery of essential fatty acids and fat-soluble antioxidants to your brain by inhibiting the production of the indispensable carrier biomolecule known as low-density lipoprotein.

- Test and Balance Neurotransmitters. Neurotransmitters in the brain can be tested and, when necessary balanced, effectively and inexpensively. Maintaining balance throughout our life enhances our ability to keep focused, have a stable positive outlook on life and help keep our memory functioning at its best.

- Bioidentical Hormone Therapy-BHRT. Maintaining a state of hormonal balance at any stage of life is proving to be very beneficial. The benefits are demonstrated in almost all aspects of our function, especially in how our brain benefits from BHRT support. Greater emotional stability, improved memory, clearer thinking, faster more directed information processing, generally improved function – more youthful activity, literally at the cellular level.

The goal to live well as long as possible requires action to counter the many harmful substances we encounter daily that work to erode and degrade our health.

Lifestyles Medical is an Integrative medical center that specializes in Anti-Aging Medicine, Preventive Medicine, Nutritional Therapy and Stress Management. Free consultations are offered-to schedule please call: 732-542-2638. LifestylesMedical.com.

DON'T KNOW WHAT TO DO WITH YOUR LEFTOVER Wine?



Thursday, March 12 7-9 pm
Come pair and taste 7 delicious wines from all around the world and then learn how to turn your leftover wine into dessert! Only \$35/person. Space is limited. Must RSVP.

Pure Health Services 280 Hwy 35, Ste 204 Red Bank
(732) 747-0083 www.PureHealthNJ.com

Healing Families, Rebuilding Lives, Preventing Relapse



Healing the whole family from the corrosive effects of addiction. Helping to stop the insanity of continual relapse. We are a relapse prevention program filling in the "gaps" after treatment. We are serious about long-term Recovery. CFC Loud N Clear helps you to move forward, change behaviors and enhance positive perspective.

Services offered: Private counseling, spiritual advising, workshops, hypnotherapy, SMART Recovery, Parent Support Group, Housing, Employment, volunteer opportunities, referrals, advocacy & more.

Activities Offered: Paintball, camping, fitness, horses, motocross, bonfire, concerts, theater, art, music, sports & so much more...

We can help you or a loved one find the treatment they deserve.

Extensive, Fun, Crazy—Peer Driven Recovery Sensitive Activity Calendar

260 Casino Drive Farmingdale NJ 07727 www.healingUS.org 732-803-0518



An animal's eyes have the power to speak a great language.

~Martin Buber

DRAW A TREE RECEIVE A MESSAGE



tree has been a symbol or metaphor that represents an individual's nature. A tree drawing provides insights into one's personality without the restriction of language, culture or gender barriers. Remember every individual, just like a tree, is unique and special. There is no right, wrong, good or bad way to draw a tree and no judgment made about the person who is drawing the tree.

The purpose of a tree reading provides a deeper understanding to our true nature. It can bring us back to our roots, our hidden strengths and move us forward to branch out to our many possibilities. Also available are shared readings with someone in your life. Shared readings often reveal - that what we perceive may be different from the intention of another. Learn to practice turning people into trees, which means appreciating yourselves and others with our strengths, limitations and potential for growth.

It has been a long and cold winter. Some days were very windy which may have prevented even the most determined individual from outdoor activities. We may easily forget that with every season there is a reason. Trees

lose their leaves, go dormant, rest and prepare for new growth. As individuals we actually do the same.

So how do we express ourselves as the trees do? From the Garden of Eden to the Kabbalistic Tree of Life, a

For more information visit Belmarwellness.com, email Belmarwellness@gmail.com or call 732.894.3197.



Wholetrition Wellness' Second Annual SPRING AWAKENING

*A Community Day for the Holistic Practitioner
Designed to Help Your Practice Blossom*

Come join us on April 18th from 12-4PM for a day of vendors geared toward helping you and your practice.

Vendors to include professionals such as CPAs, Attorneys, Business Coaches, Marketing and Social Media Consultants and more.

Check out our website for more information and book a free consultation with one of our vendors.



935 Route 34 Ste 2D
Matawan, NJ 07747
732.858.1548 TEL
wholetritionwellness.com





Soup — A Simple Start to Better Health

by Jane McNeil

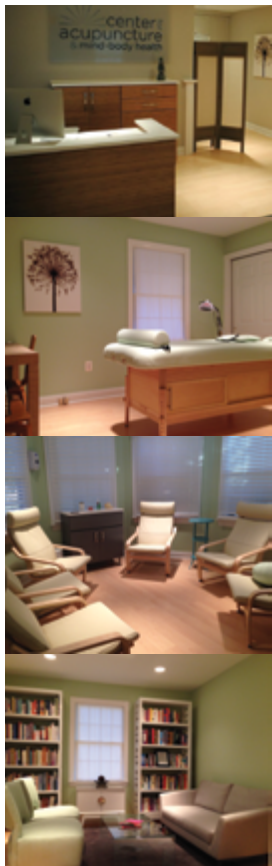
Many nutritional patients say they don't cook, citing that they are extremely busy with family and work. But cooking is the best way to ensure you are feeding your body and your family with quality, healthy ingredients. You are certain to taste and feel the difference when you start cooking with pure, fresh foods and love.

During this time of year, it's easiest to just start with something as simple as soup! Cooking soups with whole foods can be a fun, tasty and an easy way to get started eating towards better health. This soup suggestion is so delicious, and recommended for busy people on the go! For your happiest health, all ingredients below should be Organic.

You'll need:
 32oz soup broth -Chicken, Vegetable, Beef, Turkey or Lamb – all low sodium preferably)
 Black Wild rice (Great low carb alternative because it is made from grass.
 Various types of beans (legumes) may be used instead of animal protein if you are a vegetarian.
 (White beans, navy beans, cannelloni beans, etc)
 Jane's Vegetable Soup
 2 tsp. Olive Oil
 3 garlic cloves, minced
 1 onion, chopped
 3 celery stalks, chopped
 1 medium zucchini, diced
 ½ head small green cabbage
 2-3 carrots, sliced

¾ cup fresh parsley, chopped
 1 Tbls. dried Dill weed
 1 32oz container of Organic Vegetable Broth
 1 28 oz. can diced or crushed tomatoes
 5 leaves Lacinato Kale, cut and large end of stem removed
 Pepper
 Note: If you prefer animal protein, add 1.5lbs of cut up chicken breast or thigh meat
 In a large pot over medium high heat, sauté garlic, onions and celery in oil. Once onions translucent, add Zucchini, carrots, and cabbage. Stir and heat for another 3-5 minutes. Add containers of broth, tomatoes, parsley, and dill weed. Season according to your taste with pepper. Let simmer for at least 30 minutes Approximately 5 minutes before serving, add the Lacinato Kale. Cooking with whole organic foods improves body, mind and spirit.

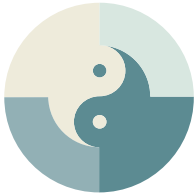
Jane McNeil, Foundational Nutritionist, CN, CH is a Certified Nutritionist and Certified Herbalist. Contact Jane at New Jersey Community Spine and Wellness in Toms River at 704-907-0008 or email support@nutritionwithjane.com



Evidence-based therapies and self-care plans that restore and balance the mind, body & spirit

Health Coaching • Acupuncture • Biofeedback • Guided Imagery • Light Therapy

Anxiety • Arthritis • Chronic Pain, all types • Insomnia • Stress • Headache/Migraine
 Fibromyalgia • Fatigue • Depression • Weight Control • Chronic Fatigue Syndrome
 Hay Fever • High Blood Pressure • PMS • Nausea due to Chemotherapy • TMJ



CIRCLE OF BALANCE WELLNESS CENTER

Ruthann Russo*, PhD, MPH, LAc, Director
 Ruthann@circleofbalancenj.com • NJ License #25MZ0009330

*Author of 7 Steps to Your Best Possible Healthcare and Philosophy and Nutrition Behind Raw and Live Foods

www.circleofbalancenj.com • 2006 Hwy 71, Suite 2, Spring Lake Heights, NJ 07762 • 732-820-0445



Hey! Your Purpose is Looking for You!

by Fran McConnell

Professional Life/Career Coaches often hear a common fundamental dilemma expressed by new clients: “I just want to find my passion or purpose but have no idea where to start!” That is especially true for individuals 30 years of age and older with a strong desire for achievement, but struggling with engagement in their current positions.

The search for passion and purpose is certainly a worthwhile pursuit. Every person wants to love his or her work, and make a positive impact. Successful entrepreneurs are often heard to say, “If you love what you do, it never feels like work.” That may be a bit of an overstatement, but there is value in that observation. We know that remaining in a job while constantly wishing you were doing something else can take a severe toll physically, mentally and emotionally. We can lose our zeal even for things unrelated to work.

At the same time, it is not uncommon to feel envious of people who have known their life calling, with certainty, at the age

of six, and never deviated on the path to their objective. We listen to them recount their early epiphanies and their straight and steady progress while resigning ourselves to the fact that we have not yet had that definite and burning desire to be an X, have a business that sells Y, or to create beautiful Zs for all to enjoy. Conducting a serious search for an “unknown” can be daunting and discouraging. Many of us feel that the need to search is, itself, evidence of a shortcoming. We often crave uninterrupted time to reflect and sort it all out. However, few of us can take a two-month sabbatical from life’s daily demands to contemplate our future in a remote and peaceful environment. So, what can we do?

First of all, we need to simply accept that, if there are people who knew their purpose unequivocally from a young age, we are not one of them and that is more than ok. In fact, for most of us, it is a process, an evolution, and often a spectacular story in the making. It requires our attention, hard

work, dedication and trust throughout. Our failures eventually lead us to success and each success, big or small, leads us to another opportunity or eye-opening revelation. So often what we perceive as rejection or failure is actually a redirection to something better for us. Over time, we learn that it becomes a matter of staying open to all possibilities and taking on new challenges as they present themselves. Many successful people living their purpose have had multiple careers or jobs over several years, each serving as a stepping-stone to finding the joy they experience in their work today.

Second, try to change your approach by not overthinking it. Start engaging in activities that you enjoy. What makes you feel uplifted? What are you good at? What makes you lose track of time? Start doing it. Commit to it on your weekly schedule. Find and spend time with others that do it, too. Do it while keeping your day job. It is amazing what can happen when you make the time and effort to be happy. You gain the 3Cs: clarity, confidence and courage. Your passion, even if you consider it a hobby currently, can often lead you to your purpose in some remarkable, unanticipated way.

