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



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

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

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letter from publisher**Hello Friends**

Sharon Shaffery

Happy Father's Day to all you daddy's of human and fur babies alike. I am eternally grateful to my father because my earliest memories are of him telling me I can do anything, and I totally believed him. It's a great strength to draw on when I am feeling small. Thank you Daddy 😊

Last month Reiki Master Teacher Diane Todd organized a battalion of Reiki practitioners to volunteer and work with recovering cancer patients at Monmouth Medical Center. We had 7 massage tables (thank you Joy Gomace for giving me your old table – I put it to good use), and about 17 reiki practitioners, so we were working 2-3 per table. We worked on

about 21 patients over the course of 2 hours. Some of the patients had experienced reiki before and you could see them just melting into a state of complete relaxation and security. Others had not experienced reiki before and I saw tears running down their cheeks. It was a truly moving experience and I am so very grateful to have been invited to participate. Thank you Diane for all of your efforts firstly, and for inviting me to be a part of it.

I also have to thank Grace Sepe of Café La De Da. Grace is a warrior mom for the LGBTQ kids. She is working closely with the school system in Middletown to create an inspiring space for the LGBTQ club. I was invited to attend the second meeting of the club, and I was so grateful for the invitation and experience. Carol Schifano of Zen Health & Wellness was leading the afternoon with a healing meditation, followed by individual reiki tune-ups, and while the reiki healing was taking place the rest of us were participating in a drumming circle. When I arrived we were a room full of strangers, but by the time I left we were all supporting each other and hugging goodbye. It's hard being a teenager. Look at the statistics tied to bully related suicides, it's an unfathomable number, and many of those children are viewed as "normal" by society. I think about these kids and the additional pressure that is on them and I am so grateful for people like Grace who not only stands up for them, but works hard to create an environment to help them thrive. Nobody chooses to be born outside of what society considers normal, but everyone deserves love. Great work Grace 😊.

On June 8th The Yoga Loft will be hosting their annual Wellness Event. I am very excited to share that we will be there. It is sure to be an amazing time so please stop by and if you do, come by our table and say hi!

As always I would like to close by thanking our advertisers for making this all possible. It is their dollars that allow us to bring you new issues each month, and we are very grateful! We are also very grateful to our readers who enjoy our content and seek out our practitioners. And last but not least the team who helps me put it all together, and deliver it out each month. Couldn't do it without you. Happy Summer Solstice everyone! May your summer wishes come true 😊!

Warm wishes,

Sharon

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news briefs**June Special – Live Blood Microscopy Just \$59**

of blood cells, parasites, what might be yeast, fungus and much more. Dry layer of blood is used to identify Oxidative Stress of different systems in the body, ie lymphatic, renal systems, thyroid and adrenal and etc.

How it's done: a drop of blood from your finger is placed on one slide to view live blood cells and a second slide to view dry layers of blood. Then your live blood cells are observed under the special state of the art Microscope while you are seeing the same but on a screen. After the weaknesses are identified and a comprehensive health history is discussed, a Blood Type Diet and various solutions are discussed in order to bring your body back to optimal health for only \$59 in the month of June only!

Take control of your health and make your appointment today! For more information and to schedule your Live Blood Microscopy call Larisa at 732.490.5770.

FREE Workshop: PAIN SOLUTIONS

When dealing with chronic conditions, including chronic pain (back & neck pain, joint pain, arthritis, fibromyalgia, headaches/migraines, etc.), it's important to focus on the Root Causes, which can be found in the interaction of genes, lifestyle, and environment. If they are not optimal, it leads to imbalances, which culminate in increased inflammation and pain.

Other than genes, how we eat, think, sleep, move, rest, and de-stress are all important factors in influencing our health, and, luckily for us, within our control.

Utilizing the Functional Medicine approach "Test, don't guess", we can gain a deeper understanding of the underlying causes of your health problems, such as "Leaky" Gut, Food Sensitivities (not allergies), Hormonal Imbalances, Metabolic Functions, etc., and find the healing opportunities to lower pain and improve overall health.

To learn more, please join us on Wednesday, June 12, 7-8 pm. Due to limited space, please RSVP Ada Zak at 732.333.6680, or email at www.OptimalHealthGuide.com. Wemrock Professional Mall, 501 Stillwells Corner Rd., Bldg. A, 1st floor / Dr. Borgersen's office, Freehold, NJ.

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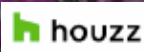


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New Program to Spay & Neuter Pitbulls

The Monmouth County SPCA has happily partnered with The Little Silver Animal Hospital Foundation for the Animals on a new project called the "Pit Stop Program." By way of a gracious donor, the program aims to ease the problematic breeding of pitbull and pitbull mixes, starting in the town of Long Branch. The dogs will receive their surgery at the Monmouth County SPCA's Vogel Veterinary Care Center, a full-service veterinary center inside of the Eatontown shelter.

To be considered eligible for the program, dog owners must prove residency and provide a recent photo of their dog. Pitbull and pitbull mixes between the ages of 10 weeks and 8 years may participate in the program and will receive (if applicable) spay or neuter, rabies vaccination, e-collar, microchip implantation and registration, flea and tick preventative and post-op medications.

To learn more about the program, Long Branch residents are encouraged to email pitstop@monmouthcountyspca.org or call 732.542.3125.



Sugar: The Good, The Bad & The Truth

FREE Seminar 10am Wed June 12th. Join Ennis Murphy, Integrative Nutrition Health Coach at 252 Maple Ave in Red Bank, for an informative 30-minute discussion "Exposing the Sugar in Our Favorite Foods". Heart Disease, Diabetes & Obesity are the leading causes of death in America today, and our addiction to sugar is the driving force behind each one. The good news is your body has the power to heal itself, and in this session we will uncover facts to help us do just that.

Attendees will receive a voucher for 1 FREE 50-minute health session, but space is limited so RSVP is required. Please call 732.284.4606 or register at tworiverhealth.com to reserve your spot today.

Wild and Free Painting

Join us and give yourself the opportunity to rediscover your creative self alongside other women without the pressure to perform, produce or succeed.

Wild and Free Painting is an indulgent and nourishing Process Painting Art Studio for self-care, personal growth and exploration. We focus on the act of painting itself and your experience while painting rather than the final art product. Experiencing this process helps women feel a deeper connection within themselves and in turn feel more satisfied and connected in all of their relationships.

This space is for you to say yes to your own self-care, to say yes to believing you are worth it and to say yes to knowing you are enough, just the way you are. Absolutely no prior art experience is necessary. Weekly Women's Groups, One-to-One Sessions, Date to Create (1st Thursday of every month). Call (347) 804-8249 or visit www.wildandfreepainting.com Address: 660 Tennent Rd, Ste 209, Manalapan, NJ.

Elissa has a BEA in Graphic Design from The University of Michigan, holds a Masters degree in Art Therapy from New York University, is a Registered Board-Certified Art Therapist and Process Painting Facilitator



Yoga & Art Camp

Trinity Wellness Emporium presents Yoga & Art Camp for Children with Rachel Bruncati. Space is limited, so please register to ensure your child's spot. Camp hours are 9am-12pm for an hour of Kid's Yoga, along with crafting, mindful games, and mindful meditation. Please be sure to pack a snack for your child and water or juice as we will take a break in between yoga and crafting for a snack. \$165 per week or \$45 per day.



Trinity Wellness Emporium is located at 1017 Rt 36 in Union Beach. Call to register today 732.217.1566. Yoga & Art Camp

(3-5 yrs) 7/15 - 7/18.

Acro Yoga & Art Camp

(9-12 yrs), 7/29 - 8/1.

Yoga & Art Camp

(5-8 yrs) 7/22 - 7/25

For more information or to register, please call 732.217.1566 or visit trinitywellnessemporiumllc.com.

The Yoga Loft's Annual Holistic Event

Come join us June 8th 12-5pm for a wonderful afternoon with community, at 462 Adelphia Rd. Freehold NJ

Angel Readings with Katie

Grace- Angelic Messengers are all around you, constantly offering their inspiration, insight and practical guidance that can help you to improve every aspect of life. \$25/20 minutes

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with Lisa P. Book your Psychic Reading with Lisa, get clarity

on any questions you may have, receive insight on your own personal path. Please book your time slot in advance \$40/30 minutes

Tarot-Guidance Readings with Janice Michael Sedona Janice M. has a fantastic ability to have fun delivering the messages from Spirit. Please book your time slot in advance \$40/30 minutes **Call 732.239.2333 to make an appointment with each or all 3.**

Adrienne Gammal will be available to explain the healing benefits of Crystals, to those that are curious! There will be a beautiful collection of Crystals available for purchase.



Diana P. Lang, Photographer-Dana-Flowers from the Farm- Cody-Drop the Beet- Lydia Santora - beautiful jewelry - Henna Tattoos by Khushi - Rachele Salzhauser- healing vibrations of Tuning Forks helping to balance the Chakras.- Carol Mason, - will be offering Reiki - Ken Dawe will be bringing his amazing creations - Kate - info on Lyme's Disease - Sharon from Natural Awakenings- And much-much more!

Calgo Gardens Live music all day! A benefit for Connection thru Music, who trains volunteers to bring music to our community's elderly, veterans, and people living with Alzheimer's and dementia. A full day of uplifting live music, prizes, and music workshops!

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Tree Reading Workshop

From the Garden of Eden to the Kabbalistic Tree of Life, a tree has been a symbol or metaphor that represents an individual's nature. A tree drawing provides insights into one's personality without the restriction of Language, Culture or Gender Barriers. The purpose of a tree reading provides a deeper understanding to our true

nature, back to our roots, strengths, talents, beauty resilience and moves us forward to branch out to our many possibilities.

Draw a tree from your soul — receive a message — No artistic ability required- Just a desire to have fun and expand awareness

Join facilitator Roseanne Petropoulos-Certified Tree Reader, Hypno-counselor and Reiki Master June 2nd 12:30 to 2:00ish at the Yoga Loft, 462 Adelphia Rd. Freehold. Her knowledge, intuitive insights access collective consciousness and spiritual guidance, offering clear and compassion with each reading.

Please call/text 732.239.2333 or email info@theyogaloftnj.com to register (all supplies included) \$30

Qigong at Monmouth Beach Yoga & Wellness

Please join us for Beginner Qigong for Healing & Vitality. This is a Series of 4 Classes. Dates: 6/3, 6/10, 6/17 & 6/24 Time: 4-5pm

Qigong is an ancient healing art of easy to learn moving meditations. Graceful and energizing, you will leave feeling the whole body stretched, strong and relaxed. Classes include powerful and fun warm-ups and mindful flowing movements. Qigong is effortless power. All are Welcome! Cost: \$80. Pre-registration is a must, sign up online at www.mbyogaandwellness.com, MindBody App, in the studio, or by calling Lisa Matthews at 973.452.2828 Monmouth Beach Yoga & Wellness is located at 36 Beach Road, Suite 10, Monmouth Beach in the same complex which houses Monmouth Beach Post Office.



Transformation Breath Workshop



Presented by Monmouth Beach Yoga & Wellness, Transformational Breath® accesses a high vibrational energy created by a specific breathing pattern that permanently raises and alters the energy in our electromagnetic field. It is a conscious, connected diaphragmatic breath that fosters expanded levels of awareness.

It opens and clears restricted breathing patterns producing: More energy, increased detoxification, better health, improved respiratory capacity, a strengthened immune system along with more balance

Saturday, June 6th 3:30-5:45pm Cost: \$42 in advance/\$50 day of. Please bring Water bottle and bed pillow, Please refrain from wearing perfume as some people are sensitive to scents. Eat lightly and allow time for digestion prior to your arrival.

Pre-registration is a must, at www.mbyogaandwellness.com, MindBody App, in the studio, or by calling Lisa Matthews at 973.452.2828 Monmouth Beach Yoga & Wellness is located at 36 Beach Road, Suite 10, Monmouth Beach in the same complex which houses Monmouth Beach Post Office. Please sign up to reserve your space.

Celebrate the Summer Solstice



Join Dee, Katie Grace & Lucy on the Drums at The Yoga Loft, 462 Adelphia Rd, Freehold June 21st 7-8:30pm.

Help us welcome the growing warmth of the sun as we flow into the season of summer. Since ancient times, people have come together as a community to celebrate the return of long, sunny

days at the time of the Summer Solstice. It's a profound way to honor the Earth and your place in it by "Calling the Directions," a spiritual practice embraced by indigenous people around the world for millennia.

At this hectic time of year, carve out time to nurture new, tender shoots rising in you! What would you like to grow in your life? What would you like to weed out to make space for increased abundance?

Welcome the sunny summer! Slow down, take a break from hectic routines and tap into a deeper experience of nature as we mindfully "bathe" in the rejuvenating, restorative atmosphere of plants and trees. Summer Solstice is a great time to pause, reflect, and reconnect with the healing power of the natural world and plant a lush garden of positive intentions for the seasons ahead.

Please call/text 732.239.2333 or email info@theyogaloftnj.com to register \$30.

Women's Wellness Educational Event & Book Signing



Want to understand more about how cannabis and CBD can be used for health and wellness? Join other women, like you, on Thursday, June 6th for a lively conversation with the authors of the new book, Cannabis and CBD for Health and Wellness. Ellementa CEO, Aliza Sherman, and Dr. Junella Chin will be on hand to answer questions and sign their book.

Ellementa Gatherings bring better information about cannabis wellness to women.

Visit Ellementa.com/cannabisbook for more details including a link to the Jersey Shore event. Connect with @EllementaWoman on Instagram, Facebook & Twitter.

