

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

Back to Nature

Seeking Its Wisdom for
a High-Tech World

SPRING
Cleaning
for Body, Mind
& Spirit

Allergy
Season

Don't Let It
Get You Down

EARTH
in Peril

Children Confront
Climate Change



EVERY ISSUE IS
A GREEN ISSUE

April 2015 | Monmouth • Ocean | njerseyshore.com

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

Benefits of Bio-Identical Hormone Therapy for Women:

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

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

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

Naturally treat and prevent:

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

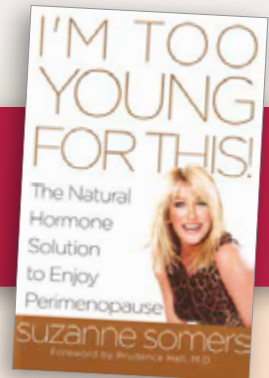
The Secret to Great Health, Super High Energy, Vitality & Sexuality



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



6



10



12

- 5 **newsbriefs**
- 8 **healthbriefs**
- 10 **globalbriefs**
- 12 **ecotip**
- 22 **beingpresent**
- 24 **cleanoceanaction**
- 28 **soupbones**
- 29 **curiouscupping**
- 32 **petadoption**
- 35 **checkhormones**
- 36 **lowtestosterone**
- 37 **naturalpharmacy**
- 40 **feelingenergy**
- 41 **usepower**
- 41 **whygreens**
- 42 **calendar**
- 47 **resourceguide**
- 51 **wellnessdirectory**

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 NATURE'S WISDOM

Its Lessons Inspire, Heal and Sustain Us
by Christine MacDonald

14



18 DIABETES:

10 Scientific Facts Orthodox Drug Medicine Doesn't Want You To Know
by Dr. Robert H. Sorge

20 WHY MATH MATTERS-

And What You Can Do To Help Your Child
by Michael Ginsberg

24 THE AURA OF ESSENTIAL OILS

by DeeAnna Nagel

26 WHY IS LOW BACK PAIN SO COMMON DURING PREGNANCY?

And What Does It Mean?

30 SPRING CLEANING FOR THE BODY, MIND AND SPIRIT

by Shoshanna Katzman

34 EDIBLE FLOWERS

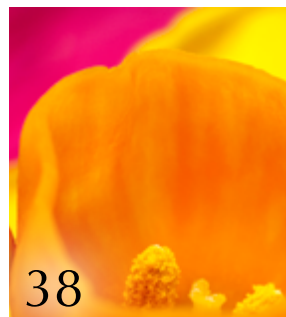
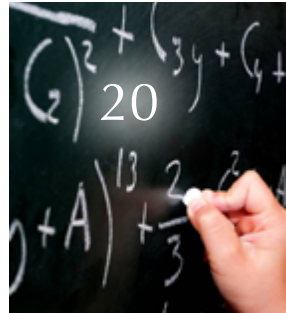
Simple Techniques to Bring their Beauty to Your Plate
by Kenny Baldo

38 DON'T LET ALLERGY SEASON GET YOU DOWN!

Be Proactive
by Jane McNeil

42 EARTH IN PERIL

Children Confront Climate Change
by Avery Mack



38

42

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



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

Distribution:
Andria Criscuolo
Dee Corrado

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.

letterfrompublisher

Hello Friends,



Spring is finally here, oh the joy! It's a good time to reflect on the goals we made for ourselves this new year and see how we are tracking. Personally, I have made very small strides, but remain vigilant. I'm holding on to the intention, but falling short in the execution. Intentions only take us so far, we need action to achieve the ends we seek. So I am taking some advice from our contributors. I got myself a notebook, and made it's sole purpose to track my progress against my goals. I'm finding it to be a great way to hold myself accountable. Another thing I've done to inspire myself to stick with my goals, is a vision board. It truly is amazing how effective they can be to help us stay the course.

In this months issue we have a couple of articles speaking to the art of being present and quieting the chatter in our mind. I can tell you from experience that with practice you can silence the "ity bitty shitty committee" as our friend Donalyn Giegerich, Women's Empowerment leader, calls it. But it does take time. The payoff is, as I sit here typing, I can honestly tell you that I don't even remember a time when those voices were in my head. I know they were there some years ago, but I intended and practiced mindfulness, and now they are gone. You can do it too.

Don't forget these Important dates that 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 😊

Apologies out to Kerri Ferraioli. We had a little error in layout last month and attributed her name to the wrong article. Why Greens which is the correct article appears in this months issue.

Thank you once again for all of your continued support. Now that the weather is warming up, we hope to see you out and about. Thank you to our advertisers who make this all possible! And thank you Team! The community that we are building right here in our little part of this big world, is like the drop in the pond and our good vibes will ripple out and raise the vibrations around us. Our light will illuminate dark places.

Warm wishes,

Sharon

newsbriefs

BIG Celebration - Won't You Join Us? Saturday, April 25th in New Egypt

Join us at 10am for World T'ai Chi & Qigong day. We are celebrating in a BIG WAY, as we all move as one in a T'ai



Chi Chih® practice and then welcome Dr. Chang-Shin Jih, who will offer a workshop on T'ai Chi and Taoist philosophy. Research supporting the health benefits many experience will be discussed as well. You may

check out the videos that are posted on YouTube from previous years: World Tai Chi Day in New Egypt

Dr. Jih is a University Professor and co-author of book: "The Tao of Jesus." He is certified instructor in several holistic healing modalities: Tai-Qi-Chuan, Qi-Gong, Yoga and Buddhist Meditation. Registration in advance is only \$10 and \$15 at the door, to cover the cost of renting the hall and any remainder funds will be donated to the T'ai Chi Chih Scholarship fund. Dr. Jih's 2 hour workshop is \$50 in advance and \$75 if you remit that day.

Siobhan Hutchinson is the host for this event and the founder of Next Step Strategies, which educates and encourages individuals to discover their body's natural healing ability. Along with holding a Master's Degree in Holistic Health, Siobhan is an accredited T'ai Chi Chih®, Seijaku, Guigen Qigong, Reiki Master/Teacher, and Certified Eden Energy Medicine Practitioner. She has studied in China and continues her studies with a variety of holistic practitioners.

Contact Siobhan for more details at: Siobhan@NextStepStrategiesLLC.com or by calling 609-752-1048.

FREE Wellness Seminar at Wholetrition, Wednesday, April 15th

Join Certified Holistic Health Coach & Clinical Nutritionist Alesha Lazan, at Wholetrition Wellness in Matawan from 7- 8pm. The seminar will discuss Lazan's Wholetrition in 12 program and participants will learn how to completely transform their health in twelve weeks.

The Wholetrition in 12 program is a customized exercise and nutrition program with sustainable life changing results for those who are ready to commit and take control of their lives.

"I believe in bio individuality, which means, no one diet works for everyone. Everyone is different and my job is to find the right one for you," says Alesha Lazan MS, CHHC, creator of the Wholetrition in 12 program. To reserve a seat at the free seminar call Alesha Lazan at (732) 896-6898.

For full details of the Wholetrition in 12 program, visit Wholetrition.com/wholetrition-in-12/.

Publish a *Natural Awakenings* Magazine in Your Community

Share Your Vision and Make a Difference



- Meaningful New Career
- Low Initial Investment
- Proven Business System
- Home Based Business
- Exceptional Franchise Support & Training




Natural Awakenings recently won the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review. To learn more visit: franchisebusinessreview.com


Call 239-530-1377
visit our website :
NaturalAwakeningsMag.com/mymagazine
for more information

Natural Awakenings publishes in over 95 markets across the U.S. and Puerto Rico

- Huntsville, AL
- Mobile/Baldwin, AL*
- Little Rock/Hot Spg., AR*
- Phoenix, AZ*
- Tucson, AZ
- East Bay Area, CA
- San Diego, CA
- Denver/Boulder, CO
- Fairfield County, CT
- Hartford, CT
- New Haven/Middlesex, CT
- Washington, DC
- Daytona/Volusia/Flagler, FL
- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/St. Aug., FL
- Melbourne/Vero, FL
- Miami & Florida Keys*
- Naples/Ft. Myers, FL
- North Central FL*
- Orlando, FL*
- Palm Beach, FL
- Peace River, FL
- Sarasota, FL
- Tampa/St. Pete., FL
- FL's Treasure Coast
- Atlanta, GA
- Hawaiian Islands
- Chicago, IL
- Chicago Western Suburbs
- Indianapolis, IN
- Baton Rouge, LA
- Lafayette, LA
- New Orleans, LA
- Portland, ME
- Boston, MA
- Ann Arbor, MI
- East Michigan
- Wayne County, MI
- Western MI
- Minneapolis/St. Paul, MN
- Charlotte, NC
- Lake Norman, NC
- Triangle NC
- Central NJ
- Hudson County, NJ*
- Mercer County, NJ
- Monmouth/Ocean, NJ
- North NJ*
- North Central NJ
- South NJ*
- Santa Fe/Abq., NM
- Las Vegas, NV
- Albany, NY
- Buffalo, NY
- Central NY
- Long Island, NY
- Manhattan, NY
- Queens, NY
- Rochester, NY
- Rockland/Orange, NY
- Westchester/Putnam, NY
- Central OH
- Cincinnati, OH
- Toledo, OH
- Oklahoma City, OK
- Portland, OR*
- Bucks/Montgomery, PA*
- Harrisburg/York, PA
- Lancaster, PA
- Lehigh Valley, PA
- Pocono, PA/Warren Co., NJ
- Scranton/Wilkes-Barre, PA
- Rhode Island
- Charleston, SC
- Columbia, SC
- Grand Strand, SC*
- Greenville, SC
- Chattanooga, TN
- Knoxville, TN
- Memphis, TN
- Austin, TX
- Dallas Metroplex, TX
- Dallas/FW Metro N
- SE Texas
- Houston, TX
- San Antonio, TX*
- Richmond, VA
- VA's Blue Ridge
- Seattle, WA
- Madison, WI
- Milwaukee, WI
- Puerto Rico

*Existing magazines for sale



732-414-6223
www.RealHealthSolutionsllc.com
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



Workshop - Getting to know your Guardian Angel

Personal experiences with Guardian Angels have one thing in common: YOU are changed. Look back through your life, searching for the moments when your Guardian Angel succeeded in helping you to change. At the workshop, you will have an opportunity to meet your Guardian Angel and learn their name. Don't you think it's time you met your best friend! I look forward to sharing the guidance of the All-Powerful Angels.



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

This workshop will be held in 2 locations:

Fri. Apr 17, 6:30-8pm. at the White Sands Oceanfront Spa, 1205 Ocean Ave, Point Pleasant Beach.

Thurs. Apr 23, 6:30-8pm. at New Jersey Community Spine & Pain Wellness Center, Toms River.

Reservations required for both dates, seating is limited, call 704-907-0008. \$25 Fee for the Angel Workshop.

Qigong for Good Health

Spring ... time of new beginnings and moving forward. Lincroft Spring Series Begins Tuesday, April 14.

TWO CLASS TIMES:

- 1:00 The Nine Phases of Cultivation and more
- 2:30 Primordial Qigong

PLACE: The Earth Room, Unitarian Universalist Congregation of Monmouth

County, 1475 West Front Street in Lincroft

COST: \$96.00 for 9 Sessions. For a partner in the same household, the 2nd person's fee is \$48.

TO REGISTER: Send e-mail indicating which time & pay at the first class or Send check to Maxine Forster Guenther and indicate which class to P.O. Box 2015, Red Bank, NJ 07701.

If you cannot afford the cost of the series, please call and we can make some adjustment. 732-842-5074.



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 OFFICE FOR STARTING DATE & 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

For more details and for classes at Brookdale Community College and The Cancer Support Community, visit the website. www.qigongforgoodhealth.org

TDI/Health through Awareness FREE Monthly Webinar

Stress Reduction for Health & Vitality with Elsie Kerns
Wednesday, April 22, 7-8pm.



Elsie Kerns

What do we all want more of everyday? Energy, Energy, Energy! What stops free flow energy? Stress, anxiety, overwhelm, worry, tension, the voice of inner judgment and the demands of 24/7 living. Ongoing stress often results in comprised immune system, high blood pressure, chronic illness and accelerated aging.

On this Webinar, learn how to:

- Strengthen your immune system
- Melt tension and anxiety easily
- Regain clear thinking for everyday problem solving

- Blow out frustration and Zip-It-Up to protect your energy everyday

The webinar will discuss how on a daily basis, energy is the patient and energy is also the healer. Let Elsie teach you easy energy techniques available 24/7 that you can begin using immediately. No previous experience is necessary – just your enthusiasm and desire for optimal health and wellness. For more info or to register call 856-596-5834 or tdinj.com and go to webinar page to register.

Elsie Kerns, Eden Energy Medicine Advanced Practitioner, Stress Specialist, Teacher, Speaker and Author has a passion for empowering, effective, time efficient and affordable energy practices for vibrant health and longevity. She offers private sessions, educational workshops, teleseminars and worksite wellness.

FREE Allergy Survival Workshop

Allergy strategies will be taught based on allergy causes: pollen, grasses, mold, food-based, chemically-based, etc. Gain knowledge on the different organs and glands that can play a part in acute allergies. Learn the various nutrients to alleviate different allergies.



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.

This workshop will be held in 2 locations:

Thurs., April 16, 5:30-6:30pm. New Jersey Community Spine & Pain Wellness Center, Toms River.

Fri., April 17, 5:30-6:30pm. White Sands Sea Spa, Point Pleasant Beach.

Reservations required for both dates, seating is limited, call 704-907-0008.

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

WELLNESS SERVICES FOR NATURAL BALANCE

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!

Acupuncture Increases Quality of Life for Allergy Sufferers



Research from Berlin's Charité University Medical Center suggests that acupuncture is an effective treatment for patients with seasonal allergic rhinitis. Published in the *Annals of Allergy, Asthma and Immunology*, in 2013, the study analyzed data on the

costs and quality of life of 364 allergy patients that had been randomly assigned to receive one of three treatments: rescue medication alone (taken when symptoms are greatest); acupuncture treatment plus rescue medication; or sham (non-therapeutic) acupuncture plus rescue medication. Patients receiving acupuncture incurred higher total treatment costs, but also gained significantly more quality of life compared with the rescue medication-only groups.

Strawberries Reduce Blood Pressure



A study published in the *World Journal of Diabetes* concluded that the regular consumption of a flavonoid-rich strawberry beverage reduces blood pressure in people with Type 2 diabetes. The study divided 36 subjects, all with moderately high blood pressure and Type 2 diabetes, into two groups—the first drank the equivalent of one serving of fresh strawberries per day made from freeze-dried berries, and the other group drank the same amount of an imitation strawberry-flavored drink over a six-week period. Blood pressure was tested at the beginning and end of the study for all participants.

At the end, the group drinking the real strawberry beverage registered significantly lower diastolic blood pressure than at the outset; it was also lower than the imitation strawberry group. The average diastolic blood pressure of the group drinking real strawberries went down by 6.5 percent and the systolic dropped by 12 percent. The strawberry-flavored group's systolic blood pressure was also reduced, but only by 3.7 percent.



THE COLOR GREEN MAKES EXERCISE FEEL EASIER

Research from the University of Essex, in England, suggests that viewing natural green images while exercising may be better than being exposed to other colors. The researchers tested 14 people doing moderate-intensity cycling while watching video footage of predominantly gray, red or green imagery. Each of the participants underwent three cycling tests—one with each of the videos—along with a battery of physiological and mood testing.

The researchers found that when the subjects watched the green-colored video, they had better moods, with a lower relative perception of exertion than when they exercised while watching the red and grey videos. They also found those that exercised while watching the red video experienced greater feelings of anger during their exercise.



Memory Works Better Reading Real Books

Researchers from Norway's Stavanger University and France's Aix-Marseille Université found that readers remember a story better if it's on paper. The study tested 50 people that read the same 28-page short story. Half of the group read the paper version and the other half read the story on a Kindle e-reader. The researchers discovered that readers of the digital version could not remember details from the story or reconstruct the plot as well as the group that read the paper copy.

The researchers found that the feedback of a Kindle doesn't provide the same support for mental reconstruction of a story as a print pocket book does. "When you read on paper, you can sense with your fingers a pile of pages on the left growing, and shrinking on the right," explains Stavanger University's Anne Mangen, Ph.D.