Finally, make a list of all your skills, gifts and talents. Include everything you can think of, such as the positive way you make people feel or your patience in dealing with difficult people or situations. In addition, make a list of areas in which you would like to improve and think about how you can start developing these areas as you work your way toward more fundamental changes. Then set out to apply your existing, and your expanding skills wherever an opportunity presents itself. Volunteer in service that aligns with any one of your talents. Ask your manager for a stretch assignment that will highlight your skills and gain you new experience – even if you are not sure that it will advance you in your present position. Sharing your talents with others, and taking on new responsibilities, is a wonderful way to switch gears toward your purpose. Most of all, stay with it and trust the process! Your purpose is looking for you! Good luck!

Fran McConnell, CPC, ELI-MP, is a Certified Professional Coach, reinvention expert, workshop leader, and former Human Resources executive at a Fortune 100 firm. She is owner and founder of The Balanced Owl, LLC. Connect with Fran at fran@thebalancedowl.com or www.thebalancedowl.com.

Fran McConnell, CPC, ELI-MP
Certified Professional Coach
Energy Leadership Index Master Practitioner
fran@thebalancedowl.com



Individual/Group Life and Career Coaching

Stress Management & Self-Care | Creative Expression

Customized Workshops and Events | Corporate Retreats

Mindful Leadership | Empowered Living | Inspirational Fitness

Recharge • Refocus • Reinvent

www.thebalancedowl.com | 917-903-2358



What is Sound Healing?

by Patrick J. Murray

Sound Healing is a very effective and proven modality that has been used for thousands of years. Everything that moves vibrates, from the smallest molecule to the universe itself. By playing and striking the Tibetan and Crystal Singing Bowls, the vibrational sound brings complete energetic balance to an individual, while helping to reduce stress, create a deep state of peace, well being and overall health.

When an organ or body part is healthy, it creates a natural resonant frequency in harmony with the rest of the body. When the vibration of a

part of the body is out of harmony, we have dis-ease. With dis-ease, a different sound pattern is established in the affected part of the body. When sound is projected into the dis-eased area, correct harmonic patterns are restored.

Each bowl is tested with digital technology to identify its sound. The notes, C,D,E,F,G,A,B correspond with one's energy centers or chakras.

What are the benefits?

Among the many benefits are relief from pain, anxiety, chronic fatigue, stress and sleeping disorders. Individuals leave each session with a greater

sense of peace, clarity, appreciation and a feeling of being completely grounded with their current and future life.

What do you get when you combine sound healing with hypnosis? A unique combination in each hypnosis session, or group meditation, allowing individuals to restore their well being, both mentally and physically. It is called New Motive Hypnosis, and it is now offered at Wholetrition Wellness, with the Founder of New Motive Hypnosis, Patrick J. Murray.

Patrick J. Murray (Founder of New Motive Hypnosis) is a Certified Hypnotist / Sports Mental Performance Coach through the American Board of Hypnotherapy, and a graduate of the Paradox Agency for Hypnosis. A Member of the International Hypnosis Federation and the International Association Of Counselors & Therapists, Patrick is also an Exercise Specialist at Robert Wood Johnson Rahway Fitness & Wellness Center, where he is a specialist in rehabilitation training in a Cancer, Diabetes and Cardiac Program. Email: NewMotiveHypnosis@gmail.com. (201)-240-9730. WholetritionWellness.com/Practitioner/Patrick-J-Murray/

Red Bank Acupuncture & Wellness Center

Balance Your Energy

Acupuncture • Chinese Herbs • Therapeutic Massage
Tai Chi & Qigong Lessons

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

Red Bank Acupuncture & Wellness Center is a caring group of individuals who are dedicated to helping you heal naturally

Enhance Your Health Today by Calling : **732-758-1800**

830 Broad St. Suite A, Shrewsbury, NJ 07702

www.healing4u.com

Gift Certificates Available



Regular Meditation Practice May Lead to Improved Relationships

by Lisa Horan-Sockol

There are numerous ways in which a regular meditation practice may lead to improved relationships. Three main concepts are highlighted below.

1. Meditation allows you the opportunity to receive self-care. Taking the time out for just “you” is so important, but rarely done in today’s age of technology. Self-care is taking some time, each day, if possible (from 5 minutes to your personal needs) to truly nurture your mind, body and soul. The act of being in the present moment, alone with your breath, in complete stillness, allows you to go inward and discover the true-self. When you are true to yourself, it is much easier to be

true to others. For those who are not true to you, the virtue of “letting go” from negativity begins to surface. Most importantly, when you are able to give yourself the gift of self-care, then it becomes natural to transcend true caring to others.

2. Meditation provides much needed “space.” Without authentic stillness within, anxiety, stress, depression and insomnia can over-take your entire being. You will then be left to transcend these negative factors onto others. Meditation allows you to escape from your ever-racing thoughts. You are giving yourself a “vacation” from the constant external stimuli (demands,

responsibilities, and constant interaction with others through technology as well as face-to-face interactions). All these factors can be physically and emotionally exhausting leading to disease, physically and mentally. Taking the time out for providing space, being authentically alone brings a refreshed, rejuvenated feeling. You begin to transcend more peace, happiness, and vital healthiness. By taking a “vacation” of personal space, you will most likely become more patient and compassionate towards others.

3. Meditation eventually transcends, through practice, to be your authentic self. True peace within, self-confidence, improved physical and mental health surfaces. Pretending to be something you are not slowly disappears. You begin to trust your intuition, others “threats” may be viewed as challenges. You gain the wisdom of what you can control and what you can’t (letting go of the things you cannot control). You become less competitive with others, and instead finding ways for self-improvement. You become less judgmental and more compassionate. When you are more comfortable in your own “skin,” you are true to yourself (authentic self), gaining more respect from others. And for those who don’t respect your individuality, you are more versed in “letting-go” because you have the knowledge of what is beyond your control.

To summarize three ways in which meditation may help you to improve your relationships are: first, by allowing self-care to be part of your daily routine. Next, allowing time for personal space, and third, becoming your authentic self will outwardly shine and transcend out to others.

Meditation is a practice. If you wish to improve your relationships, meditation is way to get there. Patience, dedication and practice in earnest, but without attachment just may be the answer to improved relationships! Happy meditating!

Lisa Horan-Sockol is a yoga & meditation teacher at Monmouth Beach Yoga and Wellness. She also-owns the studio with Lisa Matthews. MBYW offers 3 meditation classes a week. For more info, go to www.mbyogaandwellness.com or call 973-452-2828.

PAGE WELLNESS CENTER

CHIROPRACTIC
 ASHIATSU BAR THERAPY
 ASHI-THAI MASSAGE
 THERAPEUTIC MASSAGE
 NUTRITIONAL COUNSELING
 FACIALS
 HYPNOTHERAPY
 COMING SOON-ACUPUNCTURE

LIKE US ON FACEBOOK AND RECEIVE SPECIAL DISCOUNTS

ATLANTIC HIGHLANDS 732-291-5575 PAGEWELLNESS.COM



Food the Chinese Medicine Way

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

Daily food choices can make the difference between sickness and health. Much can be learned from the extensive body of Chinese medicine knowledge regarding the therapeutic nature of food. Largely based on the Law of the Five Elements and Yin Yang Theory, food is classified according to its energetic quality such as flavor, taste, color, thermal nature, and vital organ it nourishes. Customized dietary recommendations are made based on this knowledge according to presenting symptoms and constitution; providing super nutrition to help re-claim and maintain maximum health and balance in life.

Cooking, baking and drying food preparation methods transforms a raw food which is classified as Yin (cold and wet) into a food that is more Yang (hot and dry). A fundamental Chinese dietary rule is to consume foods closest to the center of the Yin/Yang continuum – meaning those energetically classified as not too hot, nor too cold. Rice is one such food recommended to bring

balance and promote healing, especially helpful during recovery from illness when prepared along with other foods in the traditional form of congee, for which you can find many recipes online.

Excessive consumption of cold raw foods impedes circulation of Qi (vital energy) which potentially leads to pain and stagnation – exactly why this is a predominant root cause of Bi Syndrome, the Chinese medicine term for arthritis. Conversely, ingestion of more warming foods reduces pain and maximizes healing by opening and boosting Qi circulation throughout the body. Analogous to joint pain reduction in warm, dry environments – versus increased pain during cold, wet conditions. Warming foods also have a positive healing effect on the ability to digest and assimilate food properly.

According to Chinese medicine, the Spleen is responsible for transformation and transportation of food – making it the primary focus for proper digestion. When Spleen Qi is ample and strong it means a greater chance

for a well-nourished body. Consumption of too many Yin (cold) raw foods damages and depletes the Spleen oftentimes leading to a condition called a “Damp Spleen”. Weak Spleen Qi also leads to excessive mucus in the body which is considered a product of improperly digested food. Ginger tea is an excellent warming drink to increase Spleen Qi and eliminate mucus. It also reduces flatulence and abdominal swelling that can arise from eating cold foods. Consumption of predominantly cooked or dried foods such as soups, cooked vegetables, warm drinks, dried fruits, cooked meat, and baked fruits is recommended to avoid and counteract these symptoms.

Eating predominantly warming, cooked foods is important for everyone, especially during the cold weather season. It is essential to realize the damage to digestion and metabolism that can happen with overconsumption of cold, raw foods. It can also undermine and deplete not only Spleen Qi but eventually the Qi of the entire body to a point of exhaustion, weakness and lack of life luster – after all the Spleen is traditionally known as “the source of life”. Combining this warming food approach with acupuncture treatment provides greater chance for eliminating acute and chronic pain through increasing Qi and Blood flow throughout the body no matter where one lives. Eating meals at regular intervals, consuming foods according to Chinese food therapy recommendations, and living a life of balance are essential for creating, maintaining and experiencing a “Qi-full” existence.

Shoshanna Katzman, L.Ac., M.S., is the author of Qigong for Staying Young, co-author of Feeling Light and the director of the Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ. For more information, visit www.healing4u.com and www.qigong4u.com.





Light Therapy: Harness the Power of the Sun to Heal Your Body

by Ruthann Russo, PhD, MPH, LAc



The sun and the stars are the source of all energy. This relationship serves as proof that light is energy. The portion of that energy that has a lower frequency and longer wavelength provides beneficial biological effects to the body. This portion contains red and infrared waves that can be delivered through low-level light therapy (LLLT) devices. Other names commonly used to describe LLLT include: photobiomodulation, cold laser therapy, soft laser therapy, and phototherapy. All of these terms refer to the delivery of energy through devices that contain only visible or red and/or infrared waves. This article addresses the healing potential of beneficial, non-ionizing low-level light therapy (LLLT).