A New Class for a Feel Good Body

Foundation training is now available at Monmouth Beach Yoga & Wellness.

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

Monday's starting June 10th, 11-11:45am with Lisa Walsh COST: We offer new students 3 Classes for \$30. You may always drop in to any class.

The studio is located 36 Beach Rd, Suite 10, Monmouth Beach, NJ (in complex that houses the Monmouth Beach Post Office) phone: 973.452.2828 website: www.mbyogaandwellness.com



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Mountain Dancer

Could Geopathic Stress Be Affecting You and Your Family?

Dowse it away! Geopathic Stress is energy coming from the earth that causes stress to the human body. The average American is unaware of geopathic stress, but the Chinese knew about it over 4,000 year ago, and avoided building houses on effected land. Germany follows a similar practice today. In the United States, builders, realtors, and homeowners are not well informed or have never heard of it.

Sleeping in geopathic stress may cause symptoms of bad dreams, insomnia, night sweats, not wanting to go to bed, unexplained health or behavioral issues, or an aversion to certain spots. However, you can stop or “cure” geopathic stress, through dowsing.



Offices with geopathic stress often attract workers with unproductive attitudes and no team spirit. After dowsing the office, the unproductive worker tends to seek out another company with the negative vibrations that feel comfortable to them.

Infants and children can be greatly affected by geopathic stress. Excessive crying that can't be comforted, not wanting to sleep in a geopathic stress zone. After dowsing a child's bedroom, they are able to sleep comfortably.

Remember, even though you can't see the energy, it doesn't mean it's not there.

Jeanie Pasquale is a fully trained Diamond Dowsing Practitioner, a licensed real estate agent, and mother of two. To learn more about how dowsing can help you heal the symptoms of energy disturbances, visit www.househarmony.org, or call Jeanie at 845.709.5245. If you are not local, dowsing can be effectively done at a distance.

Diet & Nutrition Seminar



Are you tired, frustrated, and/or have lost hope in the battle of losing weight and body fat? Join the fitness experts at Athleta Fitness Studio at 10am on Saturday July 13th. In this seminar, you will learn the science behind how your body works in relation to losing weight/body fat, nutrition, and exercising. We will break down why diets fail, how you can lose weight successfully, and most importantly, how you can keep it off. There aren't any “quick fixes” or “diet hacks” that produce long term, sustainable results. If you are looking to lose body fat and keep it off for life, while being able to eat foods you enjoy, then you will want to attend this seminar! Athleta Fitness Studio 200 Daniels Way Freehold, NJ Sign up today at www.AthletaFitnessStudio.com

Stretch Because it Feels Great

At Monmouth Beach Yoga & Wellness stretching is on our schedule every day because everyone needs to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It brings better flexibility which helps to improve your performance in physical activities. It can decrease your risk of injuries by helping your joints move through their full range of motion and enabling your muscles to work most effectively. Stretching also increases blood flow to the muscle. We end all of our classes with a relaxing, resting pose to prepare your body and mind for inner peace.

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

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

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



CBD Products from HempWorx

Debra Dasaro, is an independent Affiliate with HempWorx and is a huge believer that the body is self-healing and intuitively knows what it needs to heal. This belief led her to discover the amazing benefits of CBD oil. CBD oil has all of the medicinal qualities of the hemp plant, without the high. CBD oil is not marijuana and it does not make you high. It is completely legal in all 50 states and the growing buzz about the numerous benefits are driving a billion dollar industry!

It is important to know that all CBD products are not equal. Product testing has revealed that many brands do not contain the CBD value claimed on the label, and have added unnecessary unhealthy fillers. To help protect the consumer, Hempworx has transparent third party testing to ensure that you are getting one of the highest quality CBD on the market, and have been given the seal of approval from the US Hemp Authority.

For more information please contact Debra at 908.872.2729 or visit hemplife11.com. Want learn more about becoming an Affiliate, visit bestlife11.com.

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Eat More Carbs to Lower Heart Risk



Regardless of the type of protein consumed, low-carb diets significantly increase the risk of atrial fibrillation (AFib), according to a study presented at the latest annual meeting of the American College of Cardiology. Analyzing the records of almost 14,000 people over a 20-year period, researchers found that diets such as Atkins, ketogenic and paleo, which emphasize protein instead of fruits, vegetables and grains, boosted the risk of AFib by 18 percent compared to diets with moderate carb intake. Researchers theorize that consuming less produce and fewer grains may aggravate inflammation, while eating high amounts of protein and fat may increase oxidative stress. Both conditions are linked to AFib, in which the heart beats irregularly, potentially causing palpitations, dizziness and fatigue. It's also linked to a five-fold increase in strokes.

Imbibe Less to Lower Blood Pressure

Even moderate alcohol consumption—seven to 13 drinks a week—increases the risk of high blood pressure, according to a new analysis of the health records of 17,000 U.S. adults. Wake Forest Baptist Medical Center researchers found that the average blood pressure among nondrinkers was about 109/67, among moderate drinkers 128/79 and among heavy drinkers 153/82, based on data from the U.S. Centers for Disease Control and Prevention for the years 1988 to 1994. The higher readings could be the result of alcohol's affect on the brain and liver, or because it raises caloric intake, partly by increasing appetite, say the researchers.

Sit Less to Live Longer



For those that don't move vigorously throughout the day—whether stuck behind a desk or lying on a couch in front of a screen—there's good news in a recent American Cancer Society study: Replacing just 30 minutes a day of stationary time with such moderate physical activities as brisk walking and dancing reduces the risk of dying over 14 years by a whopping 45 percent. Even light activities such as walking slowly, playing pool and doing housework like vacuuming for half an hour reduce mortality risk by 15 percent.

Eat Med Diet to Boost Performance

What we consume can boost our body even in the short term, a new study from St. Louis University shows. After eating the Mediterranean diet for just four days, athletes ran faster than after eating a Western diet. In the study, published in the *Journal of the American College of Nutrition*, seven women and four men ate one of two diets for four days: the Mediterranean, with its emphasis on whole fruits and vegetables, nuts, olive oil and whole grains, or the Western, high in trans and saturated fats, dairy, refined sugars, refined and highly processed vegetable oils, sodium and processed foods. After a nine-to-16-day break, they followed the other diet. The athletes exercised on a treadmill for five kilometers after each diet and were found to have run 6 percent faster after following the Mediterranean diet, despite similar heart rates and perceived levels of exertion.



Take Magnesium to Optimize Vitamin D



Magnesium seems to optimize vitamin D, increasing the vitamin's utilization for those with insufficient levels and decreasing it in those with excessive amounts. In a randomized trial of 250 people between ages 50 and 85 that were considered at risk for colorectal cancer, researchers at the Vanderbilt-Ingram Cancer Center found that changes in blood levels of vitamin D were significantly affected by the intake of magnesium—a mineral in which 80 percent of Americans are deficient. In addition to supplements, magnesium-rich foods include dark leafy greens, beans, whole grains, dark chocolate, nuts, avocados and fatty fish such as salmon.

Find a Green Space and Make a Friend

Integrating green spaces among living areas increases trust among strangers, according to a study from Canada's University of Waterloo. Participants in walking tours of a Vancouver neighborhood were asked to complete a smartphone questionnaire at six stops, including at a rainbow-painted crosswalk and both wild and manicured community gardens. Researchers found that colorful design elements and green spaces were linked to higher levels of happiness, plus greater trust of strangers and environmental stewardship. "The urban design interventions we studied are relatively simple and low cost, but show great potential to improve individuals' emotional and social lives," says Hanna Negami, lead author.



Legal Pot Lifts Junk Food Sales

Apparently, the fabled marijuana-induced "munchies" cravings don't have people reaching for carrots. A new study from the University of Connecticut found that shortly after Colorado, Washington and Oregon legalized recreational marijuana, increases in purchases were recorded in those states for potato chips (5.3 percent), cookies (4.1 percent) and ice cream (3.1 percent).

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Internet users can help fight global deforestation even while surfing. German online search engine Ecosia, now used in 183 countries, diverts its advertising revenue from click-throughs to planting trees worldwide to the tune of more than 52 million since 2009. With each search, the company says, it removes around two-and-a-half pounds of carbon dioxide from the air. Christian Kroll, Ecosia's founder, wrote, "Climate change is a very real threat, and if we're to stop the world heating above the 1.5 degrees warned about in the IPCC [Intergovernmental Panel on Climate Change] report, we need to plant trees at scale." Kroll suggests that if Ecosia were to get as big as Google, they could absorb 15 percent of all global carbon dioxide emissions. Users can find it at [Ecosia.org](https://www.ecosia.org).

Baby Balking Climate Change Discourages Childbearing

USA Today has reported that concerns about climate change are giving women pause about bearing children. The U.S. birthrate has been falling for years, and in 2017, it was 60.3 births per 1,000 women, the lowest fertility rate since the Centers for Disease Control and Prevention began keeping such records in 1909. Related causes such as women marrying later, worries about the economy and the difficulty of finding affordable child care have all been suggested. But prospective parents are also thinking about the increased frequency and intensity of storms and other natural disasters such as drought and wildfires. Further, geopolitical unrest and scarcity of water and other resources are convincing some to at least postpone their decision to increase the population.

Aqua Breakthrough

Clean Water Solution in the Pipeline

With the world facing a future of climate change and water scarcity, finding an environmental way to cleanse drinking water is paramount. Researchers in China contend they are working on a method to remove bacteria from water that's both highly efficient and environmentally sound. By shining ultraviolet light onto a two-dimensional sheet of graphitic carbon nitride, the team's prototype can purify two-and-a-half gallons of water in one hour, killing virtually all the harmful bacteria present. This technique of photocatalytic disinfection is an alternative to current eco-unfriendly water filtration systems such as chlorination or ozone disinfection.

Far Out

Earth's Atmosphere Extends Past Moon

The scientific boundary between Earth's atmosphere and space is the Kármán line, 62 miles high. But a team of astronomers have published evidence in the *Journal of Geophysical Research: Space Physics* that the geocorona, a tenuous cloud of neutral hydrogen in the outermost region of the Earth's atmosphere that glows in far-ultraviolet light, extends much farther than the moon. The discovery means that telescopes positioned in the geocorona will need to have some of their settings adjusted for deep-space observations.



3-D Meat

Printer Produces Plant-Based Substitute

Researcher Giuseppe Scionti, owner of Nova Meat, in Barcelona, Spain, has developed a synthetic meat substitute using vegetable proteins that imitate protein complexes found in real meat. Produced using a 3-D printer, it can mimic the texture of beef or chicken. The specialist in bio-medicine and tissue engineering has been working for 10 years on bioprinting different synthetic tissues such as artificial corneas, skin and ears.

Norwegian Nudge

Countries Learn from Recycling Strategy

In Norway, up to 97 percent of the country's plastic bottles are recycled, and other countries are taking note. The government's environmental taxes reward companies that are eco-friendly. If a company recycles more than 95 percent of its plastic, then its tax is dropped. Customers pay a deposit on each bottled product they buy. To get back their money, they must return their used bottles to one of the 3,700 machines found in the country's supermarkets and convenience stores. The Ellen MacArthur Foundation estimates that if current global trends continue, plastic trash in the ocean will outweigh fish by 2050.



Revamping Recycling China Forces U.S. Cities to Change Specs

China, one of the world's main importers of recyclable waste, is rejecting shipments that are more than 0.5 percent impure, so loads contaminated by a greasy pizza box, disposable coffee cups and the odd plastic bag could end up in the local landfill instead. Most single-use cups, for instance, are lined with a fine film of polyethylene, which makes the cups liquid-proof, but also difficult and expensive to reprocess. Most waste management facilities will treat the cups as trash. Since China banned impure plastics, many U.S. municipalities no longer accept plastics numbered 3 to 7, which can include yogurt cups, butter tubs and vegetable oil bottles. Another contamination culprit is food residue. Washing out food scraps from recyclables can be just as important as putting the appropriate item in the recycling bin.



Action Alert

Banish Toxic Air in Plane Cabins

Flying safety is more than making it to our destination; it's about the air we have to breathe while in the skies. Toxic fume events can occur when air, contaminated by engine exhaust, fuel fumes, de-icing fluids and/or ozone, enters the aircraft cabin through the jet engine intake. Exposure to even low levels of these contaminants can incapacitate passengers and crew, and long-term exposure could lead to debilitating health issues.

In April, U.S. Representative John Garamendi (D-CA) and U.S. Senator Richard Blumenthal (D-CT) introduced the Cabin Air Safety Act (H.R. 2208) to protect commercial airline passengers and crew from toxic cabin air. Follow its progress at [GovTrack.US](https://govtrack.us).

The bill would require training on toxic fumes for all pilots, crew members and flight attendants; make sure the Federal Aviation Administration maintains a record of all reports of and conducts investigations into all toxic fume occurrences; and direct the airline industry to install detectors in the air supply system of planes to locate sources of contamination.

Contact a congressional representative, listed on [GovTrack.US](https://govtrack.us), to support the bill.

Hopper Stopper

Endangered Frogs Keep Millions of Acres as Habitat

A federal court has dismissed a lawsuit challenging the protected status of 1.8 million acres of critical California mountain habitat for the Sierra Nevada yellow-legged frogs and the mountain yellow-legged frogs, species that have declined by 90 percent, and Yosemite toads. In 2017, a year after the U.S. Fish and Wildlife Service designated the land as protected under the Endangered Species Act, the California Cattlemen's Association challenged the decision. U.S. District Court Judge Trevor McFadden stated the group had failed to establish that any of its members suffered injury from the designation.