These findings confirm a study performed a year earlier, also led by Mangen. Seventy-two 10th-graders were given text to read either on paper or on a computer screen. The students that read the paper text versions scored significantly higher in reading comprehension testing than those reading digital versions.

Local Toxins Increase Risk of Autism

Confirming previous findings, a large study from the University of Chicago has found that autism is linked to toxic environmental exposure. The research examined data from nearly a third of the U.S. population, which showed that both autism spectrum disorders and intellectual disabilities increased as exposure increased in region-by-region testing.

The research measured clusters of autism incidence together with exposure rates in different counties and states across the country. The areas with greater environmental toxin exposures had significantly increased autism rates. The correlation was significant among both boys and girls, but stronger among girls. Proximity to urban areas also increased autism incidence. For every 1 percent increase in urbanization, there was about a 3 percent rise in autism and intellectual disabilities. Influential toxins include pesticides, plasticizers, lead and pharmaceuticals.



Olive Oil Boosts Healthy Cholesterol

In an effort to understand what makes olive oil so good for heart health, a study from Europe's Cardiovascular Risk and Nutrition Research Group and the U.S. National Institutes of Health has found that olive oil's polyphenols significantly increase the size of high-density lipoprotein-cholesterol (HDL) in the blood and enhance the HDL's ability to inhibit formation of the abnormal fatty deposits, known as plaque, within the walls of arteries. Polyphenols

are natural compounds from plants known to help prevent cancer and heart disease.

In the three-week study, researchers isolated the effect of polyphenols by dividing 47 healthy European men into two groups: one ate a diet containing polyphenol-poor olive oil and the other consumed polyphenol-rich olive oil. The enriched diet resulted in increased size, fluidity and stability (resistance to oxidation) of the HDL molecules by reducing their triglyceride core. The researchers note that the oxidation of cholesterol lipids such as low-density lipoprotein (LDL) is linked with arteriosclerosis.



Fresh and Fun Financial Workshop For High Achieving Women

Jill Merriman

Health and Wealth Accountability Advisor

Achieving financial freedom, networking opportunities, vendors, dance energizer breaks & chocolate... what more could a girl want?

Goals of this Program:

- Compare the best investment strategies
- Every day practical ways to build savings
- Examine ways to conquer credit card debt
- Recognize the correlation between wealth, weight and wellness
- Overcome the fear of not having enough money to reach financial freedom
- Cut expenses, set financial goals & create a personal budget

Registration: \$129.00

To Register or For More Info: jillmerriman@comcast.net

Sat., May 9th
The Woman's Club of Red Bank
164 Broad Street
9am - 3pm (Reg. at 8:30am)
Lunch and Snacks Included



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!

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



Vanishing Wildlife

50 Percent Gone in Under 50 years

The latest World Wildlife Fund (WWF) *Living Planet Report* shows that the Living Planet Index (LPI), which measures more than 10,000 representative populations of mammals, birds, reptiles, amphibians and fish, has declined by 52 percent since 1970. The report is widely

considered the leading science-based analysis on the health of our planet and the impact of human activity (Tinyurl.com/WWF-Living-Planet-Report).

In fewer than two human generations, populations of vertebrate species—the life forms that constitute the fabric of life-sustaining ecosystems and serve as a barometer of how humans are impacting nature—have dropped by half. Nature conservation and sustainable development go hand-in-hand; it's not only about preserving biodiversity and wild places, but about safeguarding the future of humanity.

Living Planet Report partners include the Zoological Society of London, Global Footprint Network and Water Footprint Network. Marco Lambertini, director general of WWF International, states, "We need leadership for change. Sitting on the bench waiting for someone else to make the first move, doesn't work. Heads of state need to start thinking globally; businesses and consumers need to stop behaving as if we live in a limitless world."

Thriving Eco-Towns

Malaysian Villages Model Sustainability

Innovations being successfully pioneered in Malaysia offer ideas for improving the world, according to the UN Sustainable Development Solutions Network (SDSN), including the construction of high-tech, self-sustaining ecological "smart" villages.

These villages are lifting incomes for scores of rural families while promoting environmental sustainability. Each 50-acre community consists of about 100 affordable homes, advanced educational, training and recreational facilities and an integrated, sustainable farm system that provides villagers with food and employment that on average, triples their monthly income.

Low-cost, 1,000-square-foot homes are built in 10 days and the communal farming operations include a cascading series of fish tanks, or "aquafarms". Filtered fish tank wastewater irrigates trees, grain fields and high-value plants grown in "autopots", a three-piece container with a valve that detects soil moisture levels and releases water as required, reducing the need for fertilizers and pesticides. Free-range chickens feed on the fast-reproducing worms that process the plant compost.

This system optimizes nutrient absorption, minimizes waste and enables crops to be grown on previously non-arable land. The village's solar-generated power is complemented by biomass energy and mini-hydro electricity. A community hall, resource center, places of worship, playgrounds and educational facilities equipped with 4G Internet service support e-learning and e-health services.



Corporate Do-Gooders

U.S. Recognizes Companies for Earth-Sound Policies

Each year, the U.S. Department of State presents Awards for Corporate Excellence recognizing U.S.-owned businesses that play vital roles worldwide as good corporate citizens. Parameters include supporting sustainable development, respect for human and labor rights, environmental protection, open markets, transparency and other democratic values.

The 2014 winners, announced last December, include the EcoPlanet Bamboo Group, in Nicaragua, for fostering sustainable development by regenerating degraded pasturelands. The company dedicates 20 percent of its plantations as natural habitat that protects biodiversity by prohibiting illegal hunting. EcoPlanet also focuses on employing persons with disabilities and empowering women through recruitment to managerial positions.

Wagner Asia Equipment, LLC, in Mongolia, a heavy equipment dealership, is recognized for its commitment to public/private partnerships with Mongolia's local and national governments designed to protect the environment. Initiatives include planting more than 900 trees, conducting workshops for students on environment and ecology, implementing a project to build a community garden and rehabilitating a toxic waste site.

Other finalists include the Coca-Cola Company, in the Philippines; Chevron Corporation, in Burma; ContourGlobal, in Togo; General Electric, in South Africa; General Electric International, in Tunisia; GlassPoint Solar, in Oman; and the Linden Centre, in China.

For more information on finalists, visit Tinyurl.com/ACE2014Finalists.

Soil Salvation

Organic Farming May Counteract Greenhouse Effect



The nonprofit Rodale Institute, the United Nations and the Soil Association are reporting that modern, chemical-intensive industrial farming is stripping the soil's natural ability to take carbon back out of the atmosphere through photosynthesis and store it in the soil. Rodale researchers say that by returning to small-scale organic farming, more than 40 percent of annual greenhouse gas emissions

could be captured in the soil, and if the entire world's pasture and rangelands were managed using regenerative techniques, an additional 71 percent of those emissions could be sequestered.

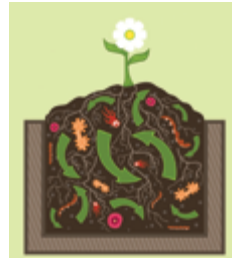
Further, organic practices could counteract the world's yearly carbon dioxide output while producing the same amount of food as conventional farming. Rodale claims that using regenerative organic agriculture—like low or no-tillage, cover crops and crop rotation—will keep photosynthesized carbon dioxide in the soil, instead of returning it to the atmosphere. The institute cites 75 studies from peer-reviewed journals, including its own 33-year Farming Systems Trial, which directly compare organic farming with conventional farming.

Source: OrganicConsumers.org

Curbside Composting

No Food Scraps Need Go to Waste

People in the United States waste more than a third of all of the food they produce, but more than 180 cities and towns are beginning to realize that wasted food can be valuable; they are asking residents to separate unwanted food from the rest of their trash and put it in a curbside compost bin. The idea is to stop sending food waste to the landfill, where it generates harmful methane gas pollution, and start turning it into something useful, like compost.



In 2011, Portland, Oregon, launched a curbside compost program in which residents are encouraged to put food scraps into the city's green yard waste bin. Since then, the amount of garbage sent to the landfill has decreased by 37 percent. According to Bruce Walker, the city's solid waste and recycling program manager, the program also reduces the environmental footprint of the trash heap.

Getting people to separate their food waste, however, can be difficult. To motivate its residents to put more food waste in the compost bin, the city of Seattle, Washington, has proposed both making curbside composting mandatory and fining residents a dollar every time they put a disproportionate volume of food waste in their trash.

Source: NetNebraska.org



Buzzing Buddies

'Flying Doctor' Bees Prevent Cherry Disease

University of Adelaide researchers are introducing a "flying doctor" method of employing bees as preventive medicine. Project leader and bee researcher Katja Hogendoorn, Ph.D., says, "All commercial cherry growers spray during flowering to control the later development of cherry brown rot. Instead of spraying fungicide, we're using bees to deliver a biological control agent right to the flowers, where it's needed." The innovative delivery works via entomovectoring.

This is a new technique for Australia, with potential application in many horticultural industries. The biological control agent contains spores of a parasitic fungus that prevents another fungus that causes the brown rot from colonizing the flower. Future applications of the small, winged medics are expected to become available for disease control in almonds, grapes, strawberries, raspberries, apples, pears and stone fruit.

Source: Adelaide.edu.au

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 April 30, 2015

661 Broad Street, Shrewsbury NJ **732-758-0011**

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



Earth Prayer: Radiance

Kay Kemp

Artist Kay Kemp can't remember a time when she was not making art. She loves to play with paint and paper as she explores a variety of subjects. Her primary means of expression is mixed media collage and painting in acrylic. Kay's recent work is influenced by "painting for process" in which the images are allowed to develop spontaneously.

This month's cover piece, "Earth Prayer: Radiance" is acrylic painted on wood and was created to honor the connection of all things. It is intended to inspire respect and appreciation for our responsibility to one another as well as our environment. The Shaman figure appears frequently in Kay's work and is a symbolic healing force.

Along with creating her art, Kay guides others in finding their true voices for self-expression. She is founder of Wild Heart Art in Houston, Texas. Kay conducts workshops throughout Texas and special retreats in other countries. Her programs lead participants to experience their own creativity in new ways as they open to the joy and healing creativity brings.

To contact Kay Kemp email kay@wildheartart.com or call 832.618.1416. For information about the programs offered at Wild Heart Art, visit wildheartart.com.

Sustainable Shopping Tips

Smart Choices Help Our Home Planet

The buy local movement and popularity of local farmers' markets continue to grow, but we can do even better when it comes to sustainable shopping. A recent *Greendex.com* survey on environmental impacts of consumer behaviors in 18 countries reports that more Americans are eating local and organic foods and say they're going to consume less meat and bottled water. Nevertheless, we continue to eat the most processed and packaged foods and the fewest fruits and vegetables of all the countries surveyed. Evidently, we need to literally put our money where our mouths are.

The Greendex survey cites several basic ways to make our diets more sustainable. These include eating more vegetables and less beef and lamb (recognizing the greater environmental impact of raising animals); participating and supporting community supported agriculture and fishery initiatives; economizing meal planning; and storing food properly in the refrigerator to maximize space and freshness periods.

When grocery shopping, peruse the perimeter aisles first, where whole foods are stocked, instead of the interior shelves, which typically comprise processed foods according to *MotherEarthLiving.com*.

More cooperation between the public and private sectors and individual involvement can also increase sustainability in communities around the world. Rachael Durrant, Ph.D., a research fellow with the UK-based Sustainable Lifestyles Research Group, cites in a recent paper the need for improved understanding of the key roles that civil society organizations play within processes of large-scale social change and warned that many communities are vulnerable to grave environmental and social risks.

Durrant lauds "greener, fairer and healthier practices, such as community gardening or cookery classes," plus "those that change the rules of the game through campaigns or lobbying to coordinate and facilitate activities of other groups." Supporting food and farming management that's independent, cooperative and welcomes volunteers, for example, is highly beneficial.



Celebrate World T'ai Chi & Qigong Day With Dr. Chang-Shin Jih

See why Dr. Oz is a fan of T'ai Chi Sat., April 25th from 10a-3p



Our primary mission is personal and global health & healing. We work toward this goal by educating millions of the emerging medical research on Tai Chi and Qigong, explaining the nuances of Tai Chi & Qigong in plain language. Please join us in New Egypt with a potluck lunch of your making! \$10 w/registration or \$15 at door.

Join Dr. Jih and other extraordinary teachers in T'ai Chi & Qigong
All are welcomed and you need not know the forms to follow

Afternoon 2hr Workshop with Dr. Jih, additional cost Save by registering early
Join us at the American Legion, 2 Meadowbrook Lane, New Egypt off Rte. 528
& across from the Agway store View our video at World Tai Chi Day in New Egypt

Siobhan@NextStepStrategiesLLC.com or call Siobhan at 609-752-1048



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 -

Nature's Wisdom

Its Lessons Inspire, Heal and Sustain Us

by Christine MacDonald



The environment is not separate from ourselves;
we are inside it and it is inside us;
we make it and it makes us.

~ Davi Kopenawa Yanomami, Amazon shaman

While the idea that we humans stand apart from—or even above—nature is a prevailing theme in much of modern civilization, naturalists and other clever souls throughout the ages have observed that the opposite is true: We are part of, depend on and evolve with nature—and we ignore this vital connection at our peril.

“If one way is better than another, that you may be sure is nature’s way,” admonished the Greek philosopher Aristotle, in the third century B.C.E.

“Time destroys the speculation of men, but it confirms the judgment of nature,” Roman politician and philosopher Cicero ruminated two centuries later.

Nobel Prize-winning physicist and philosopher Albert Einstein remarked, “Look deep into nature, and then you will understand everything better.”

Today, more of us are looking to nature for ways to improve physical, mental and emotional health, develop intelligence, innovate, overhaul how

we build homes and neighborhoods, and raise our children.

Healthful Nature

As Henry David Thoreau wrote in his classic 1854 book *Walden*, “We need the tonic of wildness.”

While we know firsthand how walking in the woods can elevate mood, scientists have documented that a regular dose of nature has other far-reaching benefits. It can lower stress hormone levels, blood pressure and undesirable cholesterol; help heal neurological problems; hasten fuller recovery from surgery and heart attacks; increase cancer-fighting white blood cells; and generally aid overall health (*Health Promotion International* research report; also Nippon Medical School study, Tokyo).

Regular playtime outdoors helps children cope with hyperactivity and attention deficit disorders, according to research published in *Current Problems in Pediatric and Adolescent Health Care*.

Exposure to nature can help adults escape from today’s wired lives; reinvigorate, be fitter and less likely to suffer from obesity, diabetes and heart disease, as reported in studies published in the *American Journal of Clinical Nutrition* and a University of Washington research summary. It can also unlock understanding of the spiritual essence of life.

Hours regularly spent by youth outdoors stimulate imagination and creativity and enhance cognitive development, helping them learn. Nature also helps youngsters develop social awareness, helping them better navigate human relations (Tinyurl.com/OutdoorHealthBenefitsResearch).

“It’s strange and kind of sad that we are so removed from nature that we actually have to ask why nature is good for us,” says Dr. Eva Selhub, a lecturer at Harvard Medical School, author of the new book *Your Health Destiny*, and co-author of *Your Brain on Nature*. “The fact is our brains and bodies are wired in concert with nature.”

Recognition of nature’s positive effects has grown so much in recent years that physicians increasingly write their patients “prescriptions” to go hiking in the woods, counting on the healthy exercise and exposure to sunlight, nature and soothing views to address health problems stemming from poor diets and sedentary lifestyles. Healthcare clinics and hospitals in Washington, D.C., New York City, Chicago, Indianapolis, Albuquerque, New Mexico, California’s Bay Area and elsewhere have launched Prescription Trails programs aimed at objectives from preventing obesity in children to healthful activities for retirees (Tinyurl.com/AmericanHealthTrails).

Bestselling author Richard Louv calls the positive nature effect “vitamin N” in *The Nature Principle*. He contends: “Many of us, without having a name for it, are using the nature tonic. We are, in essence, self-medicating with an inexpensive and unusually convenient drug substitute.”

Such ideas are commonly accepted in many cultures. The Japanese believe in the restorative power of *shinrin-yoku*, which could be trans-

lated as “forest medicine” or “forest bathing”. Indigenous peoples like the Brazilian tribe led by Shaman Davi Kopenawa Yanomami, fighting to preserve their land and way of life in the Amazon, profess to be at one with the innate riches of sustainable rainforests (SurvivalInternational.org/parks).