Low Level Light Therapy (LLT) is referred to by many different names. All provide similar treatment and benefits.

- Photobiomodulation
- Cold laser therapy
- Soft laser therapy
- Phototherapy
- Laser biostimulation
- Low level laser therapy
- Laser acupuncture
- Light-emitting diode phototherapy

LLLT works on the principle that the body does most of the healing work on its own. It promotes the body's natural repair mechanisms with a focus on bringing the body back into balance, known as homeostasis. Light must be absorbed before any energetic reaction can occur. Once absorbed, a chemical reaction occurs in the cells that cause a series of actions between molecules. This results in increased energy at the cellular level stimulating increased blood supply, oxygen, and nerve regeneration.

Human cells can absorb the light energy from the visible to the near infrared range. One of the first decisions a LLLT therapist must make is which wavelength to use. Red waves, 620 to 700 nanometers long, are absorbed well and are good for wound healing and superficial injuries. Infrared waves,

from 750 to 1,000 nanometers, penetrate deeper into the body and are used for deeper injuries, pain and chronic conditions.

Although many practitioners use LLLT as a stand-alone treatment, it can be used in conjunction with other therapies, such as acupuncture. Like LLLT, acupuncture creates balance within the body. LLLT can be used as an adjunct to traditional acupuncture and may improve the impact of the treatment. LLLT can also be delivered via pinpoint red light rays at individual acupuncture points in lieu of acupuncture needles. This form of LLLT is often called laser acupuncture. One benefit of laser acupuncture is that it is completely painless. Although laser acupuncture can be used for any condition that can be treated using acupuncture, it has been found to be particularly beneficial for pain control, weight loss, smoking cessation, and stroke related paralysis.

What does LLLT treat? It is commonly used to treat chronic pain of all types. LLLT has been proven to benefit a variety of other chronic conditions including osteoporosis, arthritis, degenerative joint disease, carpal tunnel syndrome, complications of diabetes, heart disease, Alzheimer's disease, Parkinson's disease, hypertension, stroke, heart attack, and fatty liver disease.

LLLT has been shown to have positive effects treating the following conditions:

Neurological disorders	Bones & Muscles
Alzheimer's	Pain (acute & chronic)
Parkinson's	Osteoporosis
Multiple sclerosis	Osteoarthritis
Nerve injury	Degenerative joint disease
Cardiovascular disease	General
Coronary artery disease	Weight loss; Hair loss
High cholesterol	Complications of diabetes
Stroke	Healing-resistant wounds
Hypertension	Nausea & Vomiting

What devices are used? Medical device companies manufacture professional LLLT devices. These are the most reliable and effective for treatment, and enable the practitioner to control the parameters of the light source. Some of the more common parameters include wavelength, intensity, rate of energy delivery, dose, and exposure area. Pulsing may also be used to treat certain conditions. Handheld devices can be purchased for use at home. While home devices can deliver some benefit, the treatment they provide may not be as reliable or effective as a LLLT treatment delivered by a trained therapist using professional grade light therapy machines.

Conclusion. LLLT, known by a variety of names, is a natural, effective remedy that can be used as a stand-alone therapy or as an adjunct to other therapies, such as acupuncture, and has been found to benefit many chronic conditions. Although patients can self-treat with home devices, professional grade LLLT machines operated by licensed, trained LLLT therapists are likely to result in more reliable treatments.

Ruthann Russo, PhD, MPH, LAc is the director of the Circle of Balance Wellness Center in Spring Lake Heights, NJ. She is a certified laser therapist and provides acupuncture, laser acupuncture, LLLT, biofeedback, guided imagery, and wellness coaching to her patients. The Center is offering a series of free classes during the month of March to familiarize potential patients with unique integrative therapies such as LLLT, laser acupuncture, ear acupuncture, Heart-Math biofeedback, and Mind-Body Skills groups. For a complete schedule of classes visit www.circleofbalancenj.com or email Ruthann at ruthannrusso@gmail.com. See ad, page 35.

NEXT STEP STRATEGIES, LLC
A Holistic Approach to Health & Vitality



T'ai Chi, Qigong, Reiki,
Eden Energy Medicine
Siobhan Hutchinson, MA
Holistic Health Practitioner
609.752.1048
www.NextStepStrategiesLLC.com

THE ARCTIC
MARKET & BUTCHER



*A Family Owned
Community Minded Shoppe*

- Grass-Fed & Organic Meats
- All Natural
- Free Range
- Custom Dry Aged Beef
- Heritage Quality Custom Cuts

(732) 899-6328
816 Arnold Avenue
Pt. Pleasant Beach, NJ 



Mind Gardening

It Pays to Watch What Is Planted

by Dennis Merritt Jones

An unattended mind is like a neglected garden. Potting soil is incredibly receptive to any seeds introduced to it. It has absolutely no discretion when it comes to playing host to seeds; it says, "Yes" to all of them.

So it is with our mind, which is amazingly receptive to whatever suggestions are dropped into it. It has been said that the subconscious mind cannot take a joke. Whatever is introduced to it, it takes as serious instruction to grow that thought-seed into a full-blown plant, be it a flower or a weed.

When we pause to consider how many thought-seeds are blown, dropped or purposely planted in our mind on a daily basis, it may prompt us to tend to our mental garden with more regularity. These may come from media, negative conversation or overheard comments. The subconscious mind hears it all and takes it personally. The only way to avoid this type of mind pollution is to be consciously focused on what we want to have planted and growing in our flower box called life. It's a 24/7 proposition to keep it weeded as thousands of mental seeds constantly pour in.

A good full-time gardener plants thought-seeds about their self and others that are rooted in reverence and loving-kindness and skillfully nurtures them. Others will then receive nothing but benefit from the seeds we drop along the way.

Dennis Merritt Jones, D.D., is the author of Your Re-Defining Moments, The Art of Uncertainty and The Art of Being, the source of this essay. He has contributed to the human potential movement and field of spirituality as a minister, teacher, coach and lecturer for 30 years. Learn more at DennisMerrittJones.com.

calendarofevents

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

SUNDAY, MARCH 1

KNOT Your Friends: Yoga Therapy Ball Workshop (How to use self massage to erase unwanted knots) -Join Christine Festa at Monmouth Beach Yoga & Wellness to learn how to use Yoga Tune Up Therapy Balls to gently massage your body, untangle your knots, and peel away your stress. We will release muscle tension in the back, neck, hips, and beyond using simple methods that you can do at home. Included in the cost is your very own pair of Yoga Tune Up Therapy Balls. This workshop is open to all levels. No experience necessary. 1:30 -3pm. \$45, sign up in advance and receive a \$5 discount. Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach). Sign up online www.mbyogaandwellness.com or call 973-452-2828.

MONDAY, MARCH 2

Thermographic Diagnostic Imaging will be holding breast health screenings, a safe non-radiologic, non-invasive screening modality utilizing infra red imaging, 12:30pm-5:30pm at Dr. Colette Hayes. 1000 Allaire Rd, Spring Lake Heights. To schedule call TDI 856-596-5834.

TUESDAY, MARCH 3

Consciousness: Study Group: This group is aligned with and devoted to the teachings of consciousness. The intent for the group is to serve as a vehicle of Divine will, an opportunity to keep holy company, and support our advancement of consciousness in service of God and humanity. 6:30-8:30pm \$5 Hosted By Barbara Duchnowski Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732-642-420 or CLEARVIBRANTLIVING.COM

WEDNESDAY, MARCH 4

Learn Primordial Sound Meditation (3 Part Series) You will be introduced to the basic principles of meditation, its history, and the physiological aspects of mindfulness. Participants will receive instruction in their Primordial Sound mantra & learn how to use it 9:30-am12:30pm \$250 Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732 539-4708 or judy@balanceyourlife.com.

Crystal Bowls for Beginners -Join Tree if you are looking for a way to: Relax, Harmonize your body, Get in touch with your inner essence, Achieve that inner clarity... How about a Crystal Bowl Chakra Tune-Up! No experience necessary. Come join us and explore the magic of the crystal bowls. Journey with the harmonic sounds of the healing crystal bowls...and more! Each bowl resonates with a different chakra (energy center) or area of your body. When the chakras become imbalanced due to stress, emotions, toxins..., susceptibility to illness becomes higher. Sound vibration helps restore the correct vibrational frequency of the body, "lifting the issues out of the

tissues." 12-1pm \$22 Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach). Sign up online www.mbyogaandwellness.com or call 973-452-2828.

FRIDAY, MARCH 6

Complimentary Oils for Essential Living Gathering Hosted by Wendy Bright-Fallon and DeeAnna Nagel. Experience essential oils, learn to nourish naturally, meet like-minded people and discover a new wellness path! We love talking about the oils and cultivating community! 10am-12pm in Red Bank. Register at www.oilsforesentialliving.com or call 877-773-5591.

SATURDAY, MARCH 7

Aroma Writing: Relax, Get Centered, Create! Hosted by Wendy Bright-Fallon and DeeAnna Nagel. Guest Speaker: Gay Edelman, author, editor and coach 10am-12pm Experience how essential oils can enhance the writing process! \$25.00 Register at www.oilsforesentialliving.com, or call 877.773.5591.

JOURNAL TO JOY PART 2- A Workshop with Fran McConnell, CPC, ELI-MP. Your "PGP" and Live on Purpose! Picking up from the contemplative and action-oriented writing exercises covered in Part 1, this second journaling workshop will introduce additional techniques and thought provoking writing prompts so you can effectively compose your Personal Growth Plan ("PGP") for the next 6 to 12 months. The PGP will serve as a motivating baseline for you to continue your journaling practice and achieve your desired professional and personal goals. Come join us for a relaxed, productive afternoon of self-exploration and inspiration! Past participation in Journal to Joy Part 1 is not required. 1-3:30pm. Cost \$35 in advance; \$40 at the door. Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach). Sign up online www.mbyogaandwellness.com or call 973-452-2828.