Sanjay Gupta on 'CHASING LIFE'

by Jan Hollingsworth



During nearly two decades with CNN, Dr. Sanjay Gupta has covered wars, natural disasters and the aftermath of the terrorist attack on the World Trade Center. Along the way, the Western-trained, practicing neurosurgeon has explored myriad health topics, including the science of alternative medicine and the benefits of medical cannabis, the subject of his CNN docuseries, *Weed*.

He's written three books: *Chasing Life: New Discoveries in the Search for Immortality to Help You Age Less Today*, *Cheating Death: The Doctors and Medical Miracles that Are Saving Lives Against All Odds* and a novel-turned-TV series, *Monday Mornings*.

CNN's chief medical correspondent recently found himself in Japan, soaking in a scalding bath—a form of stress relief practiced there—along with owl cafés and forest bathing. The visit was part of a six-country, immersive journey in some of the happiest and healthiest places on Earth—including India, Bolivia, Norway, Italy and Turkey—to explore ancient traditions and modern practices that lead to a healthy and meaningful life.

The result: *Chasing Life*, a new docuseries that aired in April and May, is now available on demand via cable/satellite systems, the CNNgo streaming platform and CNN mobile apps.

What inspired your interest in exploring holistic and alternative healing?

On a very basic level, a lot of people are surprised to hear that U.S. life expectancy has dropped three years in a row and the cost of health care is more than \$3.5 trillion a year. Yet there are places around the world where people

are living happier, healthier lives for a lot less, and longer. They must be doing something that's beneficial, and we wanted to find out what that might be: What do places around the world have to teach us?

To what do you attribute the reemergence of traditional Indian healing practices?

Ayurvedic medicine is widely practiced in India among the healthiest people in that part of the world. It's stood the test of time, so it's worth exploring. In the U.S., we have an amazing medical system for people who are sick, but they aren't doing as well as expected [which is why] there's an open-mindedness that's happening about one of the oldest medical traditions.

What role might ancient traditions play in reshaping 21st-century health care?

If you look at chronic disease in the U.S.,

one could make the argument that 70 to 80 percent of it is entirely preventable—most of it related to our food. When you look at the Ayurvedic diet, how does a culture come up with a way of eating going back thousands of years? In the U.S., most of our diet is based on palate. With Ayurveda, it is more about the function of food: Every morsel must have some function. The type of food, the timing and the temperature at which it is cooked is also important. If we really are a little more thoughtful about how we view the calories we're consuming, it can make a big difference in our health. When we say food is our medicine, what does that really mean? In India, they're showing us what it means. It's not that taste is sacrificed; it's just that Ayurveda was driven by function and palate came after.

What was the most surprising discovery you made on this journey?

There were a lot of surprises along the way. If you look at the U.S. and life expectancy, there are a lot of countries that are pretty similar in terms of economics, labor force and other things. But what is happening in the U.S. is pretty unique in a lot of ways. In the U.S., this notion of rugged individualism is a marker for success. We've seen high rates of social isolation and loneliness—and the toxicity of that. Italy is one of the healthiest places in the world, and a lot of that has to do with social fabric. That this social cohesion could be so protective, even without paying attention to things like diet and exercise—I think the power of that surprised me.

What is an important takeaway for you from this experience?

There is a long-held belief that wealth will buy health. In Bolivia, there is an indigenous tribe that has virtually no evidence of heart disease and they don't even have a healthcare system. We shouldn't automatically equate health to wealth. There are a lot of things we can do in our lives that can help—right now.

Jan Hollingsworth is the national editor for *Natural Awakenings*.

eco tip

Mold Matters Kill It Naturally



ivan_kislitsin/Shutterstock.com

Heavy rains, leaky pipes and floods can lead to mold growth, which can create poor and even toxic indoor air quality. Irritating the eyes, skin, nose, throat and lungs of both mold-sensitive and non-allergic people, mold can also

cause immediate or delayed respiratory symptoms; some can be extremely severe in individuals prone to asthma.

The U.S. Centers for Disease Control and Prevention (CDC) warns that people with a weakened immune system are at higher risk of health effects from mold, which can also instigate a chronic cough. Toxic reactions can include pulmonary hemorrhaging in infants and memory loss in young children.

A roof leak, burst pipe or malfunctioning water heater

can all set the stage for mold to take root, sometimes hidden behind walls and cabinetry. Even in homes that haven't been damaged by excessive water, mold can be found wherever humidity levels are high, including basements, garages and showers. Proper ventilation and repair of leaky fixtures can help keep mold growth at bay.

According to the CDC, mold growth can be removed from hard surfaces with soap and water. Natural antimicrobials such as plain white vinegar and baking soda are also powerful cleansers; tea tree oil is a natural, antibacterial and antiseptic fungicide that can kill black mold on impermeable surfaces.

Remediation of extensive mold growth on drywall and other permeable building materials is best left to professionals to arrest its spread and prevent toxic spores from becoming airborne. There are many companies that use eco-friendly "green" methods and materials.

If choosing to go the DIY route, sequester the area to be worked on and use specialized HEPA filters and a respirator to avoid inhaling spores. Use protective goggles and gloves throughout the entire process.

The U.S. Environmental Protection Agency suggests that surface sampling may be useful to determine if an area has been adequately cleaned or remediated. Sampling for mold should be conducted by professionals that have specific experience in designing mold sampling protocols, sampling methods and interpreting results.

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STUTTERING FACTS AND FICTION

by Dr. Albert Oratio

Stuttering in both children and adults is among the most elusive, and somewhat mysterious speech problems that speech pathologists confront on an almost daily basis. What we know about stuttering is that it is an ancient problem. There are biblical references to Moses having been a stutterer. We also know that stuttering occurs in individuals cross culturally, making it a universal problem.

The incidence of stuttering in pre-school children is about 5%. The prevalence of stuttering however for this same group is approximately 2 1/2%, suggesting that half of all preschool children develop out of their stuttering at some point during the preschool years. By adulthood, this figure is further narrowed to 1%. Furthermore, stuttering is four times more likely to persist in boys than in girls. Although the rate of spontaneous remission is high, let's explore why 1% of individuals persist in their stuttering?

First let us define what we mean by stuttering. Stuttering is characterized by its core features, which are repetitions of sounds and syllables and prolongations of sounds. We all have some of these

dysfluencies in our speech, but when the repetitions are three or more iterations and the prolongation last for three or more seconds, they then constitute stuttering dysfluencies. When such dysfluencies occur on 10% or more of words spoken, our diagnosis is further confirmed. As children age and continue to stutter, their chances of "developing out" of stuttering decreases drastically. So why is this, why does this relatively small subgroup within the population persist in their stuttering?

To date, we think stuttering is caused by a multitude of factors. Research tells us that stuttering tends to run in families, suggesting that there is a genetic predisposition for stuttering, or a weakness for fluent speech. We also know that certain lifestyle factors such as: communicative pressure, setting unrealistic high standards, and an extremely fast paced lifestyle can all contribute to the maintenance of stuttering. As well a person's own temperament, and particularly how sensitive they may be to their speech dysfluencies can be an important maintaining factor. These facts are of great prognostic importance. Speech pathologists have all heard parents say "I

thought he would just grow out of it." Not so at all when it is a male, with a history of stuttering somewhere in the family, who has a hectic lifestyle, with high standards of achievement, a sensitive temperament, and lots of competition to communicate at home. Indeed, just a few of these factors can prevent spontaneous recovery.

While most speech problems tend to improve over time, stuttering is unique in that it tends to worsen very quickly, here's how. Stuttering is at least a two dimensional problem. It is both the behavior of stuttering itself (the prolongations and repetitions discussed earlier), and a psycho-emotional dimension. Society tends to penalize those who stutter, which creates fear of speaking and anxiety while speaking. These emotions almost always precipitate the stuttering behavior. We have all experienced such emotions (often referred to as stage fright) when speaking for the first time to a large audience. Such fear and anxiety will break down fluency in both normally fluent speakers, as well as those who stutter. Because of the penalty associated with stuttering, the natural reaction is to try to hide the stuttering.

This may involve substituting easy words for feared words while speaking, or completely altering what one was about to say, and at a more extreme level simple refusing to speak. We must ask ourselves, if we were having a spasm somewhere in our bodies would we want others to see it, or to hear it happening to us? We would seek to hide it as well! As time advances, the psych-emotional dimension of fear, anxiety, and avoidance behaviors develop and stuttering becomes more severe and pervasive in the person's life. Importantly stuttering, fear, anxiety, and avoidance behaviors become associated with specific people, speaking situations, and the physical environment in a classical conditioning paradigm.

This happens in much the same way as when we hear a song from the past and conjure up memories of where we were, who we were with, and what was happening in our lives at that time. The spread of stuttering across people, situations, and physical environments accounts for the worsening of this problem over time.

The individual who stutters often feels as though they are seized by stuttering in the moment of trying to speak. They feel as though this is something that happens to them, not something that they do as a result of the way they are trying to speak. From their perspective, there seems to be no explanation for it! What makes it even more difficult to live with, is the inconsistency of the disorder. One can be fluent on a given day or in a particular situation, and extremely dysfluent the very next day in that same situation. What a complex and insidious problem stuttering is!

As with most problems, early detection and treatment are of paramount importance. In order for treatment to be effective, both the behavior of stuttering as well as the psych-emotional dimension of stuttering, must be diagnosed and treated in therapy. If you or a loved one are caught in the throes of stuttering, seek out a competent and caring professional who can provide the necessary program for remediation.

Dr. Albert Oratio is the director, founder and principal Speech-Language Pathologist at Monmouth Center for Communication Disorders in Red Bank, N.J. His credentials include both licensure in the state of New Jersey, and the Certificate of Clinical Competence from the American Speech-Language-Hearing Association (ASHA). For more information or to schedule an appointment call us at 732.298.4769.

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Chronic Toxin Overload

by David Dornfeld, DO

"The doctors of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and the cause and prevention of disease."- Thomas Edison

Almost all dis-eases are a result of Chronic Toxin Overload (CTO).

The concept of CTO allows practitioners to look at each person as an individual and fully evaluate the variety of different toxins impacting him or her on a daily basis. It allows for the identification of imbalances in a person's health and address them utilizing the very best of conventional and alternative medicine.

Looking at a patient's life situation from a perspective of CTO allows for the compassionate address of imbalances in the person's physical, mental, emotional, and spiritual being. It allows for a more structured and comprehensive approach to treatment. This comprehensive view of diagnosis and treatment consistently results in patients regaining their health.

CTO provides us with a framework that allows us to understand that one toxin is rarely the problem. As an Osteopathic

physician, I was trained that each person has self-healing mechanisms that maintain health. I often wondered, "then why do people get sick?" These self-healing mechanisms were designed to deal with a few discrete toxins at a time.

When the body is exposed to only a few toxins self-healing can take place and the experience of symptoms is very minimal. Today, people are bombarded with multiple toxins at all times. If you walk down the hallway at work you'll likely be exposed to numerous bacteria, many viruses, several molds, some fungus, irritable co-workers, fluorescent lights, cell phones, computer screens, and a sense of urgency to get to the meeting you're late for. And, realistically, this list is much, much longer. The point is that we all experience a tremendous amount of pressure from the outside world that our detoxification systems need to push back against in order to

maintain balance and health. There is only so much toxic stress our bodies can deal with before this balance is lost and they begin to breakdown. Because people are no longer getting sick from one or two toxins, but rather a myriad of toxins, doctors often are unable to isolate a single cause of illness and erroneously believe it is all in their patient's head. By looking at all of the possible chronic toxin exposures a patient may have, the physician is more easily able to make sense out of their symptoms and create a roadmap towards health.

Regaining Your Health

In order to truly start down the road to regaining your health, it is important to be brutally honest with yourself and your physician. Many of the chronic toxins we are exposed to may be obvious to a well-trained professional, however others may be as simple as a deep-seated, reoccurring negative thought or emotion in our head. These more subtle mental and emotional toxins are critical to address if you are to truly get well again.



I would suggest that "all illnesses in one way or another are significantly impacted by Chronic Toxin Overload (CTO) and the key to healing from any disease is to: 1. Detoxify 2. Purify and 3. Amplify." (a quote from my colleague Tom Moorcroft DO).

Detoxify

Detoxify the body, mind and spirit. We live in a world where we're inundated by various toxins. In addition to the external toxins that bombard us on a daily basis, there are a variety of microorganisms that attack us internally. Many of the causes of chronic fatigue and chronic pain are actually these undiagnosed microorganisms.

The interesting thing about these microorganisms is that they have the ability to alter the internal environment of our bodies specifically by releasing biotoxins as well as altering messenger molecules. This results in a block of your body's self-healing mechanisms and detoxification pathways.

When these microorganisms are eventually killed by your body or by the use of herbs or medications, many of them also release internal toxins as they die. This in addition to all the other physical, mental and emotional toxins that our bodies need to deal with leads to a significant buildup of toxic materials. Heavy metal and pesticide exposures synergistically Augment this toxicity.

The foundation of any truly effective healing approach is to promote detoxification. This can be done in a variety of ways, including improving our diets, appropriate exercise, and appropriate use of detoxifying nutritional intravenous and/or oral supplements and herbs. It is also a key to address mental and emotional stressors through an appropriate avenue such as counseling, meditation, journaling, qi gong, tai chi, or yoga.