Innovative Nature

Scientists, inventors and other innovators are increasingly inspired by nature. Biomimicry, part social movement and part burgeoning industry, looks to how Earth’s natural systems work and solve problems. University of Utah researchers, inspired by the durable homes built by sandcastle worms, are creating a synthetic glue that one day could help repair fractured bones. Architectural components manufacturer Panelite makes energy-efficient insulated glass by mimicking the hexagonal structure that bees use in honeycombs. (Find other precedents at Tinyurl.com/BiomimicryCaseExamples).

The inspiration for biomimicry comes from many places, says Dayna Baumeister, Ph.D. co-founder of Biomimicry 3.8, a Missoula, Montana, company working with other companies and universities to propel biomimicry into the mainstream.

“People are recognizing that they’ve been disconnected to the natural world,” she says. “We also realize that [as a species] we are in trouble. We don’t have all the answers, but we can look to other

Scientific studies show that a regular dose of nature has far-reaching health benefits. More doctors now write “nature” prescriptions for their patients.

species for inspiration” for clearing pollutants from our bodies and environments.

Plants and fungi are now commonly used to clean up old industrial sites that resemble nature’s way of removing pollutants from water and soil. A University of California, Berkeley, meta-study confirms that farmers currently using organic farming methods and solar power achieve roughly the same crop yields as conventional techniques with far less dependence on fossil fuels, reducing greenhouse gases and petrochemical pesticide and fertilizer pollution.

Cyclical Nature

These breakthrough technologies emulate the way nature uses the building blocks of life in an endless cycle of birth, reproduction, decay and rebirth. It’s part of a broad rethinking of the principles behind sustainability—building, manufacturing and living in greater harmony with natural systems, perhaps eventually eliminating landfills, air and water pollution, and toxic site cleanups.

“A toxin is a material in the wrong place,” says architect William McDonough, of Charlottesville, Virginia. The only individual recipient of the Presidential Award for Sustainable Development, he is co-author of *Cradle-to-Cradle*, a groundbreaking book that calls for re-envisioning even the nastiest waste, and *The Upcycle: Beyond Sustainability—Designing for Abundance*. McDonough imagines a world where waste becomes raw material for new buildings, furniture and other goods—akin to how a forest reuses every deceased tree and animal to nourish the ecosystem and spawn new life.

With 80 percent of U.S. residents currently living in urban areas, architects, builders and municipal planners are likewise pivoting toward nature, prompted by the scientific evidence of the many ways that human health and general well-being rely upon it. While this contact is preferably the kind of “stopping by woods” that inspired New England poet Robert Frost, even a walk in a city park will work.

“Urban nature, when provided as parks and walkways and incorporated into building design, provides calming and inspiring environments and encourages learning, inquisitiveness and alertness,” reports the University of Washington’s College of the Environment, in *Green Cities: Good Health*.

The American Planning Association stresses the importance of integrating green space into urban neigh-



Empower yourself to be a healer in your own home!

FREE SEMINAR

**DATES: 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 IEL, take elevator to 2nd floor to suite 105)**
RSVP 609-232-2598 me@vikiscudiery.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!



Man is everywhere a disturbing agent. Wherever he plants his foot, the harmonies of nature are turned to discord. The proportions and accommodations that ensured the stability of existing arrangements are overthrown. Of all organic beings, man alone is to be regarded as essentially a destructive power.

~George Perkins Marsh, *Man and Nature* (1864)

borhoods. Not only does so-called “metro nature” improve air and water quality and reduce urban heat island effects, urban wilds such as Pittsburgh’s Nine Mile Run and Charlotte, North Carolina’s Little Sugar Creek Greenway also restore natural connections in densely populated city centers.

Natural Intelligence

A growing number of scientists say that research about our place in nature has sparked fresh thinking about our role and devastated quaint notions about our species’ superiority. “Single-celled slime molds solve mazes. Brainless plants make correct decisions and bees with brains the size of pinheads handle abstract concepts,” points out Anthropologist Jeremy Narby, author of the groundbreaking book *Intelligence in Nature*.

At a national conference of Bi-owners, an organization based in Santa Fe, New Mexico, and San Francisco that gathers nature-minded social and scientific innovators, Narby said: “We are nearly identical to many animals.

Many behaviors once thought to be exclusively human are shared by other species. The zone of the specifically human, as determined by science, has been shrinking.”

We haven’t lost the ability to tap that primal animal inside, even if most of us are more likely to “venture into the forest” by watching a movie or playing video games. We may feel cut off from our instincts, but studies show time in the woods can do wonders to restore the keenness of our senses to connect with the subtle changes in natural habitat, the movements of other species and the changing seasons.

The rise of human civilizations may have taken “survival of the fittest” in new directions, often decidedly tamer ones, but experts ranging from scientific researchers to lifestyle analysts say humankind is still hardwired by our more primitive past. Despite the ingenious ways we’ve devised to exploit other life forms, capitalize on Earth’s resources and protect ourselves from nature’s sometimes terrifying power, our

True-Life ‘Aha!’ Reads

10 Lessons from Nature to Inspire Our Everyday Lives

by David Miller,
Tinyurl.com/10InspiringLessonsFromNature

9 Amazing Lessons from Nature to Inspire Your Everyday Life

by Annie Hauser,
Tinyurl.com/9InspiringLessonsFromNature

Intelligence in Nature

by Jeremy Narby

Life Lessons from Nature

by Elvis Newman

Cathedrals of the Spirit

by T. C. McLuhan

Your Brain on Nature

by Eva Selhub

fate remains linked to natural laws and limits, from nurturing our body’s immune system to resolving planet-sized problems like climate change.

“‘Nature’ is our natural environment,” according to Selhub. We don’t have to move to the country to reconnect, she says. “Even spending 20 minutes a day outside has an effect.” Houseplants, nature photos and aromatherapy Earth scents can also help indoor environments better reflect our own nature.

The wealth of research and common sense wisdom is aptly summed up by celebrated author Wendell Berry in *The Long-Legged House*. “We have lived our lives by the assumption that what was good for us would be good for the world. We have been wrong. We must change our lives so that it’ll be possible to live by the contrary assumption, that what is good for the world will be good for us. And that requires we make the effort to know the world and learn what is good for it.”

Christine MacDonald is a freelance journalist in Washington, D.C., whose specialties include health and science. Visit ChristineMacDonald.info.

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



Children's Wellness & Developmental Center

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

Xylitol



A Natural Sweetener with Enduring Health Benefits



As people become more educated about sweeteners, it's become clear that people are looking for healthy natural alternatives. However, there are very few natural sweeteners out there that taste like sugar and none of them compare to xylitol. Xylitol is an amazing natural sweetener that tastes great, and has many dental and overall health benefits like decreasing cavities, gum disease and upper respiratory issues. Xylitol occurs in the fibrous part of all plants, so you're actually eating small amounts every day in your fruits & vegetables!

Today, xylitol is mostly derived overseas from non-GMO corn cobs for sustainability and since most corn in the U.S. is genetically modified. It works great as a sugar substitute (1:1 replacement) because of its delicious taste, low glycemic index of only 7 (sugar has glycemic index of 68!) and 40% less calories than sugar. You're about to discover the science behind these incredible benefits that have been researched and confirmed in over 2,000 studies over the last 40 years.

Is it for me?

Everyone can benefit from using xylitol to lower the risk of variety of bacterial infections. As the amount of sugar we consume has risen here in the U.S., the illnesses associated with the bacteria that cause dental cavities, bleeding gums, sinus infections, ear infections, a dry mouth and some allergies has proportionally increased and put a burden on our health care system. Remember, when we eat sugar, so do the troublesome bacteria.

What is a biofilm?

Biofilms exist on most surfaces and throughout our body and consist of a combination of bacteria, fungus, & viruses. We live with biofilm everyday which can both be healthy and support our immune system or unhealthy and causes disease. This depends on the balance of the microorganisms that live in that particular Biofilm. Some indications of unhealthy biofilm in our bodies are dental cavities, gum infections, ear infections, sinus infections, acne, rosacea, lung infection, & GI track infections. With proper

exposure to xylitol an unhealthy biofilm can be transformed into a healthy one.

How It Works

The secret behind xylitol is its molecular structure, consisting of a five carbon chain. Whereas, most other natural sweeteners consist of a 6 carbon chain. The beauty of this 5 Carbon molecule is that the biofilm cannot use it as food but tricks it into thinking it is food. A biofilm needs a 6 Carbon molecule to grow. As they grow they produce a sticky acidic slime. When a biofilm is exposed to xylitol, the bacteria and fungus ingest the xylitol: there is no digestion or growth for that biofilm. No acids are produced and the biofilm loses its ability to stick together. As a result, the bacteria and fungus are naturally washed away. Xylitol doesn't kill bacteria or fungus on contact, it simply prevents their growth, and this causes the biofilm to change over time which makes us healthier.

Xylitol also works by bringing moisture to the surrounding area. This helps in many ways whether in the mouth or the sinuses. When using xylitol in the mouth, it makes you salivate more which is a great advantage to maintaining a healthy mouth, especially for those with a dry mouth. Additionally, this is very healing to the sinuses because debris in the sinuses is naturally washed away. Lastly, xylitol has an alkaline enhancing pH which supports a better environment for a healthy biofilm.



How to Use

Now that you know how amazing xylitol is, here's how to use it. Xylitol is added to products like chewing gum, mints, candies, mouth rinse and toothpaste to offer different ways of exposing the problem-causing bacteria or biofilm to xylitol throughout the day. Using a mouth rinse and toothpaste in the morning and evenings, in addition to 2 pieces of gum or mints after each meal gives you the right amount of exposures. The idea is to expose and saturate the biofilm in the mouth to xylitol 5 times a day or "Strive for 5."

Xylitol has also been added to sinus solutions and nasal sprays to work against the biofilm that

causes ear infections, sinus infections, respiratory pneumonia, some allergies and other infections that start in the nose. It's recommended to use a xylitol nasal spray twice a day (or as needed) to reduce & prevent these infections for all ages, even infants!



Lasting Benefits

Studies have shown that by using xylitol 5 times a day for 6 months, you'll have long lasting results for up to two years! How does this happen? When the bacteria in biofilm are exposed to xylitol 5 times a day for 6 months, they change by not producing acids and can thrive in a neutral environment. This type of healthy biofilm can last up to 5 years! Research has also shown a reduction of over 70% in cavity formation. Cavity-causing bacteria, like all bacteria, are transmittable from person to person. To protect each other from "catching" cavities, it's suggested that all family members start the "Strive for 5" xylitol regiment at the same time for at least 6 months. If family members are exposed to others not using health improving xylitol products, such as dating, it's advisable that they stay on it!

After a 6 month regiment of 5 exposures of xylitol per day, it's ok to use slightly less products per day. Regular use of 3-4 times daily will help maintain those long lasting effects. Now go enjoy a healthier smile with happier and cheaper dental visits with your new favorite natural sweetener, xylitol!



Lisa E. Stillman, RDH, BS

Lisa is the Northeast Xylitol Educator for Wasatch Sales Force where she teaches health professionals the benefits of xylitol products & assists dental offices in incorporating dental hygiene protocols.

Currently specializing in Periodontics, & has practiced dental hygiene in Maryland & Virginia. She also founded Dental Voice for Mental Health, an organization assisting in mental health care patients' oral health through education and resides in Annapolis, MD

Diabetes:

10 Scientific Facts Orthodox Drug Medicine Doesn't Want You To Know



By Robert H. Sorge, N.D., Ph.D.
Doctor of Naturopathic Medicine Since 1964

1. Diabetes, pre-diabetes and diabetes has become a national epidemic. At the rate we are going, over half of our nation's population will be affected.
2. Over 5,000 Americans die each day from its related complications.
3. According to scientists who embrace naturopathic solutions, some forms of diabetes are 100% preventable, treatable and curable without deleterious drugs.
4. Excess body fat weight gain, loss of muscle and obesity are interrelated to diabetic syndrome. The new term is "diabesity."
5. As you read this article, over 1,000 newly diagnosed diabetics will be added to the 74 million Americans presently walking around, who are toxic

time bombs, waiting for this silently progressive killer to strike with little to no warning.

6. Adult onset diabetes takes 10 – 20 – 30 years to become full blown. Type Three diabetes can take 50 years. The laboratory science is now available to detect pre-diabetics at their very early stage.
7. Diabetes is the number one cause in the U.S. for kidney dialysis, neuropathy circulatory disorders, chronic fatigue, depression, blindness, sexual dysfunction including E.D., sudden heart attack, crippling stroke amputation and type 3 diabetes (Alzheimer's).
8. True healing, regardless of the named medical condition, must always address causation.

9. If you have been diagnosed with diabetes, and you think it is under control with your diabetes medicine, you may want to consider seeking treatment that address the cause, not just alleviates the symptoms. You still have diabetes subject to its progressive dangers.

Discover A Safer, More Sensible and Effective Way

Convincing, scientific studies confirm that you can dramatically reduce your risk of diabetes complications by improving your diet, weight, nutrition and fitness. Diabetes is not a drug deficiency, but a nutritional and fitness deficiency.

Hippocrates, known as the Father of Medicine, taught in all his medical schools, in the Greek Empire, "A proper nutrition and lifestyle evaluation represents half the cure." What was true 2,500 years ago is also true today. The only difference is, today we have the latest scientific breakthroughs in blood diagnostics and 21st century computer technology available, to determine your exact nutritional, detoxification, metabolic and fitness needs, based on your individual bio-chemistry.

*Robert H. Sorge, N.D., Ph.D. Doctor of Naturopathic Medicine since 1964
Past Mr. North America Medical Director of Abunda Life Medical Nutrition Testing Clinic 208 Third Ave. Asbury Park, NJ 07712 732-115-7575
www.abundalife.com.*

Chakras Reiki
spiritual mind health
Acupuncture Yoga
Reflexology relaxation
harmony painless
meditation Crystal practice body
release freedom rest peace
calm awareness
Zen

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

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

THE ZEN DEN
Center of New Jersey



Congestion, meet your match.

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

Simply put, **it works.**

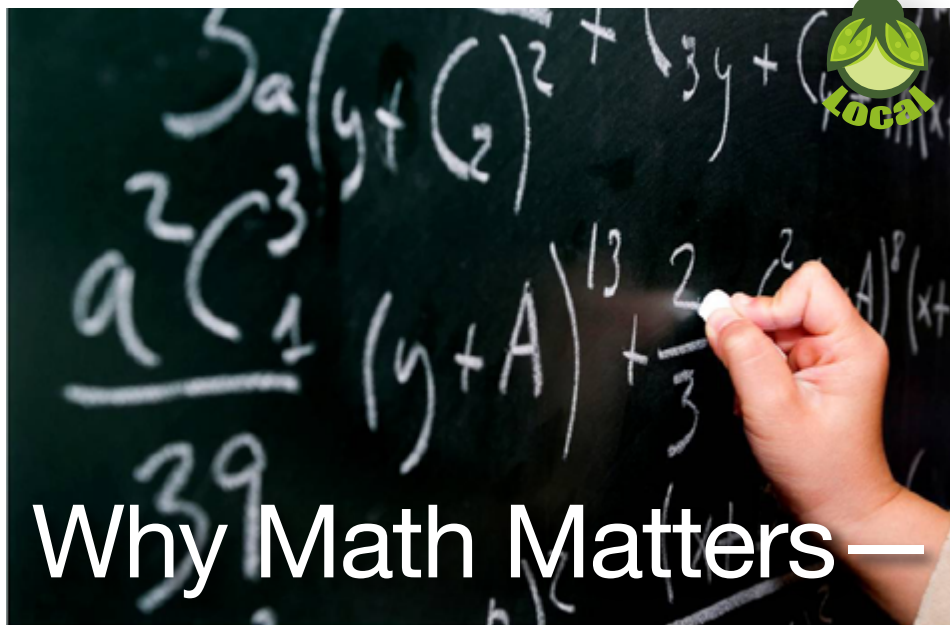
Try Xlear today.



Available at these and other fine retailers.