Awaken the Creativity from Within: Group Hypnosis Be inspired! Much of what holds back creative expression is linked to anxiety, fear and left-brain thinking (analytical thinking) or simply put "overthinking". Hypnosis can help to relieve anxiety, stress, and worries and invigorate the right brain thinking (imagination) and allow for the free flow of creative ideas. 3:00-5:0pm \$20 Hosted By Barbara Duchnowski Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732-642-420 or CLEARVIBRANTLIVING.COM

Soul Sounding Crystal Singing Bowl Meditation- Come join Coleen and Wholetrition Wellness for a musical meditation designed to uplift the mind, body and soul. Coleen channels her spirit guides which direct her to play several different crystal singing bowls, specific to the listening group. 7-9pm \$15. Wholetrition Wellness Center 935

Highway 34, Suite 2D, Matawan NJ 07747. 732-858-1548 or info@wholetritionwellness.com.

The New Frequencies of Healing - FREE Presentation on Reconnective Healing®. Join Marije E. Paternotte for a FREE introduction! Learn about a powerful and NEW way to bring your body back into balance. The Reconnective Healing frequencies will inform, guide, heal, and transform your life. During this presentation you will: find out the remarkable story of Dr. Eric Pearl; learn what Reconnective Healing is; experience the power of the healing frequencies; hear some remarkable healing stories; and have time to ask questions. 5-6pm, FREE ADMISSION at 2116 Sunset Avenue Ocean at The Zen Den. Register in advance www.zendecenter.com or call 732-414-9423.

SUNDAY, MARCH 8

An Introduction to Ayurveda: Cleansing and Balancing for Spring: Introduction to Ayurveda (Yoga's sister science and the world's oldest continually practiced holistic medicine. Discover your unique constitution, tips on ways to stay healthy this Spring through diet and lifestyle choices and Spring Cleansing with Ayurveda. We will end with a Spring balancing yoga class. Sunday March 8th. Time is 10AM-1PM, \$58.00 at 2116 Sunset Avenue Ocean at The Zen Den. Register in advance www.zendecenter.com or call 732-414-9423.

TUESDAY, MARCH 10

Learn to manage Stress and Anxiety - FREE Workshop - Learn about ways to strengthen the Adrenals and Thyroid with diet, lifestyle and whole foods. This approach can easily support the stress gland (Adrenals) so you will experience immediate relief. This interactive seminar is not your typical stress reduction workshop. Learn some simple tools to reduce your stress & anxiety now. Improve your energy and Celebrate Your Life! Join Certified Nutritionist Jane E. McNeil, CN CH. 5:30-6:30pm at New Jersey Community Spine & Pain Wellness Center in Toms River.

THURSDAY, MARCH 12

Abundance Angel Workshop - Have you considered the Angels as a resource to help you increase your supply of money, food, time, opportunities, or whatever you desire more of? Why not? The more friends that can help you the better. You only need to call upon them with a sincere heart. Come and be with the Angels in a meditation and interactive workshop. Learn how to open the channels of divine communication so you can more clearly see, hear, feel and know the messengers of heaven. Join Angel Therapy Counselor Jane E. McNeil, to learn the simple ways to connect with the angels. 6:30-8pm at New Jersey Community Spine & Pain Wellness Center, Toms River. Reservations required, seating is limited, call 704-907-0008. \$25 Fee.

Straight Talk Networking Breakfast (formerly Business Breakthroughs' Networking Breakfast) - Join Monmouth and Ocean County small business owners and service professionals to mastermind, network, exchange ideas and improve your business. The breakfast is from 8:00 - 9:15am at the Middletown Pancake House (1610 NJ Route 35, Middletown. Cost is \$10 (includes breakfast). Please register in advance at www.GrowMonmouthBusinesses.com.

Qigong For Good Health Section 1 at Brookdale Community College 6:30-8PM. Register through Brookdale. www.brookdalecc.edu/life/longlearning

Don't Know What To Do With Your Leftover Wine? Come pair and taste 7 delicious wines from around the world, then learn to turn your leftover wine into dessert! 7-9PM Only \$35/person. Space is limited. Must RSVP. 732.747.0083 www.PureHealthNJ.com Pure Health Services 280 Hwy 35, STE 204 Red Bank.

FRIDAY, MARCH 13

Abundance Angel Workshop - Have you considered the Angels as a resource to help you increase your supply of money, food, time, opportunities, or whatever you desire more of? Why not? The more friends that can help you the better. You only need to call upon them with a sincere heart. Come and be with the Angels in a meditation and interactive workshop. Learn how to open the channels of divine communication so you can more clearly see, hear, feel and know the messengers of heaven. Join Angel Therapy Counselor Jane E. McNeil, to learn the simple ways to connect with the angels. 6:30-8pm at the White Sands Oceanfront Spa, Point Pleasant Beach. Reservations required, seating is limited, call 704-907-0008. \$25 Fee.

Learn to manage Stress and Anxiety - FREE Workshop - Learn about ways to strengthen the Adrenals and Thyroid with diet, lifestyle and whole foods. This approach can easily support the stress gland (Adrenals) so you will experience immediate relief. This interactive seminar is not your typical stress reduction workshop. Learn some simple tools to reduce your stress & anxiety now. Improve your energy and Celebrate Your Life! Join Certified Nutritionist Jane E. McNeil, CN CH. 5:30-6:30pm at the White Sands Sea Spa, Point Pleasant Beach. Reservations required, seating is limited, call 704-907-0008. No Fee for Educational Seminar

Magical Healing Circle: The main event is our Good Vibrations Healing Circle where like minded people gather to discuss modern spiritual practices and embrace the holistic lifestyle you are born to live. Each healing circle includes discussion, guided meditation, and hands on healing 7-8:30pm \$15 Hosted by Kris Lindemann Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan. 732-272-8817 or info@wholetritionwellness.com.

SATURDAY, MARCH 14

NJ Holistic Professionals Networking (The Secrets of Strategic Marketing). Networking opportunity for the holistic practitioners. The Secrets of Strategic Marketing – “How to Get More Clients, Customers, or Patients, Get Them Buying More, and Get Them Buying More Often” 12-2pm \$Free Bring your own lunch. Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732-858-1548 or info@wholetritionwellness.com

The Upper Extremities-Neck, Shoulders & More- Join Michelle Doyle at Monmouth Beach Yoga & Wellness. In our daily lives our upper bodies mirror our stress levels. Neck pain, tight backs, slouching body. Join us as we break down the shoulder girdle and more. Knowing the techniques to release and strengthen your body is key

to injury prevention. Time 12-2pm Cost: \$20 (36 Beach Road, Suite 10, Monmouth Beach). Sign up online www.mbyogaandwellness.com or call 973-452-2828.

Feldenkrais Awareness Through Movement. Feldenkrais Awareness Through Movement classes can help you return to comfortable, pain-free movement that you might have thought was no longer possible for you. It can help you maximize the intelligence of your nervous system for high level athletic or artistic activities. Classes are verbally led and most are done lying on the floor. Many people experience easier movement, larger range of motion, improved breathing and even reduced anxiety. Please bring a mat or blanket to lie on and dress warmly! Let by: Linda Natanagara, Guild Certified Feldenkrais Practitioner. 3pm-5:30pm. \$50. at 2116 Sunset Ave. Ocean- The Zen Den. Register in advance www.zendcenter.com or call 732-414-9423.

Introducing your Guides - who are your Spirit Guides. 3-4:30pm \$35 Hosted by Kristen McLaughlin Did you know that you are never alone? There are always helpers on your side in Spirit, and in this class you will learn who they are and how to contact and communicate with them. Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan. 848-231-0701 or info@wholetritionwellness.com

SUNDAY, MARCH 15

Spring CLEANSE YOURSELF WITH YOGA & FOOD: Join Lisa Horon-Sockol, registered yoga teacher and Csilla Bischoff, health coach and founder of shininghealth.com for a Spring Detox Workshop that will help you naturally cleanse your body and mind and prepare you for a healthy and vibrant Spring! Boost your immune system and prevent disease while increasing your energy levels and enjoying delicious spring cleanse foods. Yoga from 1-2pm All Levels Welcome. 2-3pm enjoy a delicious Spring Lunch where you will feast on wonderful, cleansing foods. A great way to kick start your spring cleanse or to simply learn more about living a healthy lifestyle by eating seasonally. 1-3pm. \$40. Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach). Sign up online www.mbyogaandwellness.com or call 973-452-2828.

TUESDAY, MARCH 17

FREE Permanent Pain Relief Class- Do you or a loved one suffer from pain, or find pain management doctors and programs are not working? Come learn about the most effective missing link in permanent pain relief - Myofascial Release (MFR) Therapy. MFR eliminates pain and stress, increases energy and vitality, decreases inflammation, creates more Flexibility & Strength, restores range of Motion & Function, and improves Posture & Balance so that you can return to your pain-free, active life. 7-8PM. Class held in Shrewsbury. Registration is required - call 917-288-7477 or email olympia@lastingpainrelief.com to register. LastingPainRelief.com

WEDNESDAY, MARCH 18

FREE Informational Seminar on the Wholetrition In 12 Transformation Program- 7-8pm at Wholetrition Wellness, 935 Highway 34, Ste 2D,

Matawan. Change is hard! You've tried everything and you need help. Wholetrition in 12 is there to support you on your journey to health and wellness. We provide you with tools you need to transform your mind and body. This unique program combines clinical nutrition along with exercise. Done in a group setting you will be more motivated to create the life you deserve. If you are ready to commit to your health, come join us for a free class today! Contact Alesha via email wholetrition@gmail.com to schedule a free class to attend the seminar!

Complimentary Oils for Essential Living Gathering Hosted by Wendy Bright-Fallon and DeAnna Nagel. Experience essential oils, learn to nourish naturally, meet like-minded people and discover a new wellness path! We love talking about the oils and cultivating community! 6pm-8pm in Red Bank. Register at www.oilsforessentialliving.com or call 877-773-5591

Spring Equinox: Come and join us at WATER-SPIRIT to celebrate and reflect on the freshness and excitement of the rebirth of nature. Enjoy this evening of reflection and ritual in celebration of Spring, a season of new vitality and energy for Earth and the human spirit. Reservations are preferred. e-mail: waterspirit@stellamaris.com comcastbiz.net or call 732-923-9788. Donations according to means. 7- 8:30 PM WATERSPIRIT at Stella Maris Retreat Center, 981 Ocean Avenue, Elberon

FRIDAY, MARCH 20

JOURNEYDANCE -Join Esta Kaftan, JourneyDance Guide, as she offers JourneyDance to our Monmouth Beach Yoga & Wellness community!!! JourneyDance is an inspiring movement form that incorporates dance, yoga movement and theater exercise and has been described as a “barefoot, freestyle celebration of the human spirit”. Accompanied by amazing world music with a focus on welcoming, witnessing, love, happiness and joy!! Includes expressive arts, divination readings, writing circle and of course, DANCE and MOVEMENT!! Time: 6:30-8pm. \$15. Bring a friend or two. Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach). Sign up online www.mbyogaandwellness.com or call 973-452-2828.