Another critical element is balancing our energetic systems and protecting ourselves from the deleterious effects of electromagnetic fields (EMF). Since most of us are unable to get away from cell phone towers, cordless phones, computer screens and the like, the best way to do this is by supporting our energetic systems, getting quality reparative sleep, and reduce EMF exposures, i.e. turn off the Wi fi at night. Protecting ourselves from EMFs and balancing our energetic systems helps maintain balance and optimize natural detoxification.

By starting our healing work with a focus on detoxification we can ensure that we are safely and effectively mobilizing

toxins and our body is ready to deal with an increased toxin load as we work to remove the source of these toxins. Binding and Chelating these toxins out of our bodies, offer the best outcomes for many inflammatory cardiovascular and neurologic conditions.

Purify

Purify the body, mind and spirit by decreasing the buildup of toxins. Once we have reestablished the flow of toxins out of the body, it is time to focus on removing the causes of the toxin buildup in the first place. Some of the most common causes of toxin buildup in CFS and fibromyalgia include persistent bacterial, viral, yeast and/or mold infections, heavy metal exposures, low vitamin D levels, subclinical hypothyroidism, chronically elevated levels of stress, and chronic exposure to electromagnetic forces.

The most common persistent bacterial infections include Lyme disease, Babesiosis and Bartonella. Persistent viral infections leading to chronic toxin overload include Epstein-Barr virus, cytomegalovirus and human herpes virus six (the causative agent of roseola in children).

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Yeast often becomes a problem due to the high levels of processed foods and sugar in the standard American diet. The use of antibiotics without appropriate probiotics is another cause of yeast overgrowth. Molds are hidden everywhere. Many people are exposed to molds at home, work or school and do not even know it.

Sources of heavy metal toxicity/ exposures include; contaminated drinking water, dental amalgams, aluminum foil, non organic foods and air pollution. Almost everyone who lives in the Northeast is toxic from lack of sunshine which leads to vitamin D deficiency. Many people develop subclinical or full-blown hypothyroidism due to chronic exposure to fluoride in toothpaste, bromine in breads, fertilizers or plastics and chlorine in water, which all displace iodine from the thyroid gland. Most of us lead lives that are filled with stress, both physical and emotional. If we do not develop systems to help us stay in balance these stressors become toxic.

It is common for many people to eat the same types of food every day. How many people do you know who have a bread product at least once a day? While some people have food allergies, it is more common to become hypersensitive to a certain food because it is eaten too frequently or sprayed with Glyphosate (Round-Up). Food hypersensitivities lead to allergy-like symptoms, "brain fog", gastrointestinal problems and even pain and fatigue. As the colon and its Microbiome is one of the largest organs of detoxification in the body, creating food hypersensitivities through incorrect eating habits leads to decreased ability to detoxify and Chronic Toxin Overload. The colon is also a major part of the immune system. Disruption

of colon function through CTO can lead to suppression of the immune system and decreased ability to deal with toxins, especially infections. Greater than 70% of your Immune system and 80% of your neurotransmitter capacity can be controlled by the proper micro-organisms within your gastrointestinal tract. Each of these chronic toxins need to be addressed until the toxin load has been decreased to the point where the self-healing mechanism is able to regain control and maintain balance.

Amplify

Amplify the function of the immune system so it can re-balance the systems that have been thrown out of balance by Chronic Toxic Overload. The immune system is the driving force behind maintaining optimal detoxification in the body. It identifies foreign invaders and eliminates them. When the body is overwhelmed by toxins, the immune system becomes suppressed. When it is functioning at the highest level, identification and elimination occur freely and easily, for the body only needs to deal with small amounts of toxins at a given time.

Amplification makes the immune system more powerful. It re-gains control over the balance of health and dis-ease. Each patient must have an individualized immune system support plan created for them. The key is to slowly amplify immune system function after detoxification and purification are well established. A Cardio-pulmonary exercise program, proper clean water at 60% of your weight in ounces, quality nutrient support and organically grown food with proper bowel habits are cornerstones to amplify health.

As a physician who specializes in the



treatment of chronic fatigue, Lyme, Heavy metal Burdens, Autism, pain and brain fog, etc., I commonly see patients who have been diagnosed with one of these syndromes. They have often seen 5, 10, 15 or more doctors and have truly lost hope that they will ever get better. These are the patients who benefit the most from the concept of Chronic Toxin Overload. This model allows us to look at them as unique individuals and see where their symptoms are actually coming from.

Not everyone has the same fatigue. No one's pain is the same as someone else's. We start by identifying where the most likely blockages to detoxification are and then work to open them. Next we look at all the possible causes of toxin build up. Once they are identified, we are able to create a treatment plan to purify the body of these toxins. Once we have unloaded some of the toxic burden, we focus on rebuilding and amplifying the immune system so it can maintain health.

The take home message for sufferers of CFS, Lyme, Autism, Auto-Immune diseases, fibromyalgia and other inflammatory diseases, is that there is hope.

Chronic Toxin Overload to help them and others regain their health and live the life they want. We need to enhance everyone's Detoxification pathways to remove the toxic build-up within us. Stop the offending toxins from accumulating and chelate them out of us- helps us thrive better!

David Dornfeld, DO, has been practicing Family Medicine for more than 30 years, with extensive experience covering the full spectrum of clinical family medicine, including children beyond the age of two. His experience encompasses all spectrums of family medicine, spinal manipulation, chelation therapy, IV infusion therapy and hyperbaric therapies. Focusing on whole body and alternative therapy techniques. He has been considered a (LLMD) LYME Literate Medical Doctor from his training from ILADS for many years. His Family Wellness Center is in Middletown, NJ. For more information visit www.familywellnesscenter.com Welcome New Physician — Andrew Marino MD.



The Benefits of Hiring a Birth Doula

by Allison Flynn, RN, BSN, IBCLC

Women share a long history of caring for each other during childbirth. Mothers, sisters, and friends have been at the bedsides of women for centuries during their most challenging moments of giving birth to their babies. A birth doula, by definition, is a labor support professional trained at providing physical and emotional support to pregnant women during labor and delivery. There are many benefits to having a trained support person at your side during the birth process to assist you and your partner in having your childbirth wishes met.

Physical Support

Whether you choose to have a medicated or un-medicated birth, the skilled hands of a birth doula can provide relief during painful contractions. Research has shown that women who have doulas assisting them in labor are less likely to need a

Cesarean birth. Doulas are experienced in massage, pressure points, and breathing techniques that can help you relax and feel more comfortable during your labor. A birth doula can also help you move into different positions to assist in guiding the baby through the pelvis and birth canal.

Advocacy

Your doula will meet with you at various times throughout your pregnancy to find out what your birth wishes are. During labor, doulas act as an advocate to make sure these wishes are known and met by the hospital staff so you can focus solely on getting through your labor. While doulas are not medical professionals by training, they are trained to know common labor and delivery terms and procedures making them able to ask appropriate questions when necessary. Your doula will act only on you and your partner's behalf.

Partner Guidance

Some women may want their significant other or some other family member to be their main source of labor support but need some guidance in how this person can help them. Doulas are great at coaching partners during the labor process and offering advice on how to provide physical support and also what to say to their partner while she is laboring. A doula can also be a great person to step in when partners need a break or are tending to curious family members.

Female Presence

Many families live far away from each other nowadays and sometimes it may not be possible to have your mother or sister present for your entire labor. Just having another female presence in the room may offer laboring women some ease, which is where doulas can have an impact. Many experienced doulas have helped countless women during childbirth and may know what your needs are even before you do. While no one can replace mom, a nurturing doula can act as your go-to woman for emotional support.

While having a doula may not be right for every woman, it may help some achieve the childbirth experience they hope for or gain a friendly hand in coping with labor. Whether you choose to go forward with hiring someone for your birth or not, a doula is a wealth of knowledge and someone you can trust to give you an idea of what to expect during the labor and birth process. There are no disadvantages to having someone who offers continuous support and advocacy during one of the most precious times of life.

www.dona.org/ <https://americanpregnancy.org/labor-and-birth/having-a-doula/>

Allison Flynn, RN, BSN, IBCLC, is a nurse in the RWJ Barnabas health care system with experience in postpartum and newborn care, labor and delivery, and school nursing.

No act of kindness, no matter how small, is ever wasted.
~Aesop

Men's Health through the Lens of Chinese Medicine

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



The highest level of health for a man happens when just the right balance of yin and yang is achieved – leading to proper flow of qi and blood. His body is typically more aligned with yang energy. The ultimate goal is for yang energy to be predominant, but not excessive. If yang were to become excessive it manifests as quick loss of temper, loud speaking, red complexion, undue perspiration and the feeling of being too hot ensues. And if yang were to become deficient it results in unusual fatigue, lack of motivation and excessive coldness.

Chinese medicine teaches that balancing yin and yang energy of the kidney organ system is most crucial for establishing a man's health. This ensures an optimal quality and quantity of qi within his body. Moreover, the kidneys oversee the aging process and nourish health of the lower back, hair on the head, level of sexual drive

and metabolic function. Kidney energy naturally depletes as the body ages therefore it needs to be garnered and protected throughout life. This safeguards balance between kidney yin (water) and kidney yang (fire) and vital organ health.

Chinese medicine designates imbalance of the kidneys to be the root cause of men's health issues. Preventative and revitalization methods for establishing strong kidney energy include Chinese herbal medicine, acupuncture, Chinese food therapy and the Chinese exercises of tai chi and qigong.

to include protecting himself from excessive work habits. Overwork, high stress levels, too much exercise and excessive grief damage kidney yin, which incidentally is at the root of insomnia. Taking care to guard

against depletion of kidney yang reduces chance of developing excessive fatigue, low back pain, lack of libido in addition to hair and bone loss.

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Dietary recommendations to protect and maintain proper yin yang balance of kidney energy includes eating more warming foods, as consuming too many cold raw foods dwindles kidney yang. Therefore, choose foods

such as oatmeal, soups, a wide variety of cooked vegetables, rice or potato along with a small amount of meat, beans, seeds or nuts. Aduki beans are reputed for strengthening the kidney. They can



be soaked in water overnight and cooked with brown rice for a delicious meal. The water the beans were soaked in can be saved, heated up and taken as a broth. Adding a little bit of naturally fermented soy sauce (tamari) to the broth directs its healing properties to the kidneys. This is based on the Law of the Five Elements which designates salty as the flavor that nourishes the kidneys. Additional foods reputed for strengthening the kidneys include salmon, oysters, clams, shrimp, lobster, black beans, walnuts, cashews, pine nuts, bee pollen, cauliflower, seaweed in addition to bone broth or marrow. It is also essential to drink plenty of water at room temperature - with appropriate number of glasses each day determined by dividing one's weight into half and then dividing that number by eight.

In terms of lifestyle, it is helpful for men to express emotions and talk about their feelings. Self-expression keeps energy flowing freely throughout the body and mind, helping to release internal angst and replace it with inner calm. Regular expression of feelings prevents their building up and causing damage to the vital organs. For example, continually being fearful about work performance or money concerns injures the energetics of the kidney. The most important thing is to talk it out to release the pressure gauge.

It is further important to take care not to overindulge in sexual activity as it depletes kidney energy. And avoid dwelling in a cold environment for the same reason. Getting plenty of exercise and fresh air is also helpful for strengthening lung capacity and increasing oxygenation and movement of the blood. Adequate rest and relaxation is a must, along with laughing and having fun in life. Getting to bed and rising early provides benefit as well.

Chinese medicine techniques support men's health through nourishing qi and blood, decreasing excess, strengthening vital organ function and promoting balance between yin and yang. They have been used throughout the centuries helping men alleviate neck, back and knee pain, relieve muscular tension, reduce inflammation or enlargement of their prostate, mitigate urinary frequency, reduce low sperm count or poor morphology as well as provide help for premature ejaculation and erectile dysfunction. Each of these symptoms are early warning signals that the kidney energy is waning in addition to an existing yin yang imbalance – calling for intervention to rebalance and strengthen the body. The best approach is to follow right living habits and make prevention a num-

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ber one priority. This will allow a man to live their life with gusto, while staying mindful of maintaining balancing in every endeavor.

Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist and director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for thirty years. She has taught tai chi and qigong for almost 45 years and is a 6th generation lineage holder of the Guang Ping Yang Style Tai Chi Form. Shoshanna is author of Qi-gong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy and co-author of Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness (www.qigong4.us). For more information call 732-758-1800 or visit www.healing4u.com.

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The Minimalist Family Trading Clutter for Calm

by Meredith Montgomery

When Denaye Barahona, of New York City, became a parent, she felt compelled to buy everything for her son. “We are inundated as a culture with so many products for our kids that it’s hard to differentiate what we need; it really wears us down,” she says.

While working on her Ph.D. in child development, Barahona discovered—both in research and personal experience—that kids actually thrive with less stuff. And so she began her journey toward minimalism by purging toys and clothes, eventually founding *SimpleFamilies.com*.

Cary Fortin and Kyle Quilici, of San Francisco, believe time is better spent experiencing life with people than managing, organizing, cleaning and buying things. Their book *New Minimalism: Decluttering and Design for Sustainable, Intentional Living* is a call to adopt a more mindful life. Fortin says, “You decide first what you value, how you want to spend your days, how you want to feel, and then reflect these values in your physical space.”

“Minimalism is not about living in a tiny home and never owning more than 100 things; it’s about figuring out what brings value and purpose to your life and letting go of the rest,” says Atlanta’s Zoë Kim, author of *Minimalism for Families: Practical Minimalist Living Strategies to Simplify Your Home and Life*.