 **XLEAR**[®]
xlear.com



Why Math Matters— and What You Can Do To Help Your Child

by Michael Ginsberg

In her book, *“The Smartest Kids in the World: And How They Got That Way,”* Time magazine journalist Amanda Ripley writes about Americans’ lackadaisical attitudes toward math, despite its thread being woven into practically every profession. From measuring floor covering to making change for customers, understanding math is crucial, and yet we sometimes downplay its importance.

There’s no such thing as someone being born bad at math, and it’s certainly not a pre-determined destiny. We do our kids a huge disservice by steering them away from the challenges of math to alleviate their fears. Instead, we should be eradicating those fears by strengthening the fundamental building blocks to learning math: cognitive skills.

Although genetics can play a role, most people with dyscalculia have poor visual processing and memory skills. For example, weak visual processing skills might cause someone to transpose numbers (68 becomes 86). When working memory is weak, someone doing mental math (say, $23 + 28$) might forget that they “carried the one,” leading them to answer 41 instead of 51. Most blocks to excelling in math aren’t about information, but rather the brain skills to *learn, process, understand, remember and apply that information.*

Math in the United States

Ripley writes that part of the issue is that compared to other educationally successful countries, the United States places too much emphasis on sports rather than academics. It’s not uncommon to see children, teens and parents at sports practices and games or athletic competitions for hours after school, leaving them rushed to complete the bare minimum of homework before bed. And it’s certainly not that these kids and teens are unmotivated; in most cases, when it comes to immersing oneself in studying and homework, it’s just about lack of time and energy.

The United States is far from the top when it comes to math education. In fact, Ripley points out in her book that American students scored 26th on a test of critical thinking in math, below average for developed countries. And it has nothing to do with parental involvement. Ripley found that American parents tend to be more involved in school than parents in the other “education superpowers.” The problem is, their involvement has little to do with learning and more to do with fundraising, serving on teacher-appreciation committees and attending PTO/PTA. And while those things are all wonderful, research shows a parent’s involvement in their child’s education is more about quality than quantity. And quality involvement

starts at home, like working with your kids to help them excel in math.

How To Help Your Child

For parents who want to know more specifics about how to help their child excel in math, here are some starting points.

First, stop allowing accommodations in the classroom. You’re not doing your child any favors to prepare for life as an adult by giving them special treatment.

Second, be willing to invest more in outside education. This could mean hiring a tutor if your child falls behind due to frequent family moves, purchasing SAT prep materials, or paying for your high school student to spend his summer studying abroad or attending a pre-college program.

Third, be as involved with math as you are with sports, music lessons and school fundraisers—if not more so. Talk to your child or teen about math, find out where they struggle and rule out other possible issues (like vision or hearing problems, bullying, test anxiety, etc.). Some school districts now offer refresher math courses for parents so they can better help their children.

Finally, have your student’s cognitive skills tested. The root causes of most learning struggles of ANY type are weak cognitive skills. With ADHD, it’s attention. With dyslexia, it’s phonemic awareness. With math, it’s usually memory and visual processing, among others. Once you know what you’re dealing with you can take measures to strengthen those skills at home and with cognitive skills training (a.k.a. one-on-one brain training).

Don’t be fooled into thinking that math doesn’t matter. You may not have the power to change the country, but you can start by placing value, time and energy on math at home.

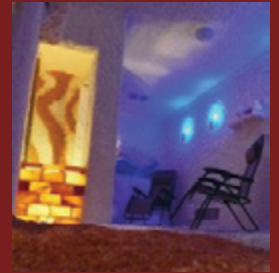
Michael Ginsberg is the Executive Director and Owner of LearningRx Brain Training Centers in Marlboro and Red Bank, NJ. He became involved in the benefits of brain training after his own child was having difficulty staying attentive and reading at grade level at the completion of third grade. For more information or for a complete evaluation of your child’s cognitive learning abilities you can contact the LearningRx center at 732-444-8579.



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



Foot Soak (with below the knee exfoliation). **\$19**
Additional foot massage **\$1/min**
Hurry, this deal ends on: 4/30/2015



Salt Cave Sessions Packages Available
\$25 for New Clients
Hurry, This deal ends on: 4/30/2015

By appt only: Online Scheduling www.BodyNBalanceMassageTherapy.com
1985 Route 34 Suite A2 (Allenwood Circle, Wall Circle Park)

WOMEN LEAD THE WAY



Advertise in
*Natural
Awakenings'*
May Women's
Health Issue

natural
awakenings

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

A Realistic Approach to Being Present



by Victoria Cassel

Let's face it; NO-BODY is perfect. Yet many of us waste massive amounts of our precious energy rationalizing the past because of our obsession with the perfect future. This begs the question: what about the present moment? You know, the moment when things actually happen. Our overactive minds can make it easy to lose sight of reality. Sadly, we may miss opportunities to seize the moment by engaging in this cycle. Fortunately, the practice of being present makes it easy to harness the power of right now.

Do not get lost trying to figure out if you fall into this category. Your best option is to adopt practices that cultivate a sense of awareness within yourself. Spring is upon us, and it is the perfect time to implement new habits that can bring about meaningful growth and sustained changes, leading to a happier and healthier life. As a result, you may find yourself feeling more connected with your surroundings and in sync with your intuition. Change does not occur overnight, so start small. Try one new thing a day, and if it works for you, hold on to it. Positive, gradual changes have a snowball effect that can build a foundation for a life of contentment. Here are nine suggestions to try:

1) Have a cup of warm water with the juice of half a lemon first thing in the morning. Feel the warm water travelling through your digestive system and know that you are stimu-

lating and cleansing your digestive tract. You are also balancing your body's pH levels, boosting the immune system, and enhancing your mood. Another perk? This healthy habit aids in weight-loss.

2) Sit in quiet stillness for ten minutes every morning – observe your thoughts. Be aware of where your mind wanders when your physical body is still. Visualize your thoughts as clouds, for they do not own or define you. They can pass by you, just like a cloud drifts past mountains. Make this your morning meditation.

3) Take a mindful shower and bring your attention to the act of cleaning your body. Be thankful for the warm shower and enjoy the bliss of being fresh and clean. Be thankful for the resiliency of your body and dry yourself with care. This is one of the most simple and rewarding acts of self-love that we can give ourselves.

4) Think of food as energy because food is fuel for the body. When you are eating a meal or having a snack, think about what that food is doing for your body. Think about the variety of colors, contemplate what it is made of, chew slowly, and feel the nourishment it provides. This fosters a healthier relationship with food and how your body responds to it.

5) Be kind to yourself. Nothing positive comes from beating yourself up, so if you find that you spend more time attacking yourself than

praising yourself, shift your mindset. Think about why you feel the way you do and replace your negatives with positives. You just may discover that certain bad habits are connected to self-sabotaging thoughts. Once you realize what no longer serves you, you can begin to let it go.

6) Stop judging, comparing, and trying to figure other people out. It is not your problem. Do not waste your time. Treat people the way you want to be treated. When you give others respect and positivity, it is what you get in return. If you come across a person who treats you unfavorably, do not fight back, just accept and let go. Remember you do not have to give them an ounce of your precious self.

7) Move your body and sweat. Physical activity alleviates stress, eliminates toxins, builds strength, and releases happy hormones throughout the body. Just a half hour of physical activity will make you feel better. Next time you move your body, remember to take note of how you feel at the beginning and the end. If you do not feel great afterwards, try a new activity. You may not enjoy running, but may find a strong connection to other activities, like yoga or hiking.

8) Instead of talking about all the things you want to try, do it. Get lost in the moment and take the time to acknowledge how it made you feel. Thank yourself for being brave, stepping out of your comfort zone, and embracing your inner sense of adventure.

9) Write down three things you are grateful for at the end of the day. When we take the time to appreciate what has been given to us, we carry a sense of gratitude that just makes us feel better. On those days when you are feeling down, you will always have a reminder of what you are thankful for.

Living your life more consciously does not mean you will not face setbacks. Further, setbacks should not be viewed negatively because often times these moments define true character AND lead to exciting new ventures. Some of life's greatest lessons are discovered at a low point. It is what you do from there that counts. Finally and most impor-

tantly, celebrate your successes and triumphs; you have every right to. Avoid losing yourself completely in the heat of the moment by always remaining in check with yourself. Living this way will allow you to feel better about your indulgences and will make the idea of achieving a balanced life less elusive and more reasonable. Always remember that you cannot control everything. Surrender to what life throws at you, manage situations as best you can, and let the results guide you to your

next step. Every day carries a valuable lesson and with each sunrise there are new opportunities for joy, health, and happiness.

Victoria Cassel is an RYT 200 certified yoga instructor at Monmouth Beach Yoga and Wellness. She teaches every Tuesday at 6am, Wednesday at 6:30pm, and Friday at 5:15pm. For more information please visit <http://www.mbyogaandwellness.com>, email victoriacasselyoga@gmail.com, or follow @vacassel on Instagram.

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
- Eat healthier - green thumb optional
- 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





The Aura of Essential Oils

by DeeAnna Nagel

Essential oils hold energy, and like each of us, they have a vibration. The easiest way to envision energy or vibration is to think about an aura. Some highly attuned individuals, can literally see auras around people, animals and plants, and describe them as an energy field.

The essential oil is the full essence of the plant. The immune-boosting properties, the energetic vibrations and the spiritual dimensions, are bottled and protected for us to use at will.

When we smell the oil, diffuse the oil or apply the oil topically, it influences our body systems. The purity of the oil is important, because the greater the purity, the higher the vibration and the greater beneficial qualities.

The growing, cultivating, harvesting, distilling of these oils is a process that takes an extreme amount of talent and skill. When you are seeking out an essential oil company, be sure the company engages in or supports sustainable farming, is free of pesticides, "food-

grade" and quality tested. These are but just a few of checklist items to consider when vetting essential oils.

Essential oils heighten our awareness and senses and offer natural ways to nourish and support, physically, mentally and spiritually. As with any essential oil, remember to check for and be sure if you ingest the oil that you are using a therapeutic grade or "food grade" oil. Essential oil safety is important so that you can enjoy the full effect of these powerful substances!



DeeAnna Nagel, founder of Online Aromatherapy Institute, is a Wellness Coach and Aromatherapist. She offers individual coaching packages and essential oils education. DeeAnna also teaches other therapists, coaches and healers about complementary and alternative modalities such as aromatherapy, energy medicine and distant healing.

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)

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

Dear Friend,

Let me start by explaining the photo in this letter. You know, when I meet people in town they usually say, “Oh yeah I know you, you’re Dr. Arbeitman. I’ve seen your stories for years...” Well, that’s me. I’m the guy in the picture with my 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 April 30th, 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.



Why is Low Back Pain so Common During Pregnancy?

And what does it mean?

Many pregnant women seek chiropractic care when they begin to experience low back pain. Although chiropractic is beneficial in relieving low back pain, it is most important to begin care prior to pregnancy. One of the major reasons for back pain during pregnancy and difficulties during labor is poor maternal musculoskeletal health due to our recently evolved sedentary lifestyle.

The strength of the pelvic floor, oftentimes overlooked by practitioners, is important especially during pregnancy. The pelvic floor is like a muscular basket consisting of muscles, ligaments, connective tissues

and nerves that support the bladder, uterus, vagina, and rectum. Any distortions due to pelvic misalignments or pelvic rotation can alter the tension of the pelvic floor and/or cause intrauterine constraint. Intrauterine constraint can cause dystocia (difficult labor) and may decrease your ability to have a natural, non-invasive birth. Intrauterine constraint has been linked to a number of structural defects including plagiocephaly (malformed skull) and congenital hip dislocation.

Sacro Occipital Technic, also known as SOT® Chiropractors are specially trained in identifying pelvic misalignments and rotation com-

monly due to sacroiliac instability. Sacroiliac instability is a common finding in pregnant women due to the effects of pregnancy hormones on the ligamentous system and excessive and incorrect sitting postures. Utilizing SOT® Chiropractic in conjunction with Webster's Technique (a chiropractic technique that helps to reduce tension in the ligaments that support the uterus) allows for optimal positioning of the baby.

SOT® works beautifully with pregnant women. Any twisting motion in the lumbar spine during pregnancy is an absolute contraindication, which could lead to spontaneous miscarriage or pre-term labor. SOT® Chiropractic is a low-force, gentle technique that utilizes wedge-shaped blocks to help align the pelvis.

SOT® can also help with gastroesophageal reflux, swelling in the extremities, pubic pain (most likely due to pubic symphysis misalignment), headaches, difficult breathing, sciatic nerve irritation, and pregnancy-related aches and pains.

Pure Health Services in Red Bank/ Middletown have highly trained SOT® Chiropractors that specialize in Pregnancy & Pediatrics. Call today to set up your consultation and take the first step into ensuring a happy and healthy pregnancy. Call (732) 747-0083 or visit www.PureHealthNJ.com

Join us at Pure Yoga for

2 weeks UNLIMITED classes only \$29
(Must be purchased by May 1st, 2015)

Looking to Help Your . . .

- BACK PAIN?
- NECK PAIN?
- Flexibility?
- Digestion?

280 State Rt 35, Ste 204 Red Bank, NJ (732) 747-0083
Childcare is available for select classes! Visit www.PureYogaNJ.com

Nature always wears the colors of the spirit.

~Ralph Waldo Emerson

Summer is Just Around the Corner

Weightloss 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"

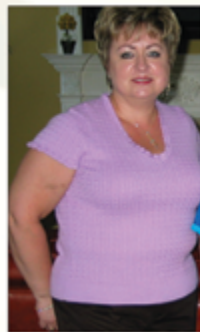
Infinite
POSSIBILITIES Inc. FOR SHORE



The average woman loses 30 lbs in 30 days



and men lose even more!





*Isn't it time
you smile?*



- Over 20 years of expertise
- Dedicated to extraordinary patient care
- Affordable payment plans

Comprehensive Dentistry

COSMETIC | RESTORATIVE | GENERAL

Dr. Anthony J. Mancino

3350 Route 138 W, Bldg 2, Wall, NJ
732-556-9600
www.drmanicino.com

COMPLIMENTARY CONSULTATION
with this ad (reg. \$250)

Make No Bones About It.



This local butcher shop has the bones and the recipe.



Grass-Fed & Finished Bone Broth Make no bones about it, broth can be a very healthy and versatile cooking component if it is prepared from high quality ingredients. When making bone broth, The Arctic Market & Butcher in Point Pleasant Beach, NJ is the place to get 100% organic, grass-fed & finished beef and bones. They offer beef shank and knuckle bones along with chicken necks, backs, and feet. Michael Sirchio, owner of The Arctic, explains the difference between stock & broth and shares a recipe for Grass-Fed & Finished Beef Broth. "Stocks are made entirely of bones and different bones release their flavor at different rates. Despite the bones being cut to similar sizes, a stock made entirely of beef and/or veal bones will cook longer than a stock made entirely of chicken bones. Broths on the other hand are made with meat and bones, cooked in a liquid of water or stock. Stocks are often used as a key ingredient to other dishes whereas broths can be served as a dish in itself. You can even drink it from a coffee cup."

Grass-Fed & Finished Organic Beef Broth:

1. Brown 6 lb beef shank, neck, or shoulder (cut into 3" thick pieces) in 2.25 fluid ounces of vegetable oil, then place it in a stockpot. Add 1 gallon cold water or beef stock and bring to a simmer. Simmer gently for 2 hours, skimming the surface as necessary.
2. Next, caramelize a mixture of 1/2 lb onions, 1/4 lb carrots, and 1/4 lb celery (cut into 1-2 inch pieces) in 2.25 fluid ounces of vegetable oil. Add it to the stockpot.
3. Add 4 oz turnips (med. dice), 4 oz leeks (med. dice), and 4 oz tomato (seeded, diced).
4. Add a sachet of 1 bay leaf, 1/2 tsp dried thyme, 1/2 tsp crushed peppercorns, 8 parsley stems, 2 crushed garlic cloves, and salt to taste.
5. Simmer until full flavor has developed, approx. 1 hour. Skim the surface as necessary.
6. Carefully strain the broth through cheesecloth. Season to taste.
7. Yields 4 quarts. Cool and refrigerate.

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



Curious about Cupping?

by Olympia Hostler

Cupping is a form of massage based on Eastern practices and is a therapy that is a pleasant, gentle and non-invasive technique. It works by releasing tight, stiff or painful muscles and lifting fascia (connective tissue), thereby hydrating body tissues and enhancing blood flow. It

brings inflammation up for release and drains excess fluids by opening the lymphatic system.