Soul Sounding Crystal Singing Bowl Meditation- Come join Coleen and Wholetrition Wellness for a musical meditation designed to uplift the mind, body and soul. Coleen channels her spirit guides which direct her to play several different crystal singing bowls, specific to the listening group. 7-9pm \$15 Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan. 732-858-1548 or info@wholetritionwellness.com.

SATURDAY, MARCH 21

SPRING EQUINOX KUNDALINI - Join Karina Virginia for a Kundalini Yoga and Miracles Meditation workshop aligning with the radiance and blossoming potential of the Spring Equinox! Together we will align our deepest wishes with the vibratory frequency of the equinox, and we will invite the divine intelligence of the universe to guide us as we take our first steps with ease. We will use Kundalini Yoga to open our hearts, and a very special miracle meditation to move our lives upward and merge with our creativity so we

can live our lives to the fullest. All levels are welcome. No experience necessary. 12-2pm. \$40. Located at Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach. Sign up online www.mbyogaandwellness.com or by calling 973-452-2828.

Yoga Nidra Guided Meditation and Relaxation. Yoga Nidra, also known as yogic sleep or sleep with awareness, Yoga Nidra is an ancient practice that is rapidly gaining popularity in the West. It is intended to induce full-body relaxation and a deep meditative state of consciousness. Release physical & emotional tension. Gain energy & find a focused mind. No experience required. Must be able to lie on the floor. Saturday March 21st. Time is 6:30-8pm, \$22. at 2116 Sunset Avenue Ocean at The Zen Den. Register in advance www.zendcenter.com or call 732-414-9423.

TUESDAY, MARCH 24

Consciousness: Study Group: This group is aligned with and devoted to the teachings of consciousness. The intent for the group is to serve as a vehicle of Divine will, an opportunity to keep holy company, and support our advancement of consciousness in service of God and humanity. 6:30-8:30pm \$5 Hosted By Barbara Duchnowski Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732-642-420 or CLEARVIBRANTLIVING.COM

WEDNESDAY, MARCH 25

Webinar with Ben Briggs, R.Ph., IACP, CNC, a Compounding Pharmacist with a background in nutrition, herbal medicine, holistic therapies, Functional Endocrinology and human hormone

replacement therapy, will be talking about thyroid dysfunction and adrenal fatigue. He will discuss the role of the thyroid and its impact on multiple body systems as a critical component of overall hormonal balance. Hypothyroidism presents a myriad of symptoms which may not be diagnosed for years, and more than half of all people with thyroid disease are unaware of their condition. Ben will be discussing treatment options for regulation of the thyroid and adrenal glands for optimization of health. 7p.m. To register or more info, call Liesha @ 856-596-5834, or go to tdinj.com.

THURSDAY, MARCH 26

Open Office Hours: The Business of Essential Oils Hosted by Wendy Bright-Fallon and DeeAnna Nagel. If you are interested in adding Young Living Essential Oils to your revenue stream we are here to educate and answer questions. Learn about creating an essential oils business! Medical and mental health professionals, coaches, yoga practitioners, massage therapists, healers and anyone oriented to wellness is welcome! 6pm-7:30pm in Red Bank. Register at www.oilsforesentialliving.com, or call 877.773.5591

SATURDAY, MARCH 28

DREAM INTERPRETATION WORKSHOP - Learn to Interpret your Dreams with gifted healer, Gail Ellen Smith. Have you ever wondered if your dreams are trying to tell you something? Do your dreams have a higher purpose? What is lucid dreaming? Can you learn to do it? Come join us for a fun workshop at Monmouth Beach Yoga & Wellness from 1-2:30pm. \$30. Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach. www.mbyogaandwellness.com or call 973-452-2828.

Learn to be a Healer in Your Own Home: Experience the Power of Certified Pure Therapeutic Grade Essential Oils. Essential Oils are concentrated extracts found in a variety of plants and were used in ancient cultures for their medicinal and therapeutic benefits. Learn to take control of your own healthcare by using essential oils as your first line of defense for immune system boosting, clearing infections like colds and flu, first aid, pain relief, stress relief, restful sleep, eliminating airborne threats, easing digestive discomfort, alleviating allergies and more. ..the list is endless as there are literally 1000+ uses. Free Seminar 1:00-3:00 p.m. at Airport Plaza 1390 State Route 36, Suite 105 Hazlet. At the vestibule in IEI take the elevator to the second floor. Register in advance: 609-232-2598/me@vikiscudieri.com.

SUNDAY, MARCH 29

A VERY SPECIAL GENTLE FLOW, YOGA NIDRA AND REIKI EXPERIENCE - Take a brief, but powerful escape from your hectic day and rejuvenate with a relaxing, gentle hatha flow incorporated with yoga nidra (a unique form of deep guided meditation) and Reiki Energy Healing. All levels welcome. 1:30-3pm. \$40 with Lisa Horan-Sockol, CYT and Erika Robinson, Reiki Master. Located at Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach. Sign up online www.mbyogaandwellness.com or call 973-452-2828.

Your Own Organic Vegetable Garden...This Spring!

Yard2Kitchen - A whole new backyard garden experience!

We Do All the Work . . .
All You have to do is Let the Good Times Grow

- Grow your own organic produce that's as "green" and "local" as you can get
- Enhance your health while you cook and entertain with fresh-from-the-garden produce
- Increase outdoor family fun
- Enjoy the ease and convenience of your own garden—even if you have limited experience or time



Contact us today for a FREE consultation:
(732) 410-6173
kbaldo@yard2kitchen.com
www.yard2kitchen.com



ongoing events

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

sunday

INTRO TO YOGA-BEGINNER SERIES- Join Mary Christensen. Brand new to yoga? Rehabilitating from an injury? This series provides you with the opportunity to engage your mind & body while discovering breath & movement in a non-competitive & nurturing environment. No flexibility required; all ages & body types welcome! This 4 week series, limited to 10 students, will walk you through the "BASICS OF YOGA." Learn anatomy and alignment, ways to personalize the practice for specific issues or injuries, and the foundations of yoga philosophy. Space is limited pre-registration required. 11:30am -12:45pm, 3/1, 3/8, 3/15, 3/22. COST: \$70 (plus 20% off any class card purchase if enrolled in series). Located at Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach. Sign up online www.mbyogaandwellness.com or call 973-452-2828.

Infinite Possibilities' Rapid K Weight Loss through body cleanse program. Weight loss is rapid, safe and sustainable. Orientations are no obligation and free. Call for future dates and times 732-544-2011 www.iploseweight.com.

wednesday

Managing Stress/Anxiety therapy group -Don't let anxiety limit the quality of your life. Help is available. You can receive emotional support and learn new ways of coping from a trained therapist and others that can relate to your experiences and feelings. Choose from 11am -12pm or 7pm-8pm sessions. Group is lead by Suzanne Iannaccone, LCSW. Cost is \$40 a group session. To register call 732-654-6228 or go to <http://www.seekingserenitytherapy.com>. 935 Route 34, suite 2D, Matawan. The group will remain open to new members.

thursday

Thursdays Starting March 12th Back to Basics - A Hatha Yoga Series (4 weeks), with Claudine Fenniman. Registered Yoga Teacher and Reiki Master Practitioner. Classes will meet on Thursday mornings from 9:30 -11am at the Zen Den, Ocean. This series is perfect for beginners, those who want to get back into yoga, or the more advanced who are looking to reconnect with the basics. All levels are welcome. We will cover basic postures with an emphasis on alignment, pranayama breathing techniques and meditation. 4 Weeks: Thursday 3/12, 3/19, 3/26, 4/2 from 9:30am - 11am. Series Fee: \$60 for all 4 classes or \$18 drop in fee per class at 2116 Sunset Avenue Ocean at The Zen Den. Register in advance www.zendencenter.com or call 732-414-9423.

savethedate

SATURDAY, APRIL 4

Hypnosis: the Answer to Abundance, Health and Happy Living: Curious about hypnosis? Join me for a fun informative session delving into hypnosis. Experience a hypnotic relaxation induction and feel rejuvenated and refreshed! Learn more about hypnosis and how it can transform your life into the life of your choosing. Be it better health, more abundance, fulfilling relationships or bringing joy and relaxation back into your life. Are you ready to start the best year of your life? 3- 4:30 pm \$5 Hosted By Barbara Duchnowski Wholetrition Wellness Center. 935 Highway 34, Suite 2D, Matawan 732-642-420 or CLEARVIBRANTLIVING.COM.

THURSDAY, APRIL 9

Thermographic Diagnostic Imaging will be holding breast health screenings, a safe non-radiologic, non-invasive screening modality utilizing infra red imaging, 10am-4pm at the Spa at the Galleria, 2 Bridge Ave., Red Bank. To schedule call TDI at 856-596-5834.

MIND BODY SPIRIT EXPO, April 10-12, 2015. Garden State Exhibit Center, Somerset NJ. Guest speakers: Maureen Hancock, Deborah King, Dr. Eric Pearl, Gerry Gavin, Dr. Linda Bender, John Newton. Exhibits, lectures, workshops, psychics, jewelry. Free yoga classes. Hours: Fri 4-9pm, Sat 10am-8pm, Sun 10am-6pm. Cost: Fri: \$5, free for seniors and students with ID; Sat & Sun: \$18 each day; combo Sat/Sun ticket: \$30. "Early-Bird Admission" \$5 if you are in line, Sat or Sun, before doors open at 10am. More info & ticket ordering at: www.MindBodySpiritExpo.com or call 215-599-EXPO (3976).

SATURDAY, APRIL 11

4th Annual Wellness Expo at Georgian Court University. Free admissions, rain or shine event at a beautiful historic Casino building. 50 plus exhibitors of natural health products and holistic health practitioners gather to inform, inspire and energize your commitment for lifelong wellness. Free presentations by invited speakers offered every 30 min. including how to build a successful wellness business, thermography, aromatherapy, etc. plus yoga, qigong and sound healing demonstration. Enjoyable for all ages and diverse traditions! 11am - 4:30pm 900 Lakewood Ave., Lakewood, NJ 08701. Flyer at <http://www.georgian.edu/wellnessexpo2015.htm> FB update at <https://www.facebook.com/groups/GCUHolisticHealth/events/> Contact Sachiko Komagata, Ph.D., P.T. komagatas@georgian.edu or call 732-987-2663.