The Benefits

Time is precious, especially for parents. More free time is gained when a toy collection is significantly reduced, but other benefits result, as well. A 2018 University of Toledo study published in *Infant Behavior and Development* suggests toddlers engage in more focused and creative play when faced with fewer choices. “Kids who previously tore through bins or who didn’t care about their belongings immediately begin engaging with toys more appropriately and for longer periods of time,” says Barahona, the author of *Simple Happy Parenting: The Secret of Less for Calmer Parents and Happier Kids*.

Research also indicates that our limited stores of willpower are depleted more quickly when we are flooded with decisions. “When you have less stuff in a room and less choices to make, your mental state actually improves—you have more clarity and can focus better,” she says. “Because kids are so much more easily stimulated, they feel the impact of a chaotic room even more than adults.”

Minimalism also arms children with self-reflection tools and introduces them to the process of letting go and donating. “They learn to ask ‘Am I enjoying this? Could I repurpose it?’ while understanding that some things we can mend and enjoy for long periods of time, and other things we outgrow—which we can then give away,” says Fortin.

Where to Start

Experts agree that in family households, the shift toward minimalism should begin with the adults. “It gives them time to understand how the process feels and models the behavior for their children,” says Fortin.

Barahona streamlines her home by focusing on active spaces. “Active items are the things you use regularly, such as your two favorite pairs of jeans—not the 13 pairs you rarely wear.”

When active and storage items accumulate in the same space, the need to sort through extra “stuff” wastes time and energy, she says. “We’ve all lost our keys when we’re already running late and then suddenly we’re yelling at our kids. Simplifying so we can prevent these scenarios positively impacts our mood and our ability to be present with our kids.”

Although the decluttering process starts with the parents, children should be involved as much as possible, and in a positive light. “Kids don’t like cleaning up, but with ongoing conversations and small consistent shifts, children see how less stuff can lead to more time for enjoyable activities,” says Kim.

Minimalist strategies can be applied across many realms of life, such as scaling back the family calendar and hovering less as a parent. “Family life always seems to speed up, but we can break the cycle

Because kids are so much more easily stimulated, they feel the impact of a chaotic room even more than adults.

~Denaye Barahona

of busy by scheduling blank time. Being intentional with time goes hand-in-hand with minimalism,” says Quilici.

To stay inspired, find social media pages and websites to follow for ideas. “You’re going to hit roadblocks, so it’s important to surround yourself with inspiration,” Kim says. “Now that I’ve let go of the lifestyle I thought I needed, it’s nice to have less, but it’s even better to want less.”

Meredith Montgomery publishes *Natural Awakenings of Gulf Coast Alabama/Mississippi* (HealthyLivingHealthyPlanet.com).

How to Keep the Clutter Out

Set Physical Boundaries

Establish rules for what can be stored, where and how much. Childhood keepsakes, artwork, craft supplies and school papers can accumulate quickly. Limit how much can be kept by designating a box for toys or a wall to display art. Digital photos allow the memories to be kept without taking up physical space.

Create a ‘Why’ Statement

Determine how we want to feel in a space, document it and refer to it for inspiration and guidance, especially when feeling frustrated or lost.

Practice ‘One In, One Out’

Every time a new item enters the home, an old item needs to leave.

Buy Better Toys

The right toys invite kids to play more creatively over many years. Character toys may invoke more initial joy and giddiness, but a great block set will manifest longer-lasting value for kids.

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JUST ADD WATER

Aquatic Workouts for Him

by Marlaina Donato

When it comes to chiseling muscles, recovering from injury or reducing stress, men are finding that hitting the pool might even surpass hitting the gym. “Water aerobics is a great form of exercise for men looking to sculpt their bodies, because water offers multidirectional drag resistance that assists in developing muscle balance within the body,” says Denver aquatic fitness trainer Sean Sullivan.

Pool workouts offer men and women of all ages and condition a low-impact, energizing way to get fit and burn calories. From specialized classes for patients with Parkinson’s disease to relief from the pain of arthritis and fibromyalgia, water aerobics harbors benefits for everyone.

The Mayo Clinic adds improved cardiovascular health to the reasons why more

men are joining classes that were previously considered to be a women’s domain. A recent meta-analysis of 14 studies published in the *European Journal of Preventive Cardiology* found that aquatic exercise can significantly lower blood pressure. Another study in the *Asian Journal of Sports Medicine* reached a similar conclusion when men that underwent 55 minutes of aquatic exercise three times a week exhibited marked reductions in hypertension.

Go Vertical for Stronger Muscles

Water aerobics classes, which don’t involve swimming, are conducted in waist-high water. These vertical workouts provide 75 percent more resistance than land-based exercise. “When you perform a bicep curl in the water with no equipment, not only

do you exercise the bicep muscle on the way up, but because of drag resistance, you’re also exercising your triceps muscle on the way down, for a balanced workout,” says Sullivan.

Exercise physiologist Clinton Maclin, of the Piedmont Atlanta Fitness Center, in Georgia, concurs. “Aqua aerobics helps all muscle groups benefit from increased endurance, resistance and range of motion.” For optimum fitness, Maclin recommends getting wet for a minimum of two-and-a-half hours per week to stay in condition.

The heart is also a muscle that benefits greatly from aquatic fitness. “Hydrostatic pressure is a property of water that aids in blood flow return to the heart, which may lead to a reduction in heart rate,” says Sullivan. “It’s a physiological benefit from simply immersing oneself in water.”

Less Pain, More Flexibility

A number of recent studies have shown that aquatic exercise can ease pain in conditions such as fibromyalgia and also improve flexibility in joints. It’s recommended by both the Osteoarthritis Research Society International and by the American College of Rheumatology.

In the water, older individuals can exercise without the risk of falling. “The water creates buoyancy, making it less likely to make sudden movements. The low impact of the water allows longer participation time, mobility and stability,” says Maclin. “Seniors can participate in higher-intensity movements and perform more activities, even while injured.”

Aqua aerobics helps improve balance and is also a boon to soft tissue. “Warm water provides a tremendous benefit to tendons and ligaments, adding mobility, flexibility and well-being,” notes instructor and fitness trainer Márcia Wilken, in Shawano, Wisconsin. “Seniors can benefit most from water exercise at least twice a week. It can also improve cognitive thinking and helps to promote a better sleep pattern.”

Rehabilitation, Parkinson’s Disease and Multiple Sclerosis

Aquatic therapy in warm water helps to facilitate recovery after joint surgery and injuries, including anterior cruciate ligament

“Seniors can benefit most from water exercise at least twice a week. It can also improve cognitive thinking and helps to promote a better sleep pattern.”

tears in the knee. “Warm pools are a great environment for young athletes recovering from sports-related injuries. Hydrostatic pressure reduces swelling of the injured area, allowing for greater range of motion. Buoyancy reduces the load placed upon the injured area and reduces pain,” says Sullivan. “The properties of water allow injured athletes to begin the recovery process sooner.”

For individuals with Parkinson’s, the American Parkinson Disease Association recommends aquatic exercise for improved balance and pain reduction. In 2014, the *European Journal of Experimental Biology* published an eight-week Iranian study involving 60 men with multiple sclerosis that concluded it improved balance.

Water resistance does a body good, but the experts suggest one-on-one attention for best results. “I strongly recommend finding an aquatic fitness and rehabilitation specialist, because not all exercises are beneficial for everyone,” says Sullivan.

Wilken agrees. “A trainer can teach technique and different ways to move in the water, as well as proper breathing and good body alignment. It will double the benefits.”

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

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Brain-Savers

Smart Strategies for Preventing Dementia

by Melinda Hemmelgarn

With 5.8 million Americans living with Alzheimer's disease, there's no shortage of advice on how to enhance, preserve and restore brain function. Judging from the assortment of brain training games and apps to the multitude of books promising ways to avoid or even reverse dementia, a growing number of aging Americans want to know the best strategies for preventing and treating cognitive decline and memory loss.

Prevention: A 'No-Brainer'

As with any disease, prevention throughout the life cycle is key, but especially important for Alzheimer's—the leading cause of dementia worldwide. According to the

Alzheimer's Association, the illness is considered a slowly progressive brain disease that begins well before symptoms emerge. Despite predictions that the number of afflicted Americans will reach nearly 14 million by 2050, there are no drug cures.

David Perlmutter, M.D., a board-certified neurologist based in Naples, Florida, and an editorial board member of the *Journal of Alzheimer's Disease*, summarizes a recent study evaluating the effectiveness of currently available Alzheimer's medications. "Not only were Alzheimer's patients who were taking these drugs not gaining any benefit, but their rate of cognitive decline was worsened when they were on the Alzheimer's medications," thus making lifestyle risk reduction even more critical.

Dale Bredeesen, M.D., a professor in the UCLA Department of Neurology and author of *The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*, has studied the disease's neurobiology for decades. He believes drug therapies have failed because scientists neglected to focus on why individuals develop the disease in the first place. He emphasizes, "Alzheimer's is not a single disease," even if the symptoms appear to be the same. Bredeesen says it's the result of the brain trying to protect itself from multiple metabolic and toxic threats.

Bredeesen developed the ReCODE (reversal of cognitive decline) protocol, an ambitious, comprehensive and personalized therapeutic program that includes genetic, cognitive and blood testing, plus supplements and lifestyle improvements, including stress reduction, improved sleep, diet and exercise. With the goal of identifying and treating the individual's pathway to disease, ReCODE addresses fixing five key areas he believes form the underlying origins and progression of Alzheimer's disease: insulin resistance; inflammation/infections; hormone, nutrient and nerve growth factors; toxins; and dysfunctional nerve synapses.

The Lancet International Commission on Dementia Prevention, Intervention and Care also advocates multiple points of action. By addressing nine "potentially modifiable risk factors" throughout the lifespan, the commission says, "More than one-third of global dementia cases may be preventable." These factors include maximizing education in early life; controlling hypertension, obesity and hearing loss in mid-life; and in later life, managing depression and diabetes, increasing physical activity and social contact, and not smoking.

Food as Medicine

Martha Clare Morris, Sc.D., a nutritional epidemiologist at the Rush University Medical Center, in Chicago, and author of *Diet to Eat to Prevent Alzheimer's and Cognitive Decline*, says, "Given that Alzheimer's disease is known as an oxidative-inflammatory disease, there has to be a dietary influence."

From two decades of research involving more than 10,000 people, Morris developed the MIND diet, which stands for "Mediterranean-DASH Intervention for Neurodegenerative Delay". It's a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, modified to include specific components from each that offer the most protection against dementia. Morris identifies 10 brain-healthy dietary components: leafy greens, vegetables, berries, whole grains, nuts, seafood, poultry, beans and legumes, olive oil, and one glass of wine per day; plus five unhealthy components to limit: sweets and pastries, red meats, fried and fast foods, whole-fat cheese and butter or margarine containing trans fat.

Morris found those individuals that most closely followed the dietary recommendations lowered their risk for Alzheimer's disease by as much as 53 percent, while those following the diet moderately well showed a reduction of about 35 percent.

Morris acknowledges a number of common aging-related, yet treatable, conditions that can cause "dementia-like symptoms," including low thyroid hormones and vitamin B₁₂ deficiency. She also identifies specific brain-protective compounds including vitamins E, B₁₂,

folate and niacin, plus lutein, omega-3 fatty acids, beta carotene and flavonoids found in colorful fruits and vegetables, tea and nuts.

She is currently testing the MIND diet, plus a mild calorie restriction on 600 individuals 65 to 84 years old living in Boston and Chicago; results are expected in 2021. The Alzheimer's Association is also recruiting individuals for a new lifestyle intervention study.

Aarti Batavia, a registered dietitian based in Ann Arbor, Michigan, and a certified practitioner of functional medicine trained in the ReCODE protocol, says, "Diets that are good for the heart are good for the brain." But she also warns that many common medications such as statins, antihistamines, some antidepressants and proton pump inhibitors (that reduce stomach acid, which is required for absorbing vitamin B₁₂) can increase the risk for dementia.

Smart Steps

As we continue to discover how genetics, environment and lifestyle factors intersect, take the following smart steps to promote longevity and vibrant brain health:

1 Monitor and control blood sugar: Type 2 diabetes increases

Learn More

- The Alzheimer's Association diet study: Tinyurl.com/AlzheimerAssociationDiet
- Beyond Pesticides: BeyondPesticides.org
- Blue Zones: BlueZones.com
- Brain Health Education and Research Institute: BrainHealthEducation.org
- ConsumerLab.com: assesses effectiveness and safety of supplements conducive to brain health.
- Glycemic index and load: Tinyurl.com/GlycemicIndexAndLoad
- *Integrative Environmental Medicine*, edited by Aly Cohen, M.D., and Frederick vom Saal, Ph.D.
- Food Sleuth Radio interviews: Tinyurl.com/Food-Sleuth-Radio
Aarti Batavia: to be posted on Food Sleuth site this month
Brenda Davis: Tinyurl.com/BrendaDavisInterview, Tinyurl.com/BrendaDavisOnFoodSleuth
Brenda Davy: Tinyurl.com/BrendaDavyInterview
Teresa Martin: Tinyurl.com/TeresaMartinInterview, Tinyurl.com/TeresaMartinAudio
Martha Clare Morris: Tinyurl.com/MarthaClareMorrisInterview
David Perlmutter: to be posted on Food Sleuth site this month
Dorothy Sears: Tinyurl.com/DorothySearsInterview



About Wheat and Other Grains

When considering whether to restrict or include grain in one's diet, consider the following:

■ Individuals with celiac or non-celiac gluten sensitivity should avoid wheat and other gluten-containing grains such as barley and rye.