Cups are made of hard plastic, silicone, or glass, and work using a vacuum to create a gentle suction. A Massage Therapist places the cups on a person's body and the cups do

their magic. They can work either in stationary positions or can be used sliding across the skin. As the cups stay on the skin they create a myofascial release, which can feel like the body butter melting. When the cups are removed, the skin feels softer to the touch and revitalized.

This modality assists in the drainage of stagnant fluids that have been trapped in the tissues of the body, and brings in new fluids to reinstate a healthy flow helping to keep them hydrated, moving, and reducing the likelihood of injury. Cupping Massage has been reported to reduce inflammation, swelling, pain, cellulite, scars and a multitude of other symptoms.

Olympia Hostler, MBA, LMT, RYT, is Owner of The Lasting Pain Relief Center and a Veteran Massage Therapist. For more information, or to schedule an appointment call 917.288.7477, visit WWW.LASTINGPAINRELIEF.COM, or email Olympia@lastingpainrelief.com. Offices are located on Shrewsbury Ave, in Shrewsbury, NJ and at 112 W. 27th St, NYC, NY.



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



Spring Cleaning for the Body, Mind and Spirit

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



Chinese medicine teaches natural ways of living in harmony with environmental cycles. The Law of the Five Elements designates the relationship of each season to various components of life. Recommendations for particular lifestyle, behavior habits and treatments ensure balance and vitality throughout every season.

As the most yin time of the year, winter is characterized by inner reflection and energy conservation. Now that winter is ending, spring is moving in as days become longer and warmer. Spring becomes a forward and expansive transition providing opportunity for new and productive endeavors.

The Five Element theory teaches spring is time of growth and renewal - one directly related to the wood element - for which the liver and gall bladder meridians are associated. Maintaining balance with ample Qi and Blood flow of these organs produces vibrant health and tranquil mind. Acupuncture and Chinese herbal treatments are received for this purpose.

Chinese medicine physiology tells us that healthy liver energetics establishes a smooth, soothing flow of energy throughout body and mind.

However, when liver Qi becomes obstructed, stagnant, or overheated - liver energetics is hampered, resulting in physical and emotional problems.

Anger is the emotion associated with the wood element - wind the environmental factor, green the color, and sour the taste. Spring is a time to rise early and take brisk walks outside. Walking amongst the spring flowers brightens the mind and nourishes spirit. Deep breaths of fresh air combined with appreciation of the moment helps release feelings of anger or resentment.

The environmental factor of wind has a direct effect on liver energy. Penetrating of the body by cold or hot wind easily leads to a spring cold or flu. Take special care to keep the back of the neck covered on the windy days of spring.

Flexibility enhancement is crucial during the spring because tendons and sinews are nourished by wood. Stretching exercises inherent in the practice of Qigong and T'ai Chi protect the tendons and sinews. Breathing exercises integral to these disciplines promote optimal physical and emotional balance, easing irritability and anger.

The liver is said to be the official of strategic planning, creating vision and direction in harmony with nature. The gall bladder creates ability to make decisions and judge wisely. Through this combined wood wisdom, a person sees their life plan and how to bring it to fruition - a precious creative spring of blossoming wood energy.

The liver is perhaps the most congested of all organs. Too much fat, chemicals, intoxicants, and denatured foods disrupt the liver's biochemical processes. Cleansing toxins from the body is necessary just as spring house cleaning - the body, mind and spirit need renewal too.

"Keep it if it helps you grow; if you don't need it let it go."

Eat less to cleanse the body of the fats and heavy foods from winter. Eating should include fresh greens, sprouts, legumes, seeds and grains. The expansive, rising quality of sweet and pungent flavored foods create a personal spring within. Food is best cooked for a shorter period of time but at high temperatures.

A multitude of Chinese medicine health tips exist according to the change of seasons. Following these simple recommendations can bring this to your doorstep - all you need to do is turn the knob and allow it to come in. Enjoy the creation of a new beginning this spring as development and awareness of mind, body and spirit blossoms.

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



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 

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



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

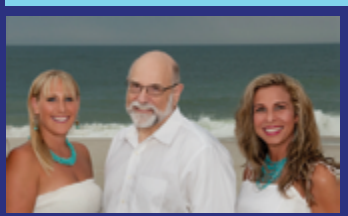
Enhance Your Health Today by Calling : **732-758-1800**

830 Broad St. Suite A, Shrewsbury, NJ 07702 www.healing4u.com Gift Certificates Available

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



Celebrate Earthday with a New Best Friend

MCSPCA
732-542-0040



PRINCE PAWLEY is a big lover-boy mushball! He loves to be petted, and makes muffins and purrs. He also loves to be hugged, kissed and squished! I'm just a big loverboy. He is very gentle and affectionate, and gets along with other kitties. About 1 1/2 years, he would make a snuggly family pet.



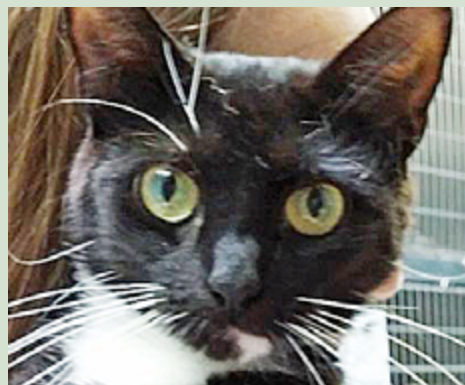
BELLA is a sweet Boxer mix who came to the SPCA when his owner could no longer care for him. He can be a little shy at first but will warm up to someone with a gentle and calm touch. About 3 years old, he enjoys running around in the park, and knows his commands – “sit”, “paw”, “down” – and loves to show them off! And he LOVES to give big hugs!

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

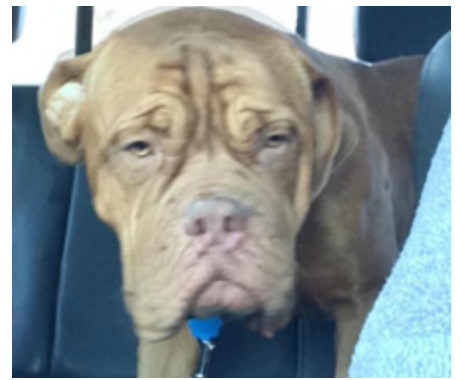
PATTY is a super cutie times a billion, and is cat friendly, dog friendly and people friendly, Around 2.5 years-old Patty has plenty of spunk and loves to play. She has tons of friends here at the shelter who love to laugh at her antics, or sit in the sun and watch the world go by together. Patty will make a great addition to any family.



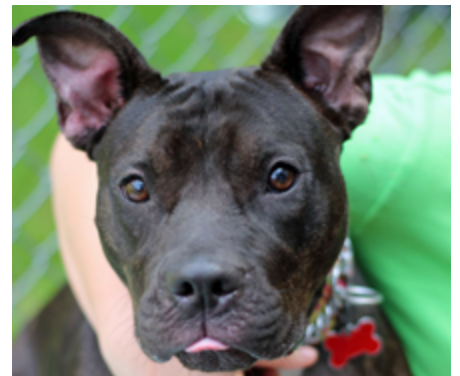
COTTON is a super adorable around 2-year-old black & white gal in search of a fun and loving family. She would love a home where she can zip around, find places to climb and hide and just have fun. She does enjoy being held and getting lots of love. So if you are looking for a cute little gal that will keep you entertained, smiling and warm your heart, pick Cotton.



Rescue Ridge
732-681-3450



BETTY is a super sweet, people and dog friendly, 1 yr-old, Dogue de Bordeaux pup. An absolute stunner with lots and lots of wrinkles to spare. Due to her size, we suggest a home for Betty with older children, age 12 and older. Betty is a sweetheart but, being a big girl, we would not want her to accidentally knock the little tikes down. Betty loves life and wants to love you, too!



HAZEL is a 2-year-old pint sized Pocket Pittie with perky ears is the PERFECT blend of sweetness, silliness and smarts. She has the curious personality of a puppy and the smarts of an older dog. A world-class cuddler, she knows, “sit”, “paw” and “down.” She’s always game for a round of fetch, and a swim in a baby pool. She is always up for play of any kind and has been great around the kids she’s met so far.

Get the European Edge at The Natural Pharmacy



When you visit The Natural Pharmacy you will think that you have stepped through our doorway and into a shoppe somewhere in France.

Our shelves are stocked with only the finest natural and homeopathic remedies, supplements and vitamins. Here at the pharmacy, we have a

mission to help you achieve beauty starting from the inside out. Our award-winning beauty expert Laurie Lombardi has hand-crafted some of the most breakthrough solutions in skin care. With our products, you'll not only feel great, but you'll look great too!

COMPOUNDING ON PREMISES:

- Bio-Identical Hormonal Replacement
- Veterinary RX
- Oatmeal & Lecithin Facial Scrub
- Vitamin C 20% Topical Ascorbic Acid
- DMAE 5% in a H2O Base Gel

SERVICES:

- Consultation with Eric Sauer RPh/DPh,
- Eric is a specialist in Autoimmune Disorders
- Permanent Makeup (Wake Up with makeup)
- Dermal Fillers
- Board Certified M.D., in Aesthetic Medicine



SPECIALS THIS MONTH *(Either treatment)*

Just **\$100.00**

HCG Diet (Homeopathic Remedy)

Results have been astounding, some patients have lost up to 30lbs in 30 days

— or —

Dermaplane

This gentle procedure can take up to 3 years off your appearance, with 0 recovery time.

Facebook - The Natural Pharmacy and Wellness Center
Facebook - Laurie Lombardi CDN
Facebook -Alexandra Leschinsky M.D.
www.enzymes.com or www.laurielombardi.com
TheNaturalPharmenzymes@gmail.com

732.695.0277 Pharmacy
732.695.0277 Shoppe
732.695.1522 Fax
Mon-Fri 10AM-6PM, Sat 10AM-3PM

851 West Park Avenue (Cobble Stone Village) Ocean, NJ

Edible Flowers: Simple Techniques to Bring their Beauty to Your Plate



by Kenny Baldo, co-founder Yard2Kitchen

The culinary use of flowers goes back centuries, but has taken center stage in haute cuisine in recent years. Edible flowers are not only pretty, but many are praised for their health benefits. With a little planning, you can master some simple techniques that will delight family and friends the next time you make dinner.

Calendula (also referred to a pot marigold) has a long history as a medicinal herb, and its peppery blossoms add a spicy kick to many dishes.



Calendula flowers were used for medicinal purposes during the Civil War and World War I, dressing soldiers' wounds to control bleeding, and as an antiseptic. Another use, is as a tea to help ease abdominal cramps and soothe ulcers. And, the extracts have been used to treat acne. This orange-yellow colored flower is high in flavonoids (reduce free radicals in body) and includes vitamin C and carotenoids.

The easiest way to incorporate Calendula in the kitchen is to add the petals to your plate as a garnish – a tiny splash of color. The petals can also be added to a simple salad or mixed with oil and vinegar for a dressing.

The vibrant petals have been used over the centuries as a coloring agent, adding color to butter and cheese, and were once used as a dye for fabrics. Today's chefs might mix the golden orange flower petals into white rice, or a vanilla ice cream to change the color

without changing its flavor.

Nasturtium is another edible flower whose blossoms have been described as slightly sweet, spicy, bitter, and similar to watercress.

Nasturtium claims a concentration of Vitamin C and natural antibiotic properties among its health benefits.



Like calendula, it can be used to add a spicy touch to a salad or infuse color into a salad dressing. Some chefs add nasturtiums to pizza as an uncooked topping, or as an edible garnish to guacamole and Mexican dishes. It also makes a beautiful sunset colored cocktail, when blossoms are added to a simple syrup of sugar and water, and mixed with sparkling water and/or alcohol.

The entire nasturtium plant is edible and the green seeds can be used as a replacement for peppercorns and capers. You can also combine them with cream cheese or butter for flavorful spreads.

As with most foods, a note of caution must be used when caring for and preparing edible flowers. Never use pesticides or other chemicals on any part of any plant that produces blossoms you plan to eat, eat in moderation, and research all health risks if pregnant. And be sure to rinse, dry, and consume these fragile flowers as quickly as possible after harvesting.

The luxury of a creatively presented meal need not be limited to restaurants. You can prepare edible flower creations in your own home with minimal effort. So enjoy the splendor of nature as your flowers grow outside and celebrate their nutritional value, versatility, and beauty as they make their way to your plate!

Yard2Kitchen Organic Gardens offers an edible flower planter perimeter with all of their organic vegetable gardens. For details: www.yard2kitchen.com (732)-410-6173

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

Have You Checked Your Hormones Lately?

by Inna Lukyanovsky



Proper hormone balance can help you feel more energetic and balanced, improving sleep and memory, reducing anxiety, curbing cravings and promoting weight loss.

If you find yourself relying on coffee, sugar or other stimulants to get through the day, then you may be experiencing adrenal dysfunction. This feeling is often accompanied by morning fatigue, craving salty or fatty foods, anxiety, difficulty falling or staying asleep, muscle aches, or increased irritability.

Adrenal dysfunction is something you may have been feeling for a long time, but did not know it. We all have stress from time to time and our body copes with it. Actually, it's our adrenal glands that help us deal with the stress.

Stress triggers the release of hormones that increase production of

cortisol, among other hormones, to help the body deal with the stress. When you add a poor diet, lack of exercise and sleep, and long work hours to an already stressed out system, your body goes into a state of chronic stress. This produces a higher than normal level of cortisol. After a while of being in this stressed state, your hormone levels start to plummet.

Adrenal exhaustion compromises the body's ability to compensate for acute stress, leaving a person feeling lethargic, fatigued, and susceptible to chronic illness. Adrenal hormone production is an indicator of overall body function, and an imbalance in this system is a sign of chronic illness.

Cortisol levels are also affected by diet, and they shift in response to what you eat. If you eat too much sugar or too many carbohydrates, excess insulin and then excess

cortisol are released, leading to increased fat storage and obesity. High cortisol levels also has been linked to low thyroid function and lowered metabolic rate.

Cortisol levels should naturally be highest in the morning hours and taper gently through the day. It is difficult to know what your cortisol levels are with symptoms alone. Therefore, it is important to test in order to know with certainty.

Salivary testing is the only way to accurately measure the pattern of cortisol release throughout the day. Because the endocrine system is complex, issues arise rarely from just one hormone. If there is a disruption in the balance of hormone produced by one gland, it can cause an imbalance in other hormones as well. The adrenal saliva test is an excellent starting point in evaluating hormone function. This panel tests both reproductive (sex) and adrenal hormones.

Inna Lukyanovsky, RPh, founder of Real Health Solutions a wellness consulting Functional Medicine company using analysis based method for most chronic conditions; For more information, visit www.RealHealthSolutionsLLC.com 732-414-6223.

IT TAKES 12 WEEKS TO MAKE A LASTING CHANGE.

Do you feel tired? Are you in pain? Are you unhappy with the way you look and feel? If you have tried everything without results, nutritional guidance is your missing link. Let Wholetrition help you!

Stop obsessing over the scale and get healthy!

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.

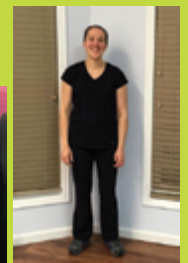
Led by certified clinical nutritionist, Alesha Lazan MS, CHHC

If you are ready to commit to your health, come join us for a free Q&A April 15th (7-8pm). Contact Alesha via email to schedule: wholetrition@gmail.com!

Your Life. Take Control.



"I was tired of not feeling my best every day and decided to come see Alesha!"



JOIN THE WHOLETRITION IN 12 TRANSFORMATION TODAY.

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



Is Low Testosterone Causing You to Miss Out on Life?

Low testosterone levels are the answer for many men facing troubling questions about personal health: Why is my sex drive drooping? Why am I tired, all of the time? Why do I workout, but seem to get nowhere?

Too little of the hormone testosterone, which in puberty puts hair on the chest, deepens the voice, and shapes most other male traits, is often the culprit.

Typically, though, the levels begin to dip after a man passes his 30th birthday. And yes, indications of lower levels include erectile dysfunction, as well as other potentially serious medical problems.