Georgian Court University 3rd Annual Wellness Expo. Presents: An Overview Of Breast Screening Modalities With An Emphasis On Thermography- A Proactive Approach To Breast Health featuring Philip Getson, D.O. Thermography uses state of the art infra-red technology to provide an image of the physiologic responses of the breast, thyroid and neuromuscular systems. Since thermal imaging detects changes at the cellular level, studies suggest that this test can detect activity 8 to 10 years before any other test. Philip Getson, D.O. a Board Certified Thermologist with over 30 years of thermographic experience, interprets

all of Thermographic Diagnostic Imaging images and generates all of the reports. Location: Georgian Court University 900 Lakewood Ave. Lakewood, Casino Main Floor. 12-1PM FREE lecture, no registration necessary.

TUESDAY, APRIL 14

Consciousness: Study Group: This group is aligned with and devoted to the teachings of consciousness. The intent for the group is to serve as a vehicle of Divine will, an opportunity to keep holy company, and support our advancement of consciousness in service of God and humanity. 6:30-8:30pm \$5 Hosted By Barbara Duchnowski Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732-642-420 or CLEARVIBRANTLIVING.COM.

FRIDAY, APRIL 17

Magickal Healing Circle: The main event is our Good Vibrations Healing Circle where like minded people gather to discuss modern spiritual practices and embrace the holistic lifestyle you are born to live. Each healing circle includes discussion, guided meditation, and hands on healing 7-830pm \$15 Hosted by Kris Lindemann Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732-272-8817 or info@wholetritionwellness.com.

SATURDAY, APRIL 18

Learn to be a Healer in Your Own Home: Experience the Power of Certified Pure Therapeutic Grade Essential Oils. Essential Oils are concentrated extracts found in a variety of plants and were used in ancient cultures for their medicinal and therapeutic benefits. Learn to take control of your own healthcare by using essential oils as your first line of defense for immune system boosting, clearing infections like colds and flu, first aid, pain relief, stress relief, restful sleep, eliminating airborne threats, easing digestive discomfort, alleviating allergies and more. ..the list is endless as there are literally 1000+ uses. Free Seminar 1:00-3:00 p.m. at Airport Plaza 1390 State Route 36, Suite 105 Hazlet. At the vestibule in IEI take the elevator to the second floor. Register in advance: 609-232-2598/me@vikiscudieri.com.

SUNDAY, APRIL 26

"Creativity for a Cause" WATERSPIRIT Art Show. 3-6PM. Stella Maris Retreat Center, 981 Ocean Avenue, Long Branch. Take in the beauty of the art, enjoy hors d'oeuvres and a glass of wine, purchase an original painting or visit the Treasure Trove for a variety of art pieces at reduced prices. As you experience the creativity know that you are helping to further the work of WATERSPIRIT. Admission is a voluntary free will donation. For more info e-mail: waterspirit@stellamaris.comcastbiz.net or call 732-923-9788.

TUESDAY, APRIL 28

Consciousness: Study Group: This group is aligned with and devoted to the teachings of consciousness. The intent for the group is to serve as a vehicle of Divine will, an opportunity to keep holy company, and support our advancement of consciousness in service of God and humanity. 6:30-8:30pm \$5 Hosted By Barbara Duchnowski Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732-642-420 or CLEARVIBRANTLIVING.COM.

I found it — The Secret to Anti-Aging!

**My cholesterol dropped by 73 points in 1 month,
my husband's morning blood sugar level
dropped from 200 to 113 in 3 months,
and we are feeling and looking so much YOUNGER!**



Kare & Charles Possick

A few months ago, my husband's blood sugars were out of control after years of controlling it with diet. And his skin had taken on a yellowish-grey pallor... which showed me that his liver and kidneys were also in serious trouble. I was scared!

A friend stopped by, took one look at Charles, and said, "We have to get him on the Micronized Heart of Royal Purple Rice immediately!" Although I had never heard of it, I quickly said, "Get me some now." I am so grateful that I did!

Within 3 weeks his skin was pink and glowing and he was feeling so much better. I also began eating it and began noticing more energy, sounder sleep, and improved skin.

But What Really Got My Attention...

We had our blood tested and after eating this rice product **for only a month, my cholesterol had dropped by 73 points!** I had been taking several other natural supplements for two years to lower cholesterol to no avail, but after only one month my cholesterol dropped to normal, as did my triglycerides, and three other blood markers that had been way too high. My doctor was shocked. He said no drug would give me those quick and dramatic results!

And Charles, with several medical conditions, had 10 blood markers drop significantly! My doctor said he knew of nothing that could work like that across so many body systems! "Not drugs...but real foods," I said.

What's In This Product and How Does It Work?

The basis of the product is an ancient, heirloom strain of royal purple rice that is now grown in Thailand in a pristine valley that has never seen chemicals, pesticides, or GMO's.

Then, the purple husk, which is extremely high in anthocyanin antioxidants, along with the very heart of the rice (the endosperm) is removed—this is the part that carries the super polysaccharide sugars and polypeptide amino acid building blocks. Everything else is discarded.

With only the dense nutrient rice heart left — this is then milled down to the size of a micron! That's it—that is all that's in this amazing raw natural product.

**It takes
60 pounds of
Royal Purple
Rice to make
ONE Pound
of my product.**



It is so tiny and powerful that when you eat it ... **it does not even have to go through your digestive system — it can immediately go into the cells and energize them!** Like tiny arrows, these highly charged alpha glucan chains of super nutrients can pierce cell walls and furnish the mitochondria (the cell's battery) with fuel to create massive amounts of ATP Light Energy, so that the cells can recharge, regenerate, and function at the highest level.

Recharge, Repair, and Regenerate Your Cells

The reason so many people who are eating well and taking good supplements are still sick is ... **nutrition can't get into the cell!**

A recent medical study showed — more than 80% of the population is insulin resistant at some level. That means that the **sugars and nutrients we need for energy cannot get into the cells.** (If a cell phone battery cannot be recharged — it powers down and eventually dies). If you are tired, and have diseases that have names ... your cells are also powering down and dying.

When the sugars (polysaccharides) can't get into your cells to be used for energy, they cause another problem, too. They float around your blood stream, sticking to proteins and fats—or "glycating". Wherever they stick they cause problems ... if they stick in the bloodstream they cause hardening of the arteries and high blood pressure, in the brain they cause learning and memory issues or dementia, in the eyes—cataracts, in the skin—wrinkles. **With my raw natural product you can recharge your cells and reverse the glycation and aging now!**

Read What This Has Done For My Friends ...

When I shared this with my friend, Bonnie, her body used the new cellular energy to reduce her blood pressure and smooth the wrinkles from her face. Nicole's intense pain from an accident is gone and she is off her debilitating medications. Jeff is no longer experiencing acid reflux or gout. Dee Dee's night blindness is gone and so are her allergies. Charles morning blood sugars have dropped from 200 to 113. I am looking so much younger that someone asked me if I had a 'procedure' done! Even my granddaughter's dog has gotten rid of his digestive issues because of this product. **So ... would you like to see what this amazing food will do for you?**

**Call me (Kare) at: 727-798-8764
I'll send you my FREE book, answer all
your questions, and get this product on its
way to you so you can begin anti-aging, too!**

www.KaresPurpleRiceProducts.com

communityresourceguide

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

ACUPUNCTURIST & CHIROPRACTOR

PROSPERITY HEALTH CENTER

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



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

and providing care to those in distress. Dr. J. K. Kuan is National Board Certified and a Licensed Chiropractic Physician and Acupuncturist in the states of New Jersey, New York, and California. With years of clinical experience, Dr. Kuan has helped many people with various conditions such as allergies, migraines, smoking addiction, obesity, PMS, insomnia, infertility, pain syndrome (joint pain, tendonitis, LBP), I.B.S., anxiety/depression.

VB ACUPUNCTURE

Acupuncture, Cupping, Tui Na (Chinese Medical Massage)
Veronica Bogomazova, MSAOM, L.Ac
935 Highway 34, Suite 2D Matawan
Vbacupuncture@gmail.com
908-913-0491
www.vbacupuncture.com



Veronica Bogomazova is a Licensed Acupuncturist (L.Ac) who is board certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) in the states of New Jersey and New York. Veronica's

passion has always been finding the purest path to peace and well-being. With the use of Acupuncture and Oriental medicine, she meets her clients where they are in their process of growth and healing. Her treatments are individually crafted based on your specific needs and current symptoms to bring about optimal health. Though she successfully treats a range of health issues, her specialty is in sports injuries, pain management, women's health, and emotional well-being. Veronica's goal is to motivate others to be kind and gentle to themselves while staying committed and consistent to their health.

AROMATHERAPY

DEANNA MERZ NAGEL

Health & Wellness Coach
Online Aromatherapy Institute
Highlands, NJ 07732
877-773-5591 Confidential Voice
deeannamn@gmail.com
www.onlinearomatherapyinstitute.com



DeAnna is a Wellness Coach and Intuitive offering Online Wellness Packages. Her services are always "infused" with the benefits of essential oils. She also specializes in teaching other therapists, coaches and healers about complementary and alternative modalities such as Reiki, distant healing and aromatherapy. *See article, page 30.*

BODY WORK

LASTING PAIN RELIEF CENTER

621 Shrewsbury Ave., Suite 225
Shrewsbury
917-288-7477
www.LastingPainRelief.com



Myofascial Release and many forms of Massage are available. PAIN? STRESSED? TIGHT? Experience the most effective Therapeutic Bodywork and Massage to eliminate pain -

Myofascial Release (MFR) - the Missing Link in your treatment resulting in LASTING PAIN RELIEF, stress relief, increased energy and range of motion, better movement, mental clarity, more flexibility, and better function. Many pain conditions are successfully relieved including Back, Head, Neck, Hips, Legs, Feet, Arms and Shoulders. Massage Types include Myofascial Release, Deep Tissue, Relaxation, Reflexology, Swedish, Lymphatic Drainage, Oncology, Reiki, Prenatal/Post Natal, Sports, and Craniosacral. Our holistic, whole-body treatments allow people of all ages, including babies, to quickly return to a pain-free, active life. *See article, page 31.*



BUSINESS CONSULTANT

DONNALYN GIEGERICH MBA CIC RYT

DonnaLyn Giegerich Consulting
Red Bank, NJ
Facebook & Twitter @DonnaLynSpeaks
LinkedIn: DonnaLyn Giegerich



You're passionate but are you effective? Learn leadership skills and core business concepts to keep your giftedness going and growing in service to your target market. Privates, self forming groups, workshops and events that cultivate networking and business

building for enlightened leaders at www.donnalyn.org. Join us for our popular Red Bank Power Panelist events, professional development workshops and more. DonnaLyn is an award winning integrated national spokesperson with local entrepreneurial roots empowering people and teams to improve their groove in business and life.