■ According to nutritional epidemiologist Martha Clare Morris, diets rich in high-fiber whole grains, including wheat, decrease inflammation and oxidative stress, and improve cognition. She says, "Diets higher in fiber are linked to lower rates of diabetes and heart disease," both of which increase risk of dementia.

■ Author Brenda Davis' "grain hierarchy" promotes whole, intact grains as key in controlling blood sugar.

■ Whole grains are high in vitamins E and B, which protect against cognitive decline.

■ Dr. David Perlmutter, who supports high-fiber diets, but advocates avoiding gluten, warns against shopping in the gluten-free aisle. Foods there might not have gluten, he says, but they're going to "powerfully raise your blood sugar."

■ Choose organic grains to avoid exposure to pesticide residues.

the risk for dementia. Brenda Davis, a registered dietitian in Vancouver, British Columbia, and author of *The Kick Diabetes Cookbook: An Action Plan and Recipes for Defeating Diabetes*, advises reducing the glycemic load of the diet by limiting refined carbohydrates and sugars, and eating a high-fiber, plant-based diet.

Dorothy Sears, Ph.D., a member of the executive committee of the Center for Circadian Biology at the University of California, San Diego, says it's not just what we eat that matters, but when. She discovered multiple metabolic benefits, including reduced blood sugar, with prolonged nightly fasting—13 hours between the last meal at night and the first meal in the morning.

Brenda Davy, Ph.D., a registered dietitian and researcher at Virginia Tech, in Blacksburg, says hydration can influence blood sugar, weight and cognition, especially among middle-aged and older populations. She recommends drinking two cups of water prior to meals to moderate food intake.

2 Focus on 'good' fats: Olive oil, nuts, avocados, and omega-3 fatty acids found in fatty, cold-water fish protect both the heart and brain. Michael Lewis, M.D., based in Potomac, Maryland, recommends an "omega-3 protocol" to help his patients recover from traumatic brain injury, which can increase risk for dementia.

3 Spice up your diet: Batavia recommends cooking with brain-protecting herbs and spices such as turmeric, cinnamon, thyme and rosemary, which can help reduce inflammation and risk for dementia.

4 Mind your gut: Western medicine has historically separated the brain from the rest of the body. But research on the "gut-brain axis" shows there's communication between our gut microbes and brain, plus direct links to neurodevelopmental disorders and dementia. "What goes on in the gut influences every manner of activity within the brain: the health of the brain, the functionality of the brain, the brain's resistance to disease process and even mood," says Perlmutter.

Both Perlmutter and Teresa Martin, a registered dietitian in Bend, Oregon, emphasize the importance of high-fiber plant foods that gut microbes need to produce beneficial, short-chain fatty acids to protect against inflammation, insulin resistance and "leaky gut".

5 Prioritize sleep: All brain (and gut) experts recommend adequate sleep—seven to eight hours each night—to restore body and mind.

6 Exercise: Both Morris and Perlmutter recommend aerobic activities in particular, like walking, swimming and cycling, to improve blood circulation to the brain and increase the production of

a hormone called brain-derived neurotrophic factor, which is responsible for stimulating neuron growth and protecting against cognitive decline.

7 Avoid environmental toxins: Exposure to pesticides, pollutants and heavy metals such as lead, mercury and arsenic can increase the risk of neurodegenerative disorders, including Alzheimer's and Parkinson's. Choosing organic food both reduces exposure to toxins and protects water quality and farmworker health.

Virginia Rauh, Ph.D., deputy director of the Columbia Center for Children's Environmental Health, in New York City, spoke at the National Pesticide Forum in Manhattan in April. She explains that of the 5,000 new chemicals introduced each year, "at least 25 percent are neurotoxic," and even very low-level exposure can harm children's neurodevelopment.

8 Socialize: In studies of "Blue Zone" populations that enjoy longevity with low rates of dementia, social engagement appears to be the secret sauce for quality of life.

Melinda Hemmelgarn, the "Food Sleuth", is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at FoodSleuth@gmail.com.

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

Dear friend,

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

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

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

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

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

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

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

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

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



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

The more common problems are:

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- Fibromyalgia
- Migraines
- Chronic pain
- Neck pain
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- Whiplash
- Backaches
- Numbness in limbs
- Sports injuries
- Trigeminal neuralgia

Just to name a few...

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

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

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

Call today for an appointment to find out if we can help you. Thank you.

— Dr. Larry Arbeitman
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Protecting and Nourishing Gut Microbiota

Dietitian Teresa Martin suggests:

- Strive to eat a wide variety of plant species and at least 30 grams of fiber every day (some cooked and some raw).
- Limit "microbial assassins", including refined carbohydrates and added sugar (no more than 25 grams or six teaspoons of added sugar per day); sugar substitutes; food additives such as polysorbate-80 and carboxymethylcellulose; smoking and vaping; chronic stress; antimicrobial soaps and sanitizers; antibiotics; proton pump inhibitors; high-fat diets; and processed meats.
- Move every day for at least 30 minutes; don't sit for more than 30 minutes and get outside.
- Relax with yoga, meditation or mindfulness.
- Sleep seven to eight hours each night.

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natural awakenings Healing

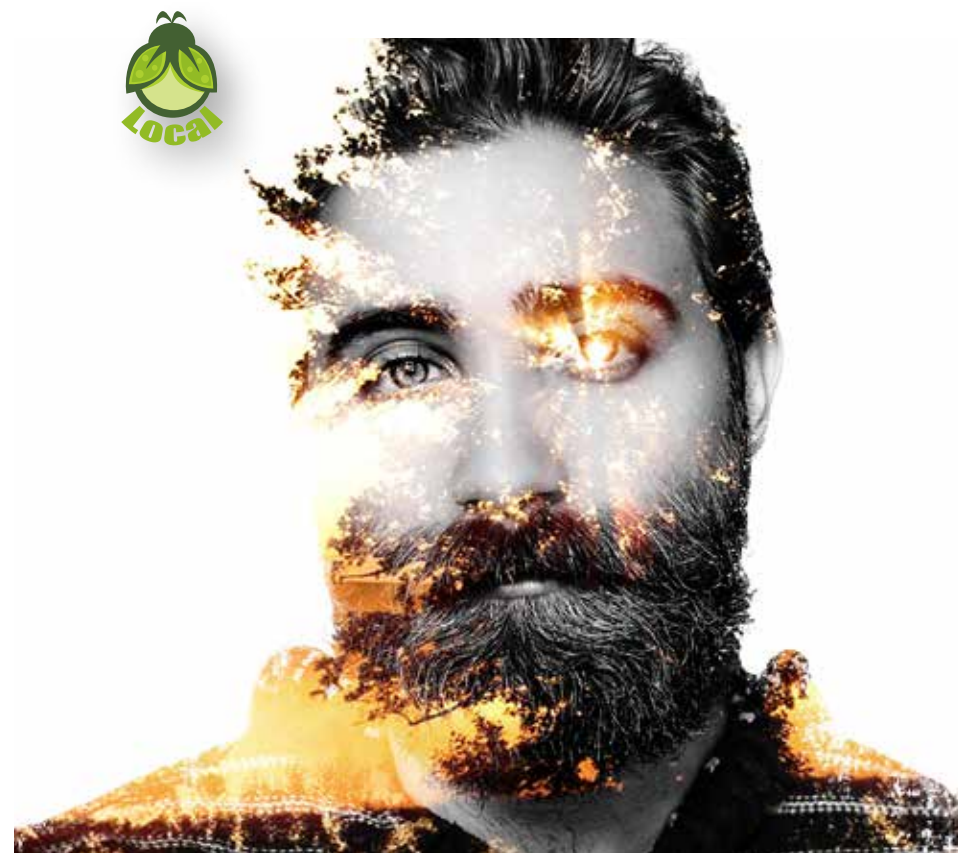


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YOUR TREE STORY; DRAW A TREE RECEIVE A MESSAGE!

by Roseann Petropoulos

Take a moment as you sit quietly with your eyes closed and visualize, picture or just imagine you are a tree. What does your tree look like? How would the earth support your roots allowing you to stand strong and tall in all your glory? Which direction is the wind blowing when you notice the breeze dancing thru your branches? As the sun shines down upon your tree, who will appreciate the beautiful array of colors your tree gives to the world? So how do you express yourself as trees do? According to various ancient traditions the Tree of Life has been a symbol or metaphor that represents an individual's true nature.

Everyone, just like a tree, is unique and special. Trees change with the seasons and isn't that what we do too? We grow, evolve

or remain dominate, pause, when making a change or decision. Before language or the written word, ancient civilizations would communicate thru hieroglyphics. Tree drawings provide insights into personality without the restriction of language, culture or gender barriers. There is no right or wrong way to draw a tree. Just like hand writing analysis, a tree drawing is a neuron-musculature delivery of the subconscious to the paper or canvas. No artistic ability is required, so there are no good or bad trees. With that understanding, there is no judgment placed upon the person who draws a tree. In nature, as in art, some trees are straight, some may slant towards the sun as they take their place on the earth to acquire what it needs.

The purpose of a tree drawing is to tell

your story of the past and re-bloom with a new season to enhance your full potential, just as the trees do. Tree stories provide a deeper understanding to your true self. It can bring you back to your roots, revealing your hidden talents and strengths. Awareness of your story will open lines of communication with others and provide the confidence to move forward and branch out in the world. An added benefit of your tree story is the appreciation and compassion you will have for yourself.

As you view the buds appear and the leaves take their place on the many trees this year,



Enjoy the beauty of a healthy smile

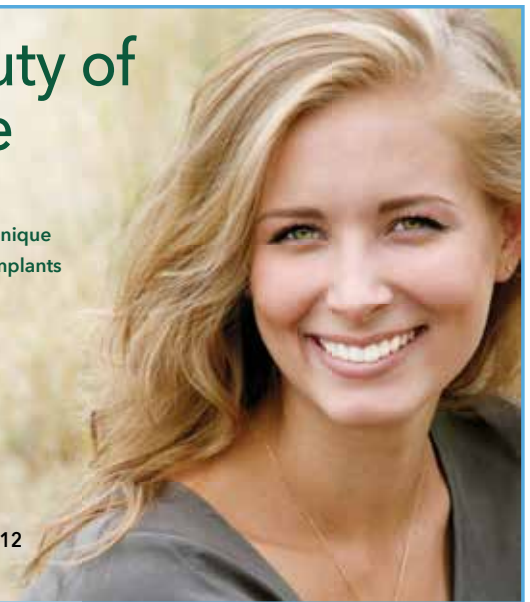
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see how the tree complement each other. When you are rooted in your safe place, you are more likely to be open and willing to offer compassion to others. In the words of Ram Dass "Let's learn to practice turning people into trees, which means appreciating yourself and others just the way we are".

Roseann Petropoulos is a Certified Hypnotherapist, Wellness coach & Reiki Master. Roseann combines her knowledge & intuitive insights to access collective consciousness & spiritual guidance, allowing clarity & compassion to your concerns. Roseann believes that true peace comes from within. For more information, call 732.894.3197



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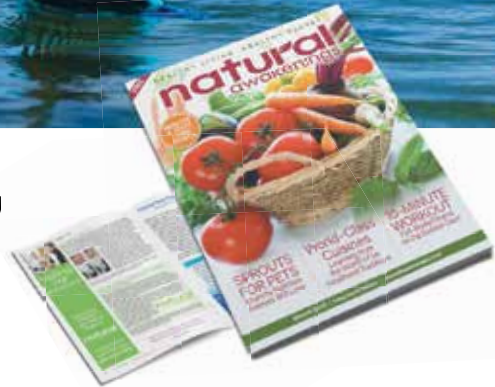
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BIGMAC Would you like a big, handsome kitty for a new best friend? BigMac is about 10 years young and in need of a new family. His owner lost their home and could not take him with them. Come meet this sweet guy.

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BONDED PAIR Trixie and Diesel are an old bonded pair. Their owner passed away and they are looking for a home together. Housebroken - easy - mobile - mellow. Love cookies and recently got a bath and loved it! These two are very bonded, 12 & 14 years old and need to spend forever together!



BONDED TRIO Troy, Cody & Rocky 8, 10, 13 years young are a threesome who were surrendered to the shelter and we are looking for a home for them TOGETHER. They go potty outside - they are cuddly - they are very bonded - have good manners - cute personalities - and they love each other so much.



Tails of Hope
732-660-8440



COOPER is a sweet boy who is about 3-4 years old. He loves to play with other dogs, but does not like those feline friends. Cooper loves to run and play and enjoys a good car ride.



JASMINE What a face. Jasmine is around a year-old brown tabby looking for a new forever home. She loves to be loved and would love a home to call her own to get all the love and attention she deserves.



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The city is a hub for what the Transit Oriented Development (TOD) Institute, a project of the U.S. High Speed Rail Association, calls “the creation of compact, walkable, pedestrian-oriented, mixed-use communities centered around high-quality train systems.”

Also proposed in the city is a five-story, 56-unit apartment building that features a gym, media room, a rack for several dozen bicycles—but no parking. The structure is adjacent to the Red Line, and the plan aligns with efforts by the Boston Planning and Development Agency to reduce—to zero in some cases—the ratio of units to parking spaces.