A blood test is the only way to determine if a man suffers from low testosterone. However, recognizing these five signs of low testosterone may signal that it's time for a test:

Low-T warning signs

- Changes in sexual function, including diminished desire. Also, infertility is another possible indicator of low testosterone.
- Insomnia or other problems sleeping.
- Increased body fat, or reduced muscle mass.
- A sense of lethargy, or no energy.

- Emotional changes, such as a lack of self-confidence.

There are other indicators that a man suffers from low testosterone, but these five are among the most common. If you fear you have one or more of these indicators, consult with a trained Lifestyle Medicine physician for the most up to date information.

If testosterone therapy can do so much good, are there any real risks?

Testosterone injections, gels, tablets, or any related hormone treatments, should not be used as anti-aging weapons. Instead, testosterone treatments offer viable options for men with low levels of the essential hormone.

The potential benefits are wide ranging, including a boosted libido, better bone density, improved muscle mass, and even greater mental sharpness.

The treatment for the problem often known as low-T is generally considered manageable when in the care of a medical professional.

The Endocrine Society has cautioned against use of these therapies in men with prostate cancer. Other physicians, however, have questioned if there is any link between testosterone therapy and a heightened danger of prostate cancer. Ask a doctor specializing in Lifestyle Medicine for more information.

The goal is to return a man's testosterone levels to the normal range found in young adults. Treatment is not meant to increase levels abnormally to promote unusual muscle development, for example.

In fact, the theory behind testosterone therapy is to approximate the natural production of the hormone, with the goal of adding fulfilling years to a man's life.

It is well worth the effort to understand the potential benefits, as well as learning how risks are managed by doctors trained in Lifestyle Medicine.

Lifestyles Medical - Personalized Integrative, Anti-Aging, Weight Loss & Preventive Medicine – Offers: The Wonder of Bioidentical Hormone Therapy for Women and Men Program – Call for your Free Consultation: 732-542-2638 www.LifestylesMedical.com

Healing Families, Rebuilding Lives, Preventing Relapse

CFC LOUD N CLEAR 501 (C) (3)
 CLOSING THE REVOLVING DOOR OF TREATMENT
 SUPPORTING RECOVERY & 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.
 A positive, uplifting, motivating place to create your new life-style & it is FREE!

Monday Meditation 7pm Tuesday SMART Recovery 7pm Wednesday Family Support 7pm
 Weekend Activities Offered: Paintball, camping, fitness, horses, motocross, bonfire, concerts, theater, art, music, sports & so much more... SOBER FUN!

We can help you or a loved one find the treatment you deserve, create a personal recovery plan & help you find the life you want to live! Empower / Inspire / Commit / Change

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



Get The European Edge At The Natural Pharmacy

by Eric Sauer, RPh

The Natural Pharmacy just off Hwy 35 in Ocean, is a replica to a European Apothecary Shoppe. Boasting the largest Homeopathic section in NJ, including a compound Pharmacist on the premises, they offer Pharmaceutical grade digestive enzymes, vitamins, herbal supplements, Elixir remedies for various ailments, and much more. All products are the highest quality - gluten free, lead free, and GMO free, offering a solution to the estimated 80% of vitamins and herbs on the market that are adulterated, use lead, and fillers.

But the services don't stop there. The Natural Pharmacy offers treatments that help you achieve beauty not just on the inside, but on the outside too. Laurie Lombardi CDN, is a decorated expert in the beauty field, and offers Dermaplane, a noninvasive facial exfoliation medical skincare treatment with absolutely no "down time", and is an expert at permanent make up- "wake up with make up".

This past year Laurie was instrumental in the development of an Organic skincare regiment. It starts with an Oatmeal & Lecithin facial scrub, which is so soothing it can be used twice a day. They compound 20% Vitamin C cream, which is a Pharmaceutical grade ascorbic acid, and is applied topically to the face and neck. This will even your skin tone out, and increase the production of collagen, since it penetrates to the dermis. Followed up with DMAE, this is a precursor for acetylcholine, which is stored in our muscles. This decreases with age, and causes our skin to sag. Therefore once this is replenished into the skin, your skin will begin to get firmer, and improve with time.

It's important to note that, most anti-aging creams that appear silky, and smooth contain Toxic ingredients. If you think the FDA does a subpar job regulating what goes into our food supply, you'll be equally appalled, if not more, of its regulation of cosmetic and personal-care products.

The Natural Pharmacy also offers a free consultation with their Board certified Physician in Aesthetic Medicine, Dr. Alexandra Leschinsky. Dr. Leschinsky is a highly qualified Physician who has been providing medical service in Emergency Medicine, Internal Medicine, Dermatology, and Alternative Medicine to the American and European communities for over 30 years. She is superb with Dermal fillers.

Eric Sauer, Registered Pharmacist, Clinical Nutritionist, Enzyme Therapist, and the owner of The Natural Pharmacy, says the basis of his practice, is built on, and branched out from this "truth" – your gut is 80% of your immune system, and new studies show that it is considered your "first brain".

This is why Enzyme Therapy is so critical today. Life cannot exist without Enzymes, but most people don't realize that they are destroyed by cooking and processing food. Enzymes are needed for every chemical reactions that takes place in the body. Working as catalysts connected to every working organ, they run our life's processes and are needed by vitamins and minerals to accomplish their delivery within the body. All food requires enzymatic action to be digested, and they can prevent partially digested proteins from putrefying, carbohydrates from fermenting, and fats from turning rancid within your system. Enzymes from a plant source become active as soon as they enter the body, whereas enzymes from an animal source are only active within the small intestine in an alkaline setting of 8.0 pH. "I have been working with enzymes for the past 20 years, and have had great results with my clients" says Sauer. His clientele ranges between the ages of 6 months to people into their 90's.

"I believe I make a real difference as a Pharmacist, and healthcare advocate, in the lives of my clients. And, I'm looking forward to helping more people in our community feel their best". says Sauer.

Eric Sauer RPh has been awarded "Order Of Excellence" by the W.O.N.M.P (World Organization Of Natural Medicine Practitioners), and you can call him for more information at The Natural Pharmacy 732.695.1277.





Don't let Allergy Season get you down!

BE PROACTIVE.

by Jane McNeil

In 2012, 7.5% or 17.6 million adults were diagnosed with hay fever and 9.0% or 6.6 million children reported hay fever symptoms. Roughly 13% of people 18 and over in the U.S. have sinusitis. Worldwide, sensitization rates to one or more common allergens among school children are currently approaching 40%-50%. Overall, allergic diseases are among the major causes of illness and disability in the United States, affecting as many as 40 to 50 million Americans.

Experts estimate that 35 million Americans suffer from upper respiratory symptoms that are allergic reactions to airborne pollen. Pollen allergy, commonly called hay fever, is one of the most common chronic diseases in the United States. Worldwide, airborne dust causes the most problems for people with allergies.

The respiratory symptoms of asthma, which affects approximately 15 million Americans, are often provoked by airborne allergens. Exposure to allergens at certain times when the body's defenses are lowered or weakened, such as after a viral infection or during pregnancy seems to contribute to the development of allergies.

Children are much more likely to develop allergies if their parents have allergies, even if only one parent is

allergic. "Children who receive antibiotics within their first six months of life increase the risk of developing both asthma and allergies by age seven". Source: Johnson, C.C., Henry Ford Hospital, Detroit, Michigan, Dept. of Biostatistics & Research Epidemiology.

Mold allergies in both Monmouth and Ocean counties are also a large part of the local environmental allergy challenge.

Common Symptoms of Allergies:

Sneezing often accompanied by a runny or clogged nose, coughing and postnasal drip, itching eyes, nose, and throat, allergic shiners dark circles under the eyes caused by increased blood flow near the sinuses, watering eyes, conjunctivitis, Inflammation of the membrane that lines the eyelids, causing red-rimmed, swollen eyes, and crusting of the eyelids.

Common Causes:

Pollen from trees and grasses, mold in damp houses, basements, and river valleys, dust mites, animal dander

Antihistamines:

Many people who take antihistamines experience some distressing side ef-

fects: drowsiness and loss of alertness and coordination. In children, such reactions can be misinterpreted as behavior problems and may affect learning. Age 12 and older side effects: Drowsiness, fatigue, dry mouth, dizziness, and pharyngitis.

Pediatric side effects:

Headache, pharyngitis, abdominal pain, coughing, sleepiness, diarrhea, nose bleed, nausea, vomiting, and bronchospasm.

Medications change physiology without addressing the underlying causes for symptoms.

Question:

Once the protective mechanism of mucus formation has been circumvented, what happens to mold spores, viruses, and bacteria that would normally be swept away by that process?

Foundationally there is a breakdown in the system, it may be an over congested liver, a suppressed adrenal gland, an acid alkaline imbalance, etc. Be proactive this season & address the following issues now, to avoid a miserable allergy season. Focus the immune system and improve immune competence. Reduce total immune load. Establish an antibody/antigen equilibrium. Strengthen mucus membrane.

Preparation is the Key:

Here are some things you can do to minimize your exposure to these allergens:

1. Keep you car's ventilation system on re-circulate. This will prevent some of the pollen from entering the vehicle. Some cars have a pollen filter. Make sure you change it before and after the pollen season.
2. Change you in-home furnace filters to the HEPA type. Also clean and/or change them often during the pollen season.
3. Purchase a HEPA filter and let it run continuously during the pollen season.

While the steps mentioned above can really help, it's difficult to remove



Cayenne pepper



Echinacea

yourself from all allergen sources. This is where targeted whole-food nutritional supplements and herbal formulas can help reduce your body's response to the allergens.

Antronex: This beef liver extract helps in removing excess histamine from the blood stream.

Euphrasia Complex: This herbal formula helps reduce mucous formation and the runny nose and watery eyes of allergies.

Eyebright – URT specific antihistamine, anti-inflammatory, vasoconstrictor for

nasal and ocular tissue.

Golden rod – Antihistamine, anti-inflammatory, antiseptic on the mucus membranes. Specifically indicated in naso-pharyngeal catarrh

Echinacea purpurea – Immune modulator, anti-inflammatory, lymphatic

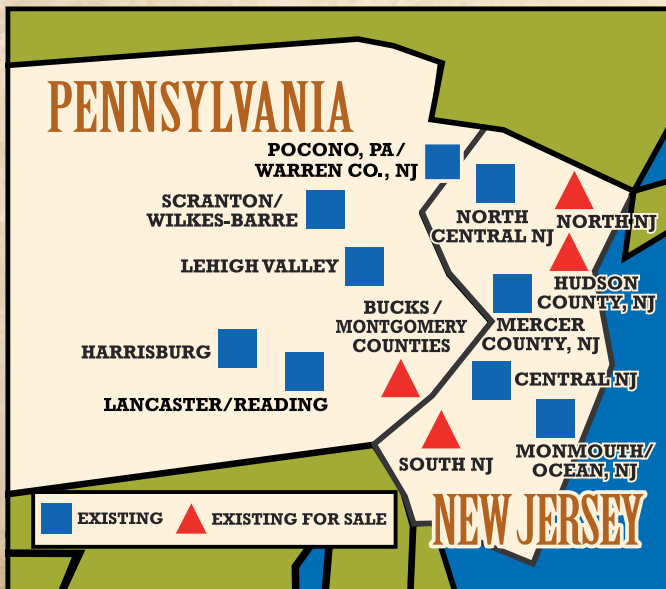
Golden Seal – mucus membrane trophorestorative, antihistamine, antimicrobial (mold)

Cayenne – circulatory stimulant, diaphoretic (potentiates actions of other herbs)

Many patients have been able to reduce their "allergy load" by 75-90% by doing a whole food, liver, kidney, lung and colon cleanse. See an alternative health care practitioner today to bring your immune system back into balance!

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

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



Simple Tips for Improving Energy (Feeling) within the Home

by Jessamyn Rebecca

With spring on it's way, many of us are considering cleaning out closets, garages, or taking on other organizational projects. There is something about this time of the year that signals many of us to address the concept of neatness, purging unused items, and renewal within our dwellings.

But then there is that intangible quality connected to ensuring a healthy

home that many might overlook or might be unsure of how to address—the feeling of the energy within the home. Specifically, we may need to ask ourselves, is this space draining or welcoming to those who enter? Within this article, I provide three tips for bettering the energetic hygiene within your home.

Tip #1) Cleansing and shielding ourselves of any undesired energy attachments. Just the way we can unintentionally track dirt into the home by way of our feet, the same premise exists when it comes to energy exposure. Try taking a relaxing bath with sea salt in the water or take a shower where you use a few handfuls of sea salt to gently wash from head to toe. While the salt is cleansing away undesired energy attachments from you, it can be helpful to state something like, "I now sever any unnecessary and unhealthy ties to myself from others. I now shield myself from any undesired energies I may come in contact with throughout my day." Self-care is extremely important to bettering the hygiene of your home. Use a preservative-free body lotion, if desired, to protect the skin afterwards.

Tip #2) Meditation aimed at achieving a specific result. One can meditate for a variety of reasons, and in this case, we will focus on improving the energetic hygiene within a room. Begin by sitting within the room you wish to clean and close your eyes. When your mind is still, envision the room in your mind and imagine seeing yourself within this room. Visualize yourself cleaning this room of any gray-colored misty areas, which would

represent heavy energy, needing to be removed. After you have finished this cleansing visualization, finish this meditation exercise by setting the intention that peaceful energy will now fill the room, and that all other undesired energies must leave now. You may shield the room with a statement such as, "I now shield this room from any undesired energies, and it shall now be filled with peace, love and light."

Tip #3) Potted plants and flowers emit positive energy. Plants contain prana, or "life force" energy, also known as chi, ki or ruach. Certainly, potted plants with roots will contain more prana than cut flowers, but nonetheless, both will emit some positive energy. See what colors speak to you, as colors have numerous meanings. For those of you who already have plants in the house, you may want to consider adding new colors to specific spaces. Have fun with it!

- REDS** – can symbolize the properties of strengthening and activating;
- ORANGES** – cleansing and brightening;
- YELLOWS** – initiating or starting;
- GREENS** – healing and detoxifying;
- BLUES** – soothing and stabilizing;
- PURPLES** – regenerating and activating.


What if you feel the need for a greater boost in improving the energetic hygiene within your home? There are numerous techniques for clearing a space, other than the basic tips mentioned in this article. Consider further reading on topics such as smudging, or contact a reputable energy worker, such as a healer, a psychic medium, or an intuitive, etc., as he or she will utilize other specific techniques to clear a space including, but not limited to, smudging, pranic healing techniques, reiki, and prayer.

In addition to having over 18 years in the fields of teaching and educational leadership, Jessamyn Rebecca is a psychic medium and pranic healer who is passionate about assisting people to strive for their greatest potential. For more information visit jessamyn-rebecca.wix.com/jessamyn.

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

Sometimes you just need a Life Coach to point out you have the power to nourish your spirit and nurture optimism by defeating negative thoughts. My practice is devoted to helping people help themselves tap into the power of change they already possess.

First session is complimentary



935 Route 34, Suite 20, Matawan
732-687-4423
LisaRaphael@comcast.net



Are You Using Your Power?



By Lisa Klein Raphael, MSW, LSW, CCP

As the good witch in the Wizard of Oz told Dorothy, "You had the power all along, you just didn't know how to use it". We get so accustomed to the tapes that play and replay in our head, the way we respond to our perceived challenges that we forget we can choose our attitude in any given situation. *We are in control!* Positive or negative? Victim or survivor? This is an empowering idea because we are taking action by making a choice. Action makes us feel empowered and this is energizing. Hence, our emotional physical and spiritual resources are more in tact. When less depleted we have more resolve for the journey ahead.

You may have heard this all before. Here's something you don't hear as often-*This journey takes time!* We are accustomed to fast results - homes are redecorated, people's wounds healed, marvelous meals prepared in the span of a 30 minute television program. And, that's the least of it in our technologically infused world. For this reason, we often, without being aware, develop unrealistic expectations for growth and change.