CHIROPRACTIC

UPPER CERVICAL CHIROPRACTIC OF MONMOUTH, LLC

Larry Arbeitman, DC
25 Kilmer Dr, Bldg III, Ste 101, Marlboro
732-617-9355
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. *See ad page 27.*



PURE HEALTH SERVICES

280 State Rt 35, Ste 204
Red Bank, NJ 07701
(732) 747-0083



Pure Health Services offers SOT® Chiropractic, which is a comprehensive and advanced concept of chiropractic pioneered and developed through study, research and clinical application. This technique was clinically

developed on patients that did not get better under traditional chiropractic care. SOT®, which stands for Sacro Occipital Technic is a unique combination of Chiropractic and Osteopathy that employs low force manual therapies and a neurologically based indicator system that direct the doctor to the areas of imbalance. SOT® treatments work to balance the body as a whole. When it comes to your health we leave no stone unturned by addressing the cranium (which contains 80% of the central nervous system), spine (contains 20% of the central nervous system), organs, muscles and extremities (feet, knees, wrists, shoulders, etc).

COACHING/COUNSELING

FRAN MCCONNELL, CPC, ELI-MP

The Balanced Owl, LLC
935 Route 34, Suite 2D, Matawan, NJ 07747
fran@thebalancedowl.com
www.thebalancedowl.com
917-903-2358



Fran is a Certified Professional Coach and corporate trainer. Her passion is to work with women who want to let go of mindsets and habits that hold them back so that they can become who they want to be. Known for her inspiring and motivating style, Fran guides

her clients through life and career transitions and helps them to achieve meaningful, and long-lasting change through stress-reduction and a renewed focus on passion and purpose. She believes heightened self-awareness is essential for positive change and that "it is never too late to reinvent your who". Fran also creates and leads customized personal and professional development workshops for wellness centers, company retreats and fundraising events, designed to provide an exceptionally valuable and memorable experience. *See ad and article page 36 and news brief page 7.*

EDUCATIONAL

EVOLVE AND ASCEND

info@evolveandascend.com
732-718-3469

EvolveandAscend.com is a collaboration of transformational teachers, visionaries, artists, and entrepreneurs looking to impact the world. Our



mission is to provide content to help elevate your vibration, and assist your evolution into higher consciousness. Featuring multimedia in the way of enlightening blogs, podcasts, videos, music, and

an online store – our website is the modern day Library of Alexandria meets Andy Warhol's Factory.

ESSENTIAL OILS

ARLENE TOWNSEND

Certified Clinical Aromatherapist
Reiki Practitioner
Certified Raindrop Practitioner
732-547-3878
arlenetownsend007@gmail.com



Feeling weighed down and trapped by life's events? You can't always control Events but you can control how you deal with them by using Emotional Release strategies. Learn to understand, control and clear volatile minute-to-minute emotions that impact your daily life. Explore strategies to clear stored emotions that are constricting your life and blocking you from achieving your goals. Learn how Essential Oils can supercharge and transform your life. Experience the power of the oils. It's a New Year. Make it a new beginning for you! Arlene is a master teacher offering workshops in essential oils, emotional clearing and Raindrop Technique. Private sessions are available for aromatherapy consultations, chakra balancing, Reiki and Blessing of the Senses. Please contact Arlene for further information on workshops and private sessions.

FINANCIAL SERVICES

STRAIGHT TALK, CPA's

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



Salim is the rare accountant who guarantees success to clients who follow his advice. As one of New Jersey's top CPAs, clients from across the state hold Salim in the highest esteem. He believes small businesses are the foundation of our economy and has dedicated his

practice to helping them attain financial health and security. With this mission in mind, he's been able to build one of the most successful and respected firms in the state of New Jersey and has hundreds of raving fans across the state. He is author of the popular book "Straight Talk About Small Business Success In New Jersey." If you own a small business or are looking to start one, you can get a free copy of Salim's book by calling (732)566-3660. Limited quantities available, so call now! *See article, page 20.*



Grow Your Business with an ad in Natural Awakenings

We teach our readers about you with news briefs, calendar listings and more.
When you place an ad with us, you become part of the magazine.

The green marketplace is one of the fastest growing, most dynamic sectors for the US economy. 100% of our readers are interested in healthy living, a healthy environment and personal growth. That's 100%.

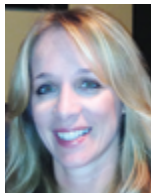


Contact us to discuss an advertising package that will fit every budget.

Call 732-230-7337 today.

HEALTH SERVICES

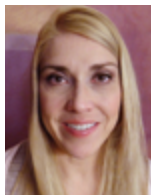
KERRI D'ONOFRIO, MSN, APN, BC
 2006 Highway 71, Suite 6
 Spring Lake Hts, NJ 07762
 732-919-1335
 www.cwdcenter.com



Kerri is an independent Nurse Practitioner with over 18 years of pediatric experience, who specializes in treating the Whole Person. Kerri's goal is to provide you with a personalized and comprehensive evaluation to help you understand and learn about your child's needs. She is committed to improving the health and well-being of children and families affected by developmental and behavioral disorders. She prides herself in treating the whole person, not just the diagnosis, in a loving and caring environment for families that face very challenging situations. Kerri strongly believes in a natural approach to handle the needs of the child, by using biomedical treatments options, dietary options, nutritional supplements and lifestyle changes. Specializing in diagnosis and management of children with Autism, ADHD, Developmental Delays, sleep disorders, feeding problems, and discipline difficulties.

HYPNOSIS

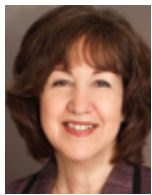
CLEAR VIBRANT LIVING HYPNOSIS
 Barbara Duchnowski, MSW, C.H.T,
 Certified Hypnotist
 935 Hwy 34, Suite 2D, Matawan NJ 07747
 732-642-4208, CVLiving@aol.com, Clear-VibrantLiving.com



Learn to use the power of your own mind to become stress free, happier and live the vibrant lifestyle you deserve using hypnosis to tackle life's difficulties with greater ease. Hypnosis treatment for weight management, smoking cessation, stress reduction, academic and athletic achievement, past life regression and more. Over twenty years of counseling experience.

HYPNOSIS FOR WOMEN

Rhoda Kopy, BS, CH, ACH
 Nationally Certified HypnoCounselor/ Coach
 1541 Route 37 East, Ste. E, Toms River, NJ
 732-270-0080
 www.HypnoForWomen.com



What's been holding you back? If you're ready to move forward, hypnosis can help. I've been privileged to help clients succeed with smoking cessation, weight control, stress management, fear release, performance enhancement, and more. With the right approach, you are capable of far more than you realize. I'm a nationally certified master hypnosis practitioner and coach, with specialty certification in complementary medical hypnosis, a degree in biomedical communications, experience in community health education, and an academic background in nursing. Call me today to find out if hypnosis and coaching are right for you. Make your mind work for you – instead of against you!

INTERFAITH MINISTER

SHARON SHAFFERY OCP
 Church of Spiritual Humanism
 732-858-4506



Sharon has been an Ordained Clergy Member of the Church of Spiritual Humanism since 2012, and is available for - Spiritual Counseling, Weddings, Baby Blessings, Invocations, Hand Fasting & Commitment Ceremonies, Affirmation of Love, Renewal of Marriage, Pet & Garden Blessings, Home Smudging and Blessings and holiday ceremonies. Affordable rates, call 732-858-4506.

MASSAGE THERAPY

PROFORM PHYSICAL THERAPY, LLC
 1212 Route 34, Suites 24-25
 Aberdeen, NJ 07747
 732-970-7882
 Heather Lawrence L.M.T.



The New York Times said, "We strongly recommend Heather Lawrence as a top therapist in the city." ProForm Physical Therapy is proud to offer Therapeutic Massage services provided by Heather Lawrence. Heather's passion has been bodywork for 20+ years and she has practiced across the country as well as internationally. She specializes in Swedish, prenatal, deep tissue, and sports massage. Call today to schedule and save 20% off your first massage.

SALLY KURTH

Excited to announce Sally's New Location at:
 Wholetrition Wellness Center
 935 Hwy 34 Ste 2D
 Matawan, NJ 07747
 sallykurth@optonline.net
 732.241.1255



Need to de-stress and increase your Energy? Want some assistance channeling thoughts and emotions in a healthy way? Looking for some bodywork to ease sore and tired muscles? Would you like to make healthier eating choices and gentle excise part of your life? If you said yes to one or all of the above make an appointment for some restoration, balance, and harmony today. It's a new day, you can create a new you. Sally Kurth is a licensed massage and Polarity therapist. When the body and mind slow down the inner healer knows exactly how to use energy. For more information on Polarity Therapy please visit www.PolarityNow.com.



MEDITATION

THE TRANSCENDENTAL MEDITATION PROGRAM

Greg Monokian
 404 Ironwood Lane, Morganville, NJ 07751
 732-617-8801
 Greg@AwakeMona.com
 TM.org; TMBusiness.org
 AskTheDoctors.com
 StressFreeSchools.org

Eliminate stress, get healthy, and enjoy your life with this effortless, natural, and enjoyable technique. Proven effective in over 700 scientific studies worldwide. Call for a free introductory lecture.

MENTAL HEALTH THERAPIST

SUZANNE IANACCONE LCSW

935 Route 34, suite 2D,
 Matawan, NJ 07747
 SuzannelannacconeLCSW@gmail.com
 732-654-6228
 www.seekingserenitytherapy.com



We all go through life's ups and downs, but the good news is we don't need to go through them alone. Therapy can help a person solve important issues and can substantially reduce or eliminate anxiety and depression. It can improve social skills, relationships, work performance, motivation and overall life satisfaction. Lets explore your issues together in a safe, non-judgmental, accepting environment. You can learn new ways of coping, get emotional support, and thrive! Individual and group psychotherapy sessions are available. Starting Wednesday January 14 at 7pm, and continuing weekly, we will be offering a managing stress/anxiety therapy group. It is open to all. Call to register!