The Boston Redevelopment Authority has expressed concern that the residents of buildings without parking will

simply add to congestion on neighborhood streets, but a report by Atlantic Cities (now called CityLab) found that 45 percent of residents in five census tracts around one proposed car-free Boston building didn’t even own cars, so a possible “no cars” covenant could be part of a lease.

According to the Smart Growth America report *Empty Spaces*, most TOD developments build reduced parking lots, yet even those turned out to be too big; on average, its study of five such developments shows they were 58 to 84 percent occupied.

Wiring for EVs: It’s the Law

It can be expensive to retrofit buildings with wiring for electric cars, because “trenching” under existing pavement is usually required. A California Air Resources Board report in 2015 put these costs per building at between \$3,750 and \$6,975, and that’s just for the wiring. Costs are reduced 64 to 75 percent if the buildings are wired when they’re built, according to an Energy Solutions/Pacific Gas and Electric report.

California has become the leader in

It’s super-important to prewire for EVs. New buildings will last for 50 to 100 years, and in that time, EVs will become a much bigger slice of our transportation future than they are now.

~Tom Saxton, Plug In America

requiring EV prewiring in new construction of multifamily dwellings and non-residential developments. The state began requiring wiring for Level 2 (240-volt) EV charging in 2015.

Chelsea Sexton, a Los Angeles-based electric car advocate and advisor, backs the state law, with caveats. “Where there is parking included,” she says, “most buildings and public lots should be pre-wired for EV charging—while it is the most cost effective to do so and preserves the most flexibility for that property going forward.”

It’s not just California. Atlanta passed a city ordinance in 2017 that will require all new residential homes and public parking areas to accommodate EVs.

Some 20 percent of the spaces have to be ready to be connected. In Washington state, 5 percent of parking spaces in new construction have to be wired for EVs. In Colorado, which has the goal of nearly a million EVs on state roads by 2030, the cities of Denver, Fort Collins, Boulder and Aspen all require new one- and two-family residential construction to be EV-ready. There are also EV-friendly laws in New York City, Hawaii, Oregon and Montgomery County, Maryland.

Tom Saxton, the chief science officer of the Plug In America advocacy group, based in Los Angeles, says, “It’s super-important to prewire for EVs. New buildings will last for 50 to 100 years, and in that time, EVs will become a much bigger slice of our transportation future than they are now.”

Jim Motavalli, of Fairfield, CT, is an author and freelance journalist. Connect at Jim-Motavalli.com.

Pre-Wired for the Future

Transportation Drives Urban Planning

by Jim Motavalli

The Congress for the New Urbanism, a Washington, D.C.-based advocacy nonprofit, has some decisive views about what makes a walkable community: “complete streets” that are designed for bicyclists, pedestrians and transit. What it doesn’t have is cars—at least not those with tailpipes.

City planners are increasingly designing green buildings without parking, and mandating—where it exists—that wiring for zero-emission electric vehicles (EV) is part of the plan. Oslo, Norway, for instance, has become known as the electric car capital of the world, yet it has also replaced considerable on-street parking with bike

lanes and sidewalks. Its city center went mostly car-free this year, and according to *Fast Company* magazine, it’s a huge success: “Parking spots are now bike lanes, transit is fast and easy, and the streets (and local businesses) are full of people.”

Until recently, a new apartment building without parking was unthinkable, but architects are now contemplating—and building—just such new construction. A 13,000-square-foot, mixed-use development in Boston is being built with 16 rental units—and no onsite parking. Boston is a transit-friendly city and the complex is just a quarter mile from a Red Line subway stop.



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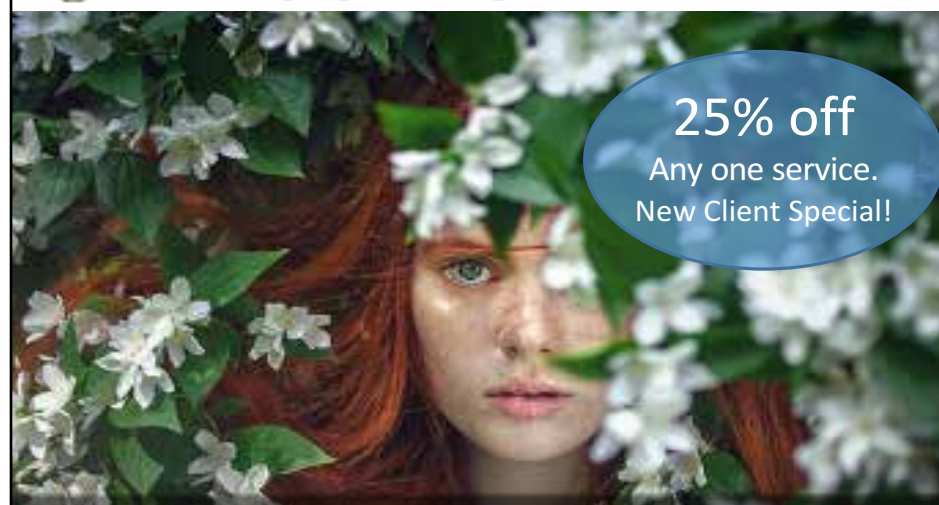
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MEDICINAL MUSHROOMS

Beyond Buttons and Portabellas

by April Thompson

A handful of mushrooms a day just might keep the doctor at bay, according to a mounting body of research providing powerful evidence of the fungal kingdom's abilities to promote health and fight disease.

"Mushrooms are pretty spectacular. All edible species benefit the immune system and together, support just about every system in the human body," says Stephanie Romine, an Asheville, North Carolina, health coach and author of *Cooking With Healing Mushrooms: 150 Delicious Adaptogen-Rich Recipes that Boost Immunity, Reduce Inflammation and Promote Whole Body Health*.

When Robert Beelman started doing nutritional research on mushrooms 20 years ago, they were touted for what they didn't have: fat, calories, sugar, gluten and cholesterol. "Today, we can talk about all the good things they contain: fiber, protein, vitamins, minerals, antioxidants and other important micronutrients,"

says the director of the Center for Plant and Mushroom Foods for Health at Penn State University.

Beelman's research has focused on several micronutrients that are bountiful in mushrooms, including the amino acid ergothioneine, an antioxidant not found in significant amounts in any other plant-based food source. Ergothioneine levels decrease with age, and larger drops are associated with cognitive impairment, he says.

Several large epidemiological studies in Japan and Singapore have significantly correlated higher mushroom consumption with decreased rates of dementia. Countries where residents eat larger amounts of mushrooms also enjoy a higher average life expectancy, even after controlling for other variables, says Beelman.

Lion's mane is one variety known to protect cognitive health; it stimulates nerve growth factor, a protein that promotes healthy brain cells. "Lion's mane is a cogni-

Mushrooms are pretty spectacular. All edible species benefit the immune system and together, support just about every system in the human body.

~Stephanie Romine

tive enhancer, and it helps creativity, motivation and memory, as well as brain function," Romine says.

Ancient Health Aids

Cordyceps and reishi mushrooms are also adaptogens—botanicals used for centuries in Asian medicine to help the body adapt to stresses, regulate bodily functions and support the immune and adrenal systems, according to Romine.

Turkey tail is one such medicinal mushroom, a longtime treatment for cancer and other diseases in Asia. The tree-based fungus contains polysaccharide-K (PSK), that is believed to inhibit cancer cell growth and repair immune cell damage after chemotherapy. "Medicinal mushrooms have been approved adjuncts to standard cancer treatments in Japan and China for more than 30 years and have an extensive clinical history of safe use," either alone or combined with radiation or chemotherapy, according to a literature review published by the National Institutes of Health National Cancer Institute. Oyster mushrooms, another fungal superstar, contain cholesterol-lowering lovastatin, plentiful B vitamins and up to 30 percent protein, according to Paul Stamets, one of the world's leading mushroom authorities.

Oysters are also the most easily digestible mushroom, according to mycologist and herbalist Christopher Hobbs, author of *Medicinal Mushrooms: An Exploration of Tradition, Healing & Culture*. Hobbs' 2017 article in *HerbalGram*, the peer-reviewed journal of the American Botanical Council, cites 122 different studies supporting the safety and efficacy of medicinal mushrooms such as oysters.

More Than a Pizza Topping

There are myriad creative ways to incorpo-

rate mushrooms into a diet, says Romine, who recommends aiming for a half-cup daily cooked serving. "Mushrooms are nature's sponges, and will take on the flavor of any sauce, so start simply and add sauces sparingly."

She suggests sautéing mushrooms with a neutral oil, then adding wine or sherry and finishing with fresh herbs. Cooking with wine can help unlock the beneficial compounds the fungi contain, says Romine. Fresh or dried culinary mushrooms like oysters, shiitakes or maitakes can also be great additions to morning meals like savory oatmeal or tofu scrambles.

Powdered mushroom extracts, available online or in health stores, are an easy way to infuse meals with fungi's beneficial properties. They mix well into everything from raw desserts and baked goods to teas and smoothies.

Whole mushrooms that are tough, like reishi and chaga, can be boiled to extract the healthful elements and consumed as a tea or used for soup broth. Romine says raw mushrooms are not as flavorful, digestible or nutritional as cooked.

While a mushroom-rich diet can help protect and promote health, Romine cautions that they are not a cure-all or a substitute for a healthy lifestyle. To address specific health concerns, she recommends working with a dietician or clinical herbalist to develop appropriate and effective ways to incorporate mushrooms into a health regimen.

April Thompson is a freelance writer in Washington, D.C. Contact her at AprilWrites.com.

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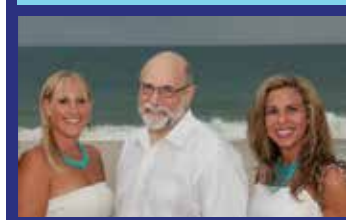
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Baby Massage

by Rebekah and David Frome

Before infants have language they have touch. Within the supportive fluid filled interior of the amniotic sac the growing fetus begins to experience her world through the sense of touch. During the eighth week of pregnancy touch begins as the first sense to develop. By the eleventh week the baby is using her mouth, hands and feet to explore herself and her surroundings. The sensation of the amniotic fluid and uterine wall provides stimuli for the development of the baby's nervous system. By thirty-two weeks gestation, nearly every part of the baby's body can feel heat, cold, pressure, and pain. At birth, the sense of touch is the most finely tuned of all the senses.

The experience of touch reaches a crescendo for the unborn baby as she is pushed and squeezed through the birth canal. Once delivered her Mom's warm skin will soothe and soften her adjustment to the outside world. Skin to skin contact with Mom will help to regulate her heart and respiratory rate, keep her warm and start mom's hormonal process for breastfeeding.

The newborn's ability to thrive is dependent upon the comfort that her caregivers can offer her outside of the womb. The sense of touch established in early life plays a critical role in fostering the baby's growth and development.

Baby massage is an ancient tradition that has been practiced in India and Asia for the past 3000 years. In many cultures babies are massaged daily with different regional oils and ash. It is increasingly being recognized for its emotional, physical and social benefits in the western world. The Touch Research Institute at the University School of Medicine, Florida has conducted evidence-based studies that have demonstrated the effectiveness of massage therapy in enhancing the healthy growth and development of infants.

Touch is a vital source of support for infants and as necessary as food and water.

- An infants massage class offers:**
- Guidelines for using 5 easy to learn massage strokes
 - Demonstrations of infant massage by a skilled professional
 - The opportunity to practice the massage strokes
 - An opportunity to share and socialize with other new parents

- The class will help you to:**
- Learn how to modulate pressure, speed and direction of a stroke
 - Learn how to read the baby's body language
 - Learn how to gauge the length of the massage and perform a full body treatment for the baby

- Massage has a multitude of benefits:**
- Soothe colic and calm an upset stomach
 - Relieve constipation
 - Reduce reflux
 - Relieve the pain of teething
 - Promote relaxation for both the baby and the mom
 - Empower both the baby and the caregiver
 - Cultivate the bond between parent and child

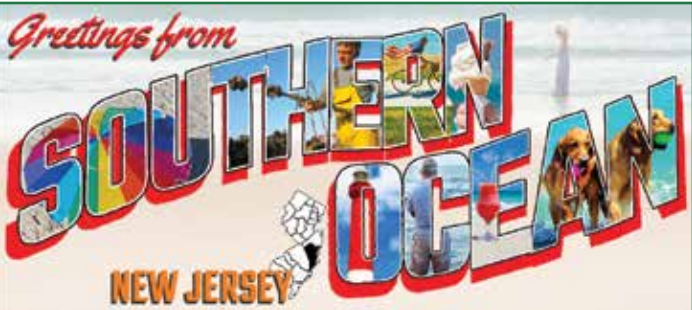
Babies who receive regular massage experience enhanced motor development and a reduction of cortisol. It is especially helpful for children who require additional support, including babies born premature, on the spectrum, babies born addicted, and HIV+ babies.

Massage is the perfect bedtime routine for winding down and transitioning to sleep.

It can continue to be a family tradition throughout infancy and toddlerhood. Touch is the first sense developed in utero. Touch connects the baby to herself, to her Mom and over a lifetime to many others. Massage is so simple yet powerful in its ability to communicate love, foster growth and alleviate the symptoms of normal baby ailments. While the ancient tradition continues to be practiced as a daily part of childcare in many cultures, the western world has much to gain in embracing it. Touch is one of the greatest gifts we can give to our children.



Rebekah and David Frome have been working in the healing arts for over three decades. They have helped thousands of people recover from trauma and leave pain behind. They practice in Montclair and Asbury Park, NJ. For help with tapping into your potential call us at 973.509.8464 or book an appointment online at www.fromept.com. Frome Physical Therapy offers baby massage classes for pregnant moms, parents and caregivers. For more information please call 973.610.6598 or email rebekah@fromept.com.





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Nature's Toolbox The Key to Prostate Health

by Melanie Laporte

The prostate is about the size of a walnut, yet this tiny gland can be the source of major problems for many men. Most potential health risks are preventable and treatable with proper diet, lifestyle changes—and a new array of natural approaches.

Holistic and integrative practitioners are looking beyond traditional supplements like saw palmetto, lycopene, pygeum and green tea extract to treat common conditions such as enlargement of the prostate or benign prostatic hyperplasia (BPH), which can develop as men grow older.

Rob Raponi, a naturopathic doctor in Vaughan, Ontario, sees men struggling with nocturia, an effect of BPH that wakes them during the night with the urge to urinate. “It interrupts your sleep, which accumulates and starts to interrupt your day,” says Raponi, who uses zinc-rich ground flax and pumpkin seeds to ease BPH urinary symptoms and inflammation. He’s also achieving positive results by utilizing combinations of rye grass pollen extract. He says, “It seems to work wonders.”

Confronting Cancer

According to the American Cancer Society, about one in nine men will be diagnosed

with prostate cancer, the second-leading cause of male deaths in U.S. However, it’s also one of the most preventable cancers.

“The key is to make our body inhospitable to mutating cells which could form cancer that ultimately threatens your life,” says Lorenzo Cohen, Ph.D., director of the Integrative Medicine Program at The University of Texas MD Anderson Cancer Center, in Houston. Part of the answer may lie in the human gut, which makes diet central to addressing prostate issues.

According to a recent review of research published in *Prostate Cancer and Prostatic Diseases*, the microbiome—a community of microbes that supports digestion and the immune system—may influence prostate inflammation and the development of prostate cancer. “The microbiome’s ability to affect systemic hormone levels may also be important, particularly in a disease such as prostate cancer that is dually affected by estrogen and androgen levels,” it concludes.

The Nutritional Factor

“A plant-centered diet with low-glycemic-load foods feeds your microbiome, which is at its healthiest and will thrive when it’s fed healthy soluble fibers provided exclu-

sively from the plant world,” says Cohen, the author of *Anticancer Living: Transform Your Life and Health with the Mix of Six*.

Antioxidants and plant nutrients counterbalance oxidative stress and damage, adds Cohen. “Cruciferous and bracken vegetables—raw kale, broccoli, Swiss chard, dark leafy greens and soy—invigorate the prostate. Also, a couple of Brazil nuts per day give a healthy dose of selenium to decrease risk factors.”

Jim Occhiogrosso, a Fort Myers, Florida-based natural health practitioner and author of *Your Prostate, Your Libido, Your Life*, notes that most incidences of prostate cancer are slow growing and not aggressive. “One of my first clients was in his early 80s, was diagnosed with prostate cancer, and treated it with only herbs. Fifteen years later, in his mid-90s, he still has prostate cancer. He’s still doing fine and getting around, albeit slowly.”

Occhiogrosso says he uses herbal mixtures of saw palmetto, “which is a good supplement for beefing up the immune system—also solar berry, mushroom extracts, vitamin C and full-fraction vitamin E.”

Mark Stengler, a naturopathic doctor and co-author of *Outside The Box Cancer Therapies: Alternative Therapies That Treat and Prevent Cancer*, recommends a blend of five grams of modified citrus pectin, 200 milligrams of reishi mushroom and 1,000 milligrams of green tea extract taken two to three times per day, plus vitamin D.

The five-year survival rate for men diagnosed with prostate cancer is about 98 percent, and it’s been rising for the last few years. Early diagnosis is critical, says Raponi. “If you stop prostate cancer when it’s still in stage one or early on, the five-year survival rate is 100 percent, but if it’s later on, it starts to drop into the 70s.”

The same measures employed to prevent prostate issues—whole foods, natural herbs and regular exercise—should still be pursued, but more aggressively if cancer should develop. “The intensity becomes more salient after diagnosis,” says Cohen, “but we don’t need a diagnosis to up our game with healthy living.”

Melanie Laporte is a licensed massage therapist and health writer based in Austin, Texas.



by Larisa Belote, INHC, AADP

Live Blood Microscopy is a nutritional analysis of the blood. Through the use of a Darkfield Microscope and video technology it is now possible to see live blood samples, display them on a monitor, record them and visually document the condition of the Red Blood Cells (RBC), White Blood Cells (WBC), Platelets, Crystal Formations (Cholesterol & Triglycerides), Blood Proteins (Fibrinogen) and Other Blood Elements (Bacterial Forms, Plaque and more).

Healthy red blood cells are round and evenly shaped, freely floating in plasma. It would have no signs of clotting, bacteria, foreign matter, fungal or stress. This is a kind of blood a healthy person should have flowing in the circulatory system.

The shape, size and form of a RBC can tell a story about digestion function and whether nutrients are properly absorbed without causing inflammation in the bowels and leaky gut syndrome. RBC’s can also tell about circulatory function and proper oxygen transport through the capillaries and tissues so as not to cause chronic fatigue syndrome and other degenerative tissue diseases. The WBC’s are very important for the immune system.

They sweep up and engulf organisms that enter the blood stream in order to keep our bodies functioning at an optimal level. There are a few different WBC’s which are responsible for keeping various systems in the body in check. Platelets are a part of the blood clotting mechanism. When there is vascular damage (cut), platelets go to the affected area and bind together with fibrin to stop the bleeding. Platelets can tell about circulation of the blood, blood clots and the heart with visible aggregation that is from undigested fat that binds them together and is thought of as plaque when it hardens.

Let’s concentrate on the most important epidemic today – Enzyme Deficiency. People go the store and they buy food. The food is not processed but can be fresh produce, animal proteins and etc. They

bake, microwave or boil their foods which depletes the enzyme reserve that the food had in the beginning. When that food is consumed, digestive organs in the body produce enzymes to help with digestion. When that process fails due to lack of enzyme production, the undigested food (leaky gut syndrome) enters our blood stream and causes havoc to other systems in the body. Normally we get our enzymes from our food and in a perfect world the enzymes from our food plus the enzymes our body makes is a perfect sum of a digested meal. But as we age the ability to make enzymes decreases by 1% a year past the age of 25. Even though the enzyme formation should be high, it’s still not enough to completely digest a full meal.

Most clients exhibit blood cells that are hooked together in chains which is referred to as Rouleau. Many exhibit Rouleau formations to the maximum extent which is referred to as Aggregation. They look like tight chains or rolls of quarters and the chains are extremely long. There are no single red blood cells that are freely floating in plasma. The cells are sticking to each other and make these formations due to undigested protein that entered the blood stream after you had a nice meal. They are asymmetric with negative charge on one side and positive charge on the other and they cancel out this Zeta Potential of these cells to repel each other which is a normal process but instead the cells come together and stick to each other.

These sticky proteins are called Lectin proteins which could be from products containing gluten, dairy, soy, a lot of beans, grains and corn. If these undigested proteins enter the blood, other systems in our body get stressed such as the adrenal glands which then must put out extra cortisol which eventually may cause an imbalance in the adrenal function or adrenal fatigue. When the adrenals are exhausted, the immune system kicks in and helps out with digestion. When that happens, the other functions in the body get shut down and that is when you end up feeling fatigued and have brain fog. And this happens again and again and again with every meal.

This can be remedied with proper supplementation of digestive enzymes and/or proteolytic enzymes under the care of a health care provider. When you supplement with enzymes, the cells will not stick together because enzymes help digest the food. With proper digestion and avoidance of leaky gut syndrome which can lead to other stresses in the body, chronic fatigue syndrome, brain fog, fibromyalgia and other degenerative diseases can be avoided.

Larisa Belote, INHC, AADP, Integrative Nutrition Health Coach, Published Author of “Surviving Pancreatic Cancer”, and a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Contact Larisa to set up an appointment for Live Blood Microscopy. Learn which enzymes are proper for your health condition. Health consultation and Blood Type Diet are included. To learn more call 732.490.5770 or email: larisa@stepbystep-wellness.com; www.stepbystep-wellness.com.



FATHERHOOD'S PAIN AND GLORY

We Must Face Our Own Story First

by Chris Bruno

In my conversations with men about their father-stories, the most frequent sentence I hear is, “My dad did okay. He did the best he could.” But no child wants an “okay” dad.

I have worked in the corporate world, served as a missionary in the Middle East during 9/11 and the Iraq War, been assaulted with a knife, launched a small business and a nonprofit and suffered deep loss at the early deaths of dear friends, but nothing has terrified or paralyzed me more

than fathering my own son. It has demanded me to first face my own father-story with an intensity and intentionality I would rather flee than engage.

My parents more than adequately provided for my physical needs. I had friends, lived in the suburbs and even had

a horse. From the outside looking in, I had nothing to complain about. Any time the haunting ache of father-hunger emerged from my soul, I quickly squelched it, telling myself to simply move on. It is the story of most men in my generation.

I continued to live as if all was well until I married and had a son of my own. I was now a father, and the weight of this title sent my soul into a tailspin.

What is father? Who am I as father? What does it mean to father? And finally, with the force of a left upper jab to the jaw: How was I fathered? I realized that to father him, I, myself, still needed to be fathered.

In my conversations with men about their father-stories, the most frequent sentence I hear is, “My dad did okay. He did the best he could.” But no child wants an “okay” dad. Every child longs for a dad to know, see, pursue, hope, envision, create and bless. Franciscan friar and author Richard Rohr states, “If we do not transform our pain, we will transmit it in some form.” Untransformed pain from our father, whether from his absence, vacancy or violence, will inevitably be transmitted to our children.

I can only take my son as far as I myself have gone. Our sons were born into an already existing story—our story—and for them to know who they are, we need to know who we are, in all of our glory and pain. From this place of freedom, we can usher our sons into a manhood we can come to know together.

Reprinted with permission from Chris Bruno, the director of the Restoration Counseling Center of Northern Colorado and the president of the Restoration Project. He is the author of Man Maker Project: Boys are Born, Men are Made.

ARZTSAWU/Shutterstock.com



NONTOXIC LAWN CARE

Protecting Pets and the Planet

by Marlaina Donato

Warmer weather has arrived, and so begins many homeowners’ annual quest for a well-nourished, weed-free lawn. However, the grass isn’t always greener—or healthier—using conventional approaches.

Turf grass covers up to 50 million acres of American land, and according to the U.S. Environmental Protection Agency, about 60 million pounds of synthetic pesticides are used each year in yards and gardens, in addition to tens of millions more pounds applied in parks, schoolyards and other public spaces.

Americans spend billions of dollars growing and maintaining manicured lawns resulting in a high price for pets, people and wildlife. Nitrogen from fertilizers seeps into surface water and groundwater, contaminating wells and spawning harmful algae blooms; pesticides kill off more than 70 million birds each year in the U.S. alone; and bees and other pollinators are also succumbing to the toxic chemicals at an alarming rate.

Pets at Risk

Chemicals routinely used in lawn care are especially problematic for the family dog or cat. “Animals are close to the ground, and their feet touch the ground, so every

substance you choose to allow in your home and yard will affect them,” says Ashley Geoghegan, DVM, of VetNaturally, in Mandeville, Louisiana.

A study conducted by the Department of Veterinary Clinical Sciences at Purdue University concludes that common lawn chemicals like glyphosate, 2, 4-D and permethrin are linked to canine bladder cancer. A six-year study by the Foster Hospital for Small Animals at the Tufts University Cummings School of Veterinary Medicine reveals that exposure to professionally applied lawn pesticides and herbicides increased the risk for canine malignant lymphoma by 70 percent.

In pets, chronic or sub-chronic exposure to conventional lawn care chemicals manifests as eye damage and thyroid, urinary and reproductive conditions. Feline gastrointestinal distress is also a consequence, and even indoor cats are at risk from contaminants brought into the home.

“Anything that goes on your lawn goes into your pet’s body. Pets walk through it, roll in it and then groom themselves,” says Michele Yasson, DVM, of Holistic Veterinary Services, in St. Augustine, Florida. “Max, one of my canine patients, developed acute, life-threatening pancreatitis just hours after his yard had been treated

by a commercial lawn care service.”

Go Natural for Lush Lawns

Opting for a toxin-free lawn helps grass roots to anchor deeply into the earth, making them less likely to fall victim to weeds, disease and drought. An organic lawn has beneficial microbes; helpful insects like ladybugs and lacewings thrive, while pesty insects decline.

Instead of chemical fertilizers and “natural” alternatives like borax, vinegar, garlic, essential oils and cocoa mulch, which can also be toxic to pets, try using grass clippings, seaweed, corn gluten meal, single-ingredient bone meal, diatomaceous earth or *Bacillus thuringiensis* (BT); all are better options.

Redefining beauty and working with nature can also have a positive impact. “Set a goal to gradually reduce the area of your yard devoted to grass, and begin to establish plants like butterfly bush or bee balm that support pollinators such as bees,” recommends Sandy Long, of Greeley, Pennsylvania, a knowledgeable pet parent and executive director of the nonprofit environmental education organization SEEDS (Sustainable Energy Education and Development Support).

Simple Precautions

Simple precautions like removing shoes before entering the house, storing lawn products out of reach of pets and avoiding conventionally treated areas for at least 48 hours after application are paramount. Also:

- ✓ Close windows during application.
- ✓ Increase pet baths spring and fall, when chemical application is highest.
- ✓ Eliminate accumulation of water on lawns where