So, how can we begin to accomplish a change in mindset? Start small. Talk gently to yourself like you would a child you love. Be aware of the harsh language in your head, narrating the actions of your day. *Awareness is key!* If you are not aware of unproductive thoughts, how can you modify them? You know the voice in your head calling you an idiot, judging your body and home, singing off key about your worthlessness and doubting your capability? Here's a liberating thought-*You don't have to listen! You are free to create new thoughts! Remember, you do not have to believe everything you think!* Language is a tool for communicating and importantly, this includes the language we use to communicate with ourselves. It takes time to become fluent in any new language and this includes the language of thought. Time and patience are required but the most important element is practice. Practice is essential for any new habit, any new skill. And, that's what we want. New habits to encourage positive thoughts. New habits to more swiftly counter negative thoughts. *Practice this one thought at a time.* Discarding sour thoughts allows room for sweeter thoughts and this in turn alters our perspective. Use your power!

Lisa Klein Raphael is a Licensed Social Worker and Certified Coach Practitioner whose practice is devoted to helping people empower themselves, one thought at a time. She can be reached by phone at (732) 687-4423 and email at lisaraphael@comcast.net.



You know greens are good for you, but are you familiar with the many benefits? Leafy greens consist of kale, collards, swiss chard, spinach, dandelion greens, parsley, cilantro and so many more. They are usually included in the vegetable category, but really should have a category all by themselves because they far surpass any vegetable in nutrient content. Here are just a few beneficial nutrients, fiber, chlorophyll, Omega 3s, amino acids and over 22 vitamins and minerals.

Unfortunately, most people do not eat any greens. Many people weren't raised eating them, and don't like the bitter taste. But once they learn the health value, add them to their diet because they know how nutritious they are. You do get used to the taste! Let's talk about some of the nutrients:

- Alkalinity – they help our body become more alkaline because of the high vitamin and mineral content. They add to our "nutritional bank".
- Fiber – helps slow the release of sugars in our body which steadies our insulin release avoiding highs and lows, helps with elimination, binds with toxins and cholesterol helping to reduce accumulation in our body.
- Chlorophyll – this is the plant's energy from the sun, it helps to oxygenate and regenerate the cells in our body and it is very similar to the Heme molecule in our blood.
- Amino acids – proteins are made up of long chains of amino acids. Leafy greens contain the already broken down amino acids that are effortlessly digested and readily absorbed. BUT, you need to eat enough of them to balance all the essential amino acids.
- Omega 3 fats – these are essential fats that most of us don't get enough of or have an imbalance of. They help to keep our blood thin, help our brains develop and our heart to beat properly. They also decrease inflammation.
- Enzymes – because they are a living food, they contain enzymes. They also help to stimulate the secretion of our digestive enzymes helping to digest foods eaten with them.

Since we are not accustomed to eating leafy greens, how do we get them in our diets without gagging? One way is to make green smoothies. By blending the greens you are opening up the cell walls releasing all those nutrients and if you add fruit to these smoothies it makes the greens more palatable. Adding green smoothies to your daily menu will also help reduce cravings because you are giving your body much needed nutrients.

Kerri Ferraioli is the owner of Lifetime Nutrition LLC, a Holistic Nutrition Consulting Company. She is Board Certified in Holistic Nutrition® (Candidate) and holds a Master Nutrition Therapist degree from Nutrition Therapy Institute. For more information please visit her website at www.lifetimenutritionllc.com or email her at kerri@lifetimenutritionllc.com

EARTH IN PERIL

Children Confront Climate Change

by Avery Mack



This month, Home Box Office (HBO), in collaboration with New York City's American Museum of Natural History, will air the new documentary, *Saving My Tomorrow*. Scientists representing the museum discuss how temperature change affects life on Planet Earth, but the majority of voices are those of children. Their

We only have one home. If we mess this one up, where do we go next?

~Hippocrates, age 8

~Zoe, age 12

words cry out for universal action to prevent them from inheriting what they believe is a dying planet in desperate need of healing.

In the Atmosphere

"We need to know the truth, because adults clearly aren't doing enough to stop this."

The National Oceanic and Atmospheric Administration and NASA recently announced that last year was the hottest in 135 years of recordkeeping, with rising ocean temperatures driving the global heat index.

Nine of the 10 hottest years have occurred since 2000. The odds of this taking place randomly are about 650 million to 1, especially without an El Nino influence, according to University of South Carolina statistician John Grego.

"The globe is warmer than it has been in the last 100 years," says climate scientist Jennifer Francis, Ph.D., of Rutgers University, in New Jersey. "Any wisps of doubt that human activities are at fault are now gone with the wind."

At Sea

"We do more damage to the planet than we think."

~Peri, age 9

In the same 100 years, sea levels have risen seven inches, mostly due to expansion as the water warms. "We have over 2 million preserved fish in our collection. We study them to see the effect of temperature change," says Melanie Stiassny, Ph.D., curator of ichthyology at the museum. "The mummichog fish is less than an inch long. It's a bottom feeder and that's where pollution like mercury lies. When the water is warm, fish eat more and mercury is stored in their bodies." The contaminants move up the food chain, bringing the effects of pollution to our dinner table.

A 2006 study by Nicola Beaumont, Ph.D., with the Plymouth Marine Laboratory UK, found that 29 percent of the oceans' edible fish and seafood species have declined by 90 percent in the past 100 years. The international team of ecologists and economists led by Boris Worm, Ph.D., of Dalhousie University, in Halifax, Nova Scotia, predict total saltwater fish extinction by 2048 due to overfishing, pollution, habitat loss and climate change. Rising ocean acidity due to absorption of increasing carbon dioxide and other emissions from burning fossil fuels impacts creatures large and small, like dissolving the shell of the tiny sea butterfly, a vital link in the ocean's food chain.



Top 50 Franchise
2015 Franchisee Satisfaction Awards
FranchiseBusinessREVIEW™

natural
awakenings

has been ranked in the best 50 in its size class among 200 companies named in the *Franchise Business Review's* 2015 Top Franchises Report. The healthy living magazine was one of five franchise companies cited as best-in-class in the advertising and sales category.

For more information visit our website:
NaturalAwakeningsMag.com/mymagazine or call 239-530-1377

Americans currently consume 4.5 billion pounds of seafood each year.

On Land

"Each species was put here for a reason. We are the caretakers."
~a youth at a climate rally

Scientists look back to look ahead. Henry David Thoreau fell in love with the wilderness around Concord, Massachusetts, 160 years ago. From his renowned journals, scientists know when flowers like the pink lady slipper (*Cypripedium acaule*), bird's-foot violets (*Viola pedata*) or golden ragworts (*Packera aurea*) used to bloom. Today, with temperatures six degrees Fahrenheit warmer than in Thoreau's time, these species now bloom two weeks earlier. The Canada lily (*Lilium canadense*), plentiful before, is now rare, unable to adapt to the new reality.

Paul Sweet, collections manager of the museum's ornithology department, studies "skins" (stuffed birds). He says, "The skins show us how birds lived years ago." In just the past 100 years, bird species that have gone extinct range from the ivory-billed woodpecker (*Campephilus principalis*) to the once-abundant passenger pigeon (*Ectopistes migratorius*) and Carolina parakeet (*Conuropsis carolinensis*).

In Colorado, 70 percent of the lodgepole pines have been lost, with pines in other states also in trouble. Pine beetles feed on the pines. Historically, winter brings death to both the beetles and weakened trees, which fall to feed a renewed forest. Due to warmer temperatures, the beetles are living longer and migrating to higher altitudes to kill more trees. Forest fires follow the dry timber line.

All Are Needed

"I don't have time to grow up before becoming an activist."
~Ta'Kaiya, age 12

"Get your parents involved."
~Teakahla, age 11

Children are more informed now than ever before. Schools offer classes on ecology, the environment, global warming and climate change. Disasters are instant news, constantly streaming

through digital media. Kids are aware that they need adults to work with them to keep Earth habitable.

HBO will air all four parts of Saving My Tomorrow starting Apr. 22. Check local listings—and watch as a family. See Tinyurl.com/SavingMyTomorrow.

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

Forward Good Change Today

- ✓ Reuse more, buy less. Less trash equals less pollution.
- ✓ Bike or walk, instead of driving. Don't use the car at least one day a week. Less use of fossil fuels equals less drilling, fracking and oil spills.
- ✓ Substitute a planet-healing activity for the usual after school program. Replace lawns with native plants, which need less water and no mowing. Email manufacturers to urge them to use less packaging and plastic, auto makers to produce more fuel-efficient cars, grocery stores to carry more locally sourced foods and ban plastic bags, and government agencies to improve pollution control measures.
- ✓ When eating meat, make sure the animals were humanely and locally raised, not factory farmed.
- ✓ For fish, factory farmed is preferred when farmers are vetted by watchdog agencies for being devoid of disease, pollution and heavy metals; clean fish are especially rare among international providers. Learn more at Tinyurl.com/SustainableFishFarming.
- ✓ Support wildlife. Help hatchling sea turtles make their way to the sea. Predators and man are the biggest threats—only one in 1,000 hatchlings reach adulthood. Plant milkweed to feed monarch butterflies. Use natural insect repellants like basil or marigolds instead of killer sprays.
- ✓ Speak out and speak up. Search c2es.org/science-impacts/basics/kids for event ideas and resources.

calendar of events

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

WEDNESDAY, APRIL 1

Gutsy Gal Guide Workshop Series Presents: "Fall in Love with Mastering Your Money" for a successful business and life! A must training for women entrepreneurs seeking lucrative heart-based, purpose driven businesses! At Renaissance Pilates, 8 East Front St., Red Bank. 7-9:15pm \$27 pre-registration, \$37 @ the door. Host: Roe Couture DeSaro; Best-selling Author, Popular Speaker & Certified Money, Marketing & Soul Coach. Limited space available. 732.673.1763. Go to <http://RoeCoutureDeSaro.com/events> for additional details & registration.

FREE Seminar at Deans Natural Market -Bloated? Gassy? Fatigued? Are you eating the right foods for your body? Learn how foods can heal you. 7-8pm Contact Alesha via email wholetrition@gmail.com to RSVP 1119 NJ-35 Ocean Township.

THURSDAY, APRIL 2

FREE Seminar at Deans Natural Market -Bloated? Gassy? Fatigued? Are you eating the right foods for your body? Learn how foods can heal you. 7-8pm Contact Alesha via email wholetrition@gmail.com to RSVP 490 Broad St Shrewsbury.

FRIDAY, APRIL 3

Complimentary Oils for Essential Living Gathering Hosted by Wendy Bright-Fallon and Dee-Anna 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 732.708.9735.

Full Moon Crystal Bowl Meditation: Come out and have a relaxing hour, let go of your worries and stress. De clutter your mind and your body as the sound vibrates through your body. Get comfortable with your blanket and pillow, open your mind to something new, something different, and experience peace as your body comes back into balance at a very deep level. You will be taken on a healing journey through your body, through your chakra system to release all the old, and make room for the new with the cleansing energy of the full moon. 7:30pm-8:30pm, \$10 at 2116 Sunset Avenue Ocean at The Zen Den. Register in advance www.zendcenter.com or call 732-414-9423.

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 relation-

ships 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.

TUESDAY, APRIL 7

Reiki Healing Circle/Meditation 7PM OPEN TO ALL! You are invited to experience how Reiki subtly transforms each one of us in perfect design. Enjoy a Chakra meditation and Healing Circle followed by balancing techniques using crystals and oils. Sacral Chakra Focus-Creativity, Passion and Joy! \$8. 732-407-0789 Joannejoanne@healingartsnj.com. 511 Dover Road, (Route 530) Toms River.

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.

FRIDAY, APRIL 10

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).

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, APRIL 11

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.

NOURISHING YOUR THYROID THROUGH FOOD - Have you been suffering from fatigue, sleep problems and constipation? Feeling depressed, fuzzy and frazzled? Is your sex drive

not what it used to be? Are your hands and feet cold all the time? Is your cholesterol high? Suffering from bad PMS or having trouble getting pregnant? Still packing on pounds? Join Csilla Bischoff, integrative nutrition counselor and understand the signs and symptoms of a sluggish thyroid that may be sabotaging your best efforts to lose weight and more. Discover: How proper diet and lifestyle can protect you. Which foods are the most beneficial for thyroid health. 12-1:30pm. \$30. Located at Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach). Sign up at: www.mbyogaandwellness.com or by calling 973-452-2828.

Women Wine and Wellness 6-9pm Women Wine and Wellness is an amazing event for women to drink Organic Wine, Enjoy Organic and Gluten Free Food, and be pampered through a variety of beauty services. It's also a great opportunity to sample IWG services including energy healing, massage, and soundwave! All services are complimentary upon purchasing a ticket for admission. \$25 in advance/\$30 at the door Integrative Wellness Group 800 Main St, #109 Belmar, (732) 359-8263. Tickets: IntegrativeWellnessGroup.com.

TUESDAY, APRIL 14

Qigong for Good Health. Spring, a time of new beginnings and moving forward. Lincroft Spring Series TWO CLASS TIMES: 1PM: "The Nine Phases of Cultivation and more" & 2:30PM: "Primordial Qigong" PLACE: The Earth Room Unitarian Universalist Congregation of Monmouth County 1475 West Front Street in Lincroft. \$96.00 for 9 Sessions For a partner in the same household, the 2nd person's fee is \$48. TO REGISTER: Send e-mail indicating which time & pay at the first class or Send check to Maxine Forster Guenther and indicate which class to P.O. Box 2015, Red Bank, NJ 07701 If you cannot afford the cost of the series, please call and we can make some adjustment. 732-842-5074 For more info: www.qigongforgoodhealth.org.

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, APRIL 15

Crystal Bowls for Beginners. Wednesday, April 15, 2015. -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. Tree will take you on an inner journey with the harmonic sounds of the healing crystal bowls... and more! Sound vibration helps restore the correct vibrational frequency of the body, "lifting the issues out of the tissues." They just make you feel good! Time 12-1pm. \$22. Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach). Sign up online www.mbyogaandwellness.com or by calling 973-452-2828.

Complimentary Oils for Essential Living Gathering Hosted by Wendy Bright-Fallon and Dee-Anna 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 732.708.9735

THURSDAY, APRIL 16

Helping Parents Heal. Monthly support group 6:30PM open to parents that lost a child. Christine Volpe -cvolpe68@gmail.com 732-600-3942 Free

FRIDAY, APRIL 17

FREE Q&A session to learn more about Wholetrition In 12 Transformation Program Athleta at the Grove in Shrewsbury 583 Broad Street Shrewsbury NJ. 1-3pm Contact Alesha via email wholetrition@gmail.com to RSVP.

Reiki Share: Relax and replenish with old friends and new in the beautiful energy. All energy workers welcome! Everyone gives and everyone receives. All Reiki shares include guided meditation and hands on healing. 7-830pm \$10 Hosted by Kris Lindemann Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732-272-8817 or info@wholetritionwellness.com.

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

Respiratory Wellness Workshop. Learn about natural ways to support the respiratory system- we will discuss nutrition, exercise and essential oils. We will make a chest rub to take home along with additional giveaways and samples! \$10.00 Hosted by Wendy Bright-Fallon, Health Counselor & DeeAnna Nagel, Wellness Coach/ Aromatherapist : Saturday, April 18th 10am-12pm in Red Bank. Register at www.oilsforessentialliving.com or call 732.708.9735.

Learn to be a Healer in Your Own Home FREE Seminar: 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. 1-3pm. 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@vikiscudtiery.com.

2nd Annual Spring Awakening (Holistic Business Fair) Have you ever wanted to start your own holistic practice or do you already have

one and are wondering about the logistics of running your own practice? Wholetrition Wellness is putting together an informative day to address the business needs of holistic practice. Among the vendors will be Attorneys, CPAs, Web/Graphic Designers, Social Media Consultants and more... You can ask them general questions, learn more about what you need to do to run your own practice and maybe get a free 15 minute consultation with them. 12-4pm Wholetrition Wellness Center, 935 Highway 34, Suite 2D, Matawan 732-272-8817 or info@wholetritionwellness.com.

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. 6:30pm-8pm, \$22 at 2116 Sunset Avenue Ocean at The Zen Den. Register in advance www.zendecenter.com or call 732-414-9423.

SUNDAY, APRIL 19

Angelic Yoga: Join us for Angelic Yoga (led by Rose Vitucci) a workshop series with the miraculous power of the Archangels. Get to know the angels and the archangels each week. You will be introduced to an archangel through information, meditation, and yoga. Balance your chakras and meridians, and help release blocks and untie the knots that prevent us from connecting to our guides and angels. Rose will also introduce a very powerful essential oil and use healing sprays. Followed by a guided angelic relaxation meditation. Everyone will be given a positive affirmation to take home. All levels welcome 11am-1pm, \$25 at 2116 Sunset Avenue Ocean at The Zen Den. Register in advance www.zendecenter.com or call 732-414-9423.

TUESDAY, APRIL 21

FREE WEBINAR-KNOW YOUR HORMONES-LIVE IN HARMONY! Mothers & Daughters, All Women Event to learn how hormones are now affected by today's environment. Learn simple tools to create your hormone balance. Inna Lukyanovsky, Registered pharmacist, Functional Medicine practitioner, founder of Real Health Solutions-wellness consulting practice- will talk about effects of adrenal fatigue, toxic environment, stressful lifestyles on the female hormones. Inna will also talk about importance of Functional Medicine approach where we look at the ROOT CAUSE of the problem rather than patching it. 6-7PM FREE! Sign up for the Webinar from Real Health Solutions LLC Facebook page or from www.RealHealthSolutionsLLC.com or call 800-557-8039 FOR more info. Or go to webinar: <https://attendee.gotowebinar.com/register/254150278793522689>

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, re-

stores range of Motion & Function, and improves Posture & Balance so that you can return to your pain-free, active life. 7-8PM FREE. Class held in Shrewsbury. Registration is required - call 917-288-7477 or email olympia@lastingpainrelief.com to register. LastingPainRelief.com.

WEDNESDAY, APRIL 22

HAPPY EARTH DAY!!!

An evening with Daniel Pienciak, Teacher Trainer. Inviting all T'ai Chi Chih students and TCC teachers. A 2hr workshop each month includes group practice, with teachings, suggestions, and refinements. 6:30-8:30pm at Healing Arts, Toms River. \$20 for students, \$15 for teachers. Call 609-752-1048 or email Siobhan@NextStepStrategiesLLC.com to register. Your registration holds your spot as space is limited.

THURSDAY, APRIL 23

FREE Seminar at Colts Neck Library -Bloated? Gassy? Fatigued? Are you eating the right foods for your body? Learn how foods can heal you. Contact Alesha via email wholetrition@gmail.com to RSVP 1 Winthrop Drive Colts Neck 7-8pm.

Reiki Share 7PM Come share the light! Join fellow light workers this evening for a meditation and universal prayer followed by discussion on various healing techniques and application during our sharing of Reiki \$7. 732-407-0789 Joanne joanne@healingartsnj.com 511 Dover Road, Toms River.

FRIDAY, APRIL 24

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, APRIL 25

Clean Ocean Action Beach Sweep: 9am-12:30pm, Annual Beach Sweeps, 72 NJ locations - In 1985, 75 volunteers gathered at Sandy Hook, NJ for the first Beach Sweep with hopes to rid the beaches of unsightly and harmful debris. 26 years later, the Beach Sweeps have expanded to 72 locations along the New Jersey Coastline, including inland rivers, lakes, bayshores and streams. Come join us! Please contact events@cleanoceanaction.org for sponsorship information.

World T'ai Chi & Qigong Day. Join us in New Egypt, NJ at 10am as we all move as one in a T'ai Chi Chih® practice and then welcome Dr. Chang-Shin Jih, who will offer a workshop on T'ai Chi and Taoist philosophy. Everyone is welcome and encouraged to follow these easy, gentle movements with us. And, the research supporting the health benefits. Registration is a must. It is only \$10 when you register in advance and \$15 at the door, 2 hour workshop is \$50 in advance and \$75 if you remit that day. Contact Siobhan for more details at: Siobhan@NextStepStrategiesLLC.com or call 609-752-1048.

Holistic Approach to Managing Pain- Join Lisa Horon-Sockol, RYT and Sue Ann Stelfox, health coach and founder of blossomswholeliving.com for the Holistic Approach to Managing Pain workshop. In this workshop you will better understand the influences that cause pain and be introduced to a variety of natural remedies. Discover how thoughts and feelings have a direct physical impact on the way the brain processes pain. Learn how to shift your perception through breath and meditation to effectively tone your autonomic nervous system, and reduce stress and reactivity. Learn common-sense dietary principles and how to decrease pain and inflammation through the power of food 1-3PM. \$30. Space is limited! Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach, NJ). Sign up online www.mbyogaandwellness.com or by calling 973-452-2828.

Bach Flower Remedies and Stress in the Workplace: Is your job stressful? Do you find yourself lacking concentration and focus? Are you irritable or frustrated? Learn how to identify and address your work stress head on and restore balance naturally. Bach Flower Remedies have been relieving stress and helping people restore inner harmony for 70 years. Join Debi Testa, Bach Foundation Registered Practitioner, 4pm-5:30pm. \$29 included materials and your own personal blend of Bach flower remedies. 2116 Sunset Avenue Ocean at The Zen Den. Registration req. Space is limited. www.zendecenter.com or call 732-414-9423.

SUNDAY, APRIL 26

"Creativity for a Caus" 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.

MONDAY, APRIL 27

Gallery Readings with Rich Braconi - Limited to 8 people. 7-9 PM Messages of personal guidance and love that are often very meaningful to your life. The spiritual messages that Rich shares are often filled with universal wisdom and contain a profound insight that everyone present will find spiritually inspiring and beneficial to their own life. This specific gallery is limited to just 6 available spaces so that Rich may provide anyone who attends with individual time and attention. \$60 Please RSVP to Joanne 732-407-0789 joanne@healingartsnj.com. 511 Dover Road, (Route 530) Toms River.

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

ongoing events

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

monday

BEGINNER/GENTLE YOGA SERIES- Are you new to yoga?. Rehabilitating from an injury? Would you just like to be reminded of the basics? IF SO.....THEN THIS IS THE SERIES FOR YOU!! No flexibility required; all ages & body types welcome! Yoga is often recommended by doctors to help alleviate symptoms of arthritis and strengthen bone density. It can also assist in balance, which becomes more difficult as we age. Poses can be done safely using various props, we also encourage chairs and using the wall. MONDAYS 7-8:15pm, DATES: 4/13, 4/20, 4/27, 5/4 & 5/11. COST: \$80 (plus you get 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 by calling 973-452-2828.

tuesday

Acquiring Grace and Ease: Releasing Aches and Pains – (4 weeks), with Catherine Trapani (RYT) a certified yoga instructor and therapist working to enhance health by bringing graceful aging and wellness to her students. Using a yoga-based practice we learn to locate and unravel sources, symptoms of pain and stress patterns to bring ease into the body. Through movement, breathing and awareness we will explore our relationship with pain. Students will receive individual attention during class. 4 Weeks: Tuesday 4/14, 4/21, 4/28, 5/5 from 6:45pm - 8:15pm. Series Fee: \$100 for all 4 classes or \$30 drop in fee per class at 2116 Sunset Avenue Ocean at The Zen Den. Register in advance www.zenden-center.com or call 732-414-9423.

wednesday

Discover the Serenity of T'ai ChiChih (Joy thru Movement Class) Beginning April 29th New Evening Class. – 6:30pm at Healing Arts, Toms River. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 609-752-1048 or email: Siobhan@NextStepStrategiesLLC.com. Space is limited. Register to reserve your spot and save on fee.

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.seekingserenity-therapy.com>. 935 Route 34, suite 2D, Matawan. The group will remain open to new members.

savethedate

FRIDAY, MAY 1

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.OilsForEssentialLiving.com or call 732.708.9735

SATURDAY, MAY 2

NOURISHING FOODS FOR WOMEN'S HEALTH – Join Csilla Bischoff, integrative health coach and learn how food really affects your moods, energy, hormones and weight. Discover: Top nourishing foods to keep you energized, The 3 most important super foods every woman needs...How avoiding this one food will have you experience a huge improvement in your energy, mood, hormonal health, digestion, skin and sex drive, Secrets to excellent bone health with two must-have soup recipes, What relaxation, pleasure, desire, curiosity and nourishment has to do with weight loss, How to find pleasure in simple cooking and eating delicious healthy food.12-1:30 pm. \$30. 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.

SUNDAY, MAY 3

Holmdel's 17th annual Earth Day Festival at Bayonet Farm on May 3rd 12-4PM. The Festival will feature tours of the farmhouse and its grounds, a petting zoo, and other attractions. Rain or shine. For more info go to: <http://www.holmdel-cilu.org>. 41 Middletown Rd, Holmdel (732) 946-2820

SATURDAY, MAY 9

Fresh and Fun Financial Workshop For High Achieving Women with Jill Merriman: Health and Wealth Accountability Advisor. Fresh and Fun Financial Workshop. At: The Woman's Club of Red Bank 164 Broad Street from 9am-3pm. Registration at 8:30am. Lunch and Snacks Included. Achieving financial freedom, networking opportunities, vendors, dance energizer breaks & chocolate...what more could a girl want? Whether you want to learn steps to set up your own business or conquer anxiety about money, this program is for you. With a 'no stress' approach, you will see exactly where you stand with managing your money. \$129.00. to register or for more info go to JillMerriman@Comcast.net.

NJ Holistic Professionals Networking (Why Your Small Business Needs a Blog). Networking opportunity for the holistic practitioners. Running a blog on your business website allows new content to be featured. Find out why a blog is essential to your business' marketing plan, how to get started and how to market your blog. 12-2pm \$Free Bring your own lunch Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732-858-1548 or info@wholetritionwellness.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. 732-858-1548 or info@wholetritionwellness.com.

FRIDAY, MAY 15

Reiki Share: Relax and replenish with old friends and new in the beautiful energy. All energy workers welcome! Everyone gives and everyone receives. All Reiki shares include guided meditation and hands on healing. 7-8:30pm \$10 Hosted by Kris Lindemann Wholetrition Wellness Center 935 Highway 34, Suite 2D, Matawan 732-272-8817 or info@wholetritionwellness.com.

SATURDAY, MAY 16

KNOW YOUR KNEE'S WORKSHOP – Join Michelle Doyle for this informative workshop. As the weather get warmer we become more active... In this 2 hour workshop students will learn the art of movement in the knees, and be able to apply the lesson's to the real world. Students will be able to understand proper alignment, angles, and strength building stability techniques to prevent future injury. Get ready to connect your practices and finally take yourself to the next level. Knowing your knees is the key for prevention. Time is 12-2pm. Cost is \$20. Located at Monmouth Beach Yoga & Wellness (36 Beach Road, Suite 10, Monmouth Beach, NJ). Sign up online www.mbyogaandwellness.com or by calling 973-452-2828.

SUNDAY, MAY 17TH- SUNDAY, MAY 24TH

Integrative Wellness Group Retreat: The IWG retreat is designed for the business professional to hit the reset button on a relaxing wellness retreat while also working with like-minded individuals to develop personal and professional goals and strategies. The retreat includes yoga, wellness workshops, exercise classes, adventure tours, mindset coaching, all organic meals, and more located within our 5 star accommodations. See website for pricing details at iwgretreat.com Outer Banks, NC (732) 359-8263. www.integrativewellnessgroup.com

WEDNESDAY, MAY 20

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! 6pm-8pm in Red Bank. Register at www.oilsforessentialliving.com or call 732.708.9735.

FRIDAY, MAY 22

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.

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

DEEANNA NAGEL

Wellness Coach & Aromatherapist
Online Aromatherapy Institute
Highlands, NJ 07732
732.708.9735 Confidential Voice
deeannamn@gmail.com
www.onlinearomatherapyinstitute.com



DeeAnna offers coaching, education and training. Her services are always "infused" with the benefits of essential oils. She loves teaching others about the benefits of a healthful lifestyle. She speaks from professional experience of over 20 years and personal experience with her own health and wellness journey. *See article, page 24.*

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 29.*



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.

CERTIFIED PERSONAL TRAINER

PETER J. SPAZIANO

Personal Trainer, Toms River YMCA
Individual One-on-One Client
Home Fitness Training
WITS CERTIFICATION, PERSONAL TRAINER (World Instructor Training Schools)
Weight Loss - Strength Training -
Endurance - Improved Balance and
Mobility - Youth Fitness - Senior Fitness
CPR/AED
Phone and Text: 1-609-549-9048
Fax: 1-609-660-1936



I am a certified personal trainer located in Ocean County N.J. I am experienced in working with all ages. I help individuals improve their fitness levels with a combination of nutrition and exercise. Along with the experience and skill of my field I provide each client with a high level of compassion and understanding. Most importantly, I listen to your needs and concerns. We address your goals, not mine. Available to work with clients in Ocean County in the comfort of their homes or living facilities. The new you is waiting! Call today for a free consultation.

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 25.*

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). *See ad, page 26.*

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, page 34.*

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!

FUNCTIONAL MEDICINE

INNA LUKYANOVSKY, RPH

Inna Lukyanovsky, RPH
800-557-8039
Inna@RealHealthSolutionsLLC.com



Inna is a Certified Functional Medicine Practitioner and a Registered Pharmacist who used to practice only traditional medicine methods until her own diagnosis with Crohn's disease. Ever since her own diagnosis in 2003, Inna started her journey to complete healing with

holistic ways. Functional medicine was the final key to her personal healing success story and the start of her successful Functional medicine practice where many patients say "good bye" to hormone problems, digestive issues, inflammatory diseases and chronic conditions. Patients with Crohn's disease see Inna from all over the states. It's easy to have appointments with Inna since it's done on the phone, via Skype or in person. The Functional diagnostic test kits and supplements are sent by mail. It's very effective and very convenient. If you are tired of feeling tired, hormonal or simply not yourself we can find the ROOT CAUSE of your health problem. For special offers, coupons, discounts please visit our website at www.RealHealthSolutionsLLC.com and sign up to our newsletters. Functional Medicine Works! *See ad, page 6.*

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.

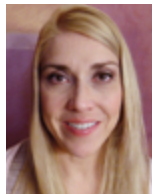
JESSAMYN REBECCA
 Psychic Medium and Pranic Healer
 732-241-2014
 jessamyn.rebecca@gmail.com
 jessamyn-rebecca.wix.com/jessamyn



Have you considered treating yourself to the gift of a session where communication with loved ones who have crossed over to the Other Side is provided? Could your physical body, including your emotions, benefit from some balancing and healing? Whether you seek insight on decision-making, communication with those who are in Spirit, or if you seek to feel better physically, Jessamyn is a motivating psychic medium and pranic healer who utilizes a variety of techniques to meet your needs, while providing you with the care and confidentiality you deserve. What is Pranic Healing®? The word pranic stems from the Sanskrit word "prana" meaning "vital life force," and Pranic Healing® is a no-touch healing method, utilizing prana (also known as chi, ki, or ruach) energy to balance and heal the whole body. For more information please visit: jessamyn-rebecca.wix.com/jessamyn.

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 IANNACCONO LCSW

935 Route 34, suite 2D,
 Matawan, NJ 07747
SuzannelannacconoLCSW@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

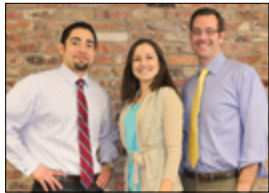


What Can Wholetrition Do For You? Whether you have already started your journey to holistic living or have never read a food label, Wholetrition can provide you with information and resources necessary to reach your goals! The healthy lifestyle you've been dreaming of is closer than you may think, and 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 ad, page 35.

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 Sitzings, 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 12.

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-Sokol. 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 ad, page 9.

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 29.



Nature does not hurry, yet everything is accomplished.
 ~Lao Tzu

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

Margaret Steele 732.281.8369
Angel Readings, Reiki, Intuitive Counselor & Medium
Angelseer#1@comcast.net

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

Wholetrition 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



NEVER

envy an "honor roll"

BUMPER

sticker again.

Consider making room on the back of your car, because what happens after a trip to LearningRx is nothing short of remarkable. Falling grades, short attention spans (and the bad feelings they cause) are addressed with

permanent solutions that tutoring can't offer. Our personalized method of strengthening cognitive skills is measurable, proven, and fun. Our interactive approach has remarkable, long-lasting

results. We call it brain training. Parents and kids call it life changing. See their stories and learn more at learningrx.com.

LearningRx

Bring in a BAD REPORT CARD or GRADEBOOK PRINTOUT.....

Find out what is holding your child back. \$99 Initial Cognitive Skills Assessment (Exp. 4-30-15)

Two convenient locations in Monmouth County

(732) 444-8LRX (8579)

Marlboro and Red Bank, NJ