NUTRITIONIST

ALESHA LAZAN MS, CHHC

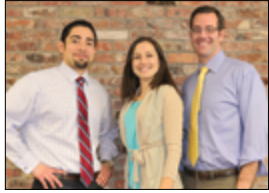


What Can Wholetrition Do For You? Whether you have already started your journey to holistic living or have never read a food label, Wholetrition can provide you with information and resources necessary to reach your goals! The healthy lifestyle you've been dreaming of is closer than you may think, and I am here to walk with you every step of the way! Contact me today to get started. Alesha Lazan MS, CHHC, is a clinical nutritionist and health coach. She is the owner of Wholetrition LLC. Visit www.wholetrition.com to find out more information or connect with Alesha at wholetrition@gmail.com or 732.896.6898. See news brief, page 5 and ad page 34.

PHYSICAL THERAPY

PROFORM PHYSICAL THERAPY, LLC

Aberdeen Location
1212 Route 34, Suites 24-25
Aberdeen, NJ 07747
732-970-7882
and
Holmdel Location
2124 Route 35 South
Holmdel, NJ 07733
732-970-7882



ProForm Physical Therapy LLC is the premier provider of physical rehabilitation in Monmouth County. We are dedicated to providing each of our patients with compassionate and insightful care to improve and enhance the quality of their lives, so they can experience life in motion.

PHYSICAL TRAINER

PILATES FOR EVERYBODY - MILLSTONE PILATES & SPORTS- MASSAGE THERAPY

Sharon Spaziani, LMT - Millstone Pilates & Sportsmassage
353 Sweetmans Lane Perrineville, NJ 08535
MillstonePilatesAndSportsMassage.com
732-446-9225



General fitness, well being, post rehab or sport specific training. Call today to schedule your Free Pilates fitness evaluation session! Offering individualized Pilates classes. Reasonable rates, personalized attention.

Over 20 years experience in bodywork and movement re education. Polestar Pilates Certified / Pilates Method Alliance Certified Teacher. Find us on Facebook under Millstonepilates & Sportsmassage!

PSYCHIC READINGS MEDIUMSHIP

CHRIS DESERIO, MA, CHT

Chris DeSerio, LLC
Medium, Spiritual Consultant, Author,
Hypnotist, Reiki Master
www.chrisdeserio.com
201.233.4838
Asbury Park & Rutherford Locations



If you want an appointment tailored to empower and educate you, Chris DeSerio has been addressing the ordinary to the extraordinary for 20+ years. With a background heavily entrenched in metaphysics along with being an interfaith minister, psychotherapist, and

hypnotist, some services offered include: Guidance Consultations, Mediumship Readings, Reiki /Other Energetic Healing, Private Tutoring (to learn or better your abilities), Events, Psychic Readings, Spirit Release, Curse Removal, and Hypnotism. Remote (online/phone) appointments are available.

LINDA FATE
Lindafate.com
732-946-7345



I've been offering my natural gifts of psychic intuition and mediumship in efforts to guide and assist others for almost 30 years. Through my readings I focus on building a positive mindset, spiritual healing and promoting self-empowerment. My goal is to create an honest, enjoyable and meaningful experience for each of my clients.

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 on self transformation. 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 she 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 with joy, peace, good health, love, and abundance.

T'AI CHI

NEXT STEP STRATEGIES, LLC

Siobhan Hutchinson, MA- Holistic Health
Serving: Kingston, Brick, Toms River,
New Egypt, Hazlet, NJ & Langhorne, PA
609-752-1048
NextStepStrategiesLLC.com
Facebook, TWITTER



Enhance balance of Body/Mind/Spirit through T'ai Chi, Qigong, Seijaku, Reiki, & Donna Eden Energy Medicine with Siobhan. Clients can choose classes or personalized one-on-one sessions for deep relaxation and reducing the effects of stress. Along with holding a Master's Degree in Holistic Health,

Siobhan has studied in China continues her studies with a variety of holistic practitioners. Her passion is stress relief and walking in serenity, while guiding others in self-empowerment. Looking forward to our NextStep together! Like us on facebook. See ad, page 41.

YOGA

MONMOUTH BEACH YOGA & WELLNESS

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



MONMOUTH BEACH
YOGA & WELLNESS
SEEKS TO BRING
LOVE & LIGHT TO
THE JERSEY SHORE
COMMUNITY

BY OFFERING VARIOUS TYPES OF YOGA, NUTRITION, MEDITATION & SO MUCH MORE. The studio is owned by Lisa Matthews and Lisa Horan-Sockol. Their mission is to share their passion of Yoga & Wellness with the community by creating a supportive, relaxing, healing & non-competitive environment for people of ALL AGES. Their studio offers over 30 classes weekly and various workshops and special events monthly that cover a wide range of topics. Their studio also has a boutique where you can buy locally made jewelry, Twisted Guru Yoga Beach Mats, beautiful yoga clothing, and yoga accessories. They are committed to offering students inspiring classes as well as a whole yogic lifestyle. See article, page 38 and ad, page 8.

WELLNESS SPACE

WHOLETRITON WELLNESS CENTER

935 Highway 34 Ste 2D, Matawan
732-858-1548
WholetritionWellness.com



Wholetrition Wellness Center is a co-working space for the holistic practitioner where practitioners can rent space on-demand. The Center is a fully equipped, space that includes consultation and treatment rooms with additional space for events. The atmosphere is a unique serene and spa-like environment that any holistic practitioner and their client would enjoy. The Center also offers yoga and crystal bowl meditation. Please check our site for more information and we look forward to speaking to you. See ad, page 34.



Animals don't lie. Animals don't criticize. If animals have moody days, they handle them better than humans do.
~Betty White

ACUPUNCTURE

Dr. Paula Redhead 732.213.5222
Colts Town Plaza, Colts Neck

Infinite Wellbeing 848.221.2791
Scott Bendell, Beachwood
www.Infinitewell-being.com

Prosperity Health Center 732.696.8282
See CRG for details

Red Bank Acupuncture & Wellness 732.758.1800

VB Acupuncture 908.338.1077
See CRG for details

Zen Den Center of NJ 732.414.9423
Ocean

BODY WORK

Lasting Pain Relief Center 917.288.7477
See CRG for details

CHIROPRACTIC

Pure Health Services 732.747.0083
See CRG for details

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

Integrative Wellness Group
800 Main St Belmar 732.359.8263
www.integrativewellnessgroup.com
Chiropractic, Functional Medicine & more

COUNSELING

Iris Martin MA, ACW, LCSW 732.888.1551
Holistic approach to grief, loss, stress & anxiety. Hazlet-Holmdel area

DENTIST

John J. Tortora D.D.S. 732.295.1616

FAMILY HOMEOPATHY

Abunda Life 732.775.7575
Dr. Robert H. Sorge N.D., Ph.D.

Halcyon's Nest Homeopathy
Heather A. Brickle 732.497.8179
www.halcyonsnest.com

FENG SHUI

Body Space Alignment 732-695-2575
287 Daniele Dr. Ocean
consult@fengshuiyoganj.com
www.njfengshuitraining.com

FRAMING

Save US Pet at Frame to Please Boutique
Red Bank Gallaria 732.741.8062

HYPNOSIS

Roseann Petropoulos 732 894-3197
Weight and Stress Management
www.Belmarwellness.com

LEARNING CENTER

Empowered Learning Center 732.217.3719
LearningRx 732.444.8579

NUTRITIONIST

Alesha Lazan 732.858.1548
See CRG for details

Kerri Ferraioli 732.814.4886
Point Pleasant
Kerri@lifetimenutritionllc.com

Jane McNeil 908.428.6765

ORGANIC COFFEE

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

PREGNANCY & FAMILY WELLNESS

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

Zen Babies Massage 732.299.1330
Colleen Fay LMT, CIMI, Doula
zenbabiesmassage.com

REIKI & HOLISTIC HEALING

Gail Ellen Smith 732.245.9658
Spiritual Counselor, Ayurvedic Practitioner,
Reiki Master. Ocean Grove & Toms River

Joanne Kelleher 732.407.0789
Healing Arts NJ 511 Dover Rd Toms River
Joanne@healingartsnj.com

Reflections of Light LLC 732.604.2282
Ann M. Mort LPN Reiki Master/Teacher
721 Auth Ave, Suite B, Oakhurst
www.reflectionsoflightreiki.com

Reset Reiki 732.822.9031
Alice Balzarini USUI Reiki Master
alice.balzarini@gmail.com
facebook.com/resetreiki

Shelly Guglielmini 908.907.0349
Reiki Master and Teacher, Freehold
area Believeinreiki@aol.com

Arlene Townsend 732.547.3878
See CRG for details

SPIRITUAL ADVISING, PSYCHIC READINGS & MEDIUMSHIP

Linda Fate 732.946.7345
See CRG for details

Moonstruck 732.936.1889
See CRG for details

Rev. Rebecca Lynn 609.290.7218
Rebecca Lynn Spiritual Advising
www.jerseyspiritualadvisor.com

THERAPEUTIC MASSAGE

A kneaded Vacation 732.328.8577
Nicole Lerario licensed Massage Therapist
& Reiki healer akneadedvacation.com

WEIGHT LOSS

Infinite Possibilities 732.544.2011

WELLNESS SPACE

Body N' Balance 732.966.5704
Wall Circle Park

Circle of Balance Wellness Center
Spring Lake 732.820.0445

Page Wellness Center 732.291.5575
Atlantic Highlands

Wholtrition Wellness Center
See CRG for details 732.8581548

YOGA

Monmouth Beach Yoga 973.452.2828
See CRG page 50 for info

Kids Yoga with Miss Alice 732.822.9031
Alice Balzarini radiant child yoga, itsy bitsy
yoga, 5yrs exp Oceanport & Lincroft

Help Our Readers Find YOU!

Add Your Business to Our Wellness Practitioners Directory.

Special Offer - just \$5 a month, call 732.230.7337



GRADES

aren't the only

THINGS

it improves.

The smiles. The laughter. The bright, upbeat child you know is back. When school is going well and homework is a snap, life is better for everyone. So why struggle or

rely on tutors year after year when there is a long-lasting solution? LearningRx strengthens the connections the brain uses to learn. And we do it in a fun, enjoyable setting. We

call it brain training. Parents and kids call it life changing. Mention this ad and get \$100 off an initial Cognitive Skills Assessment.

LearningRx

Two convenient locations in Monmouth County

(732) 444-8LRX (8579)
Marlboro and Red Bank, NJ

See other area locations at:
www.LearningRx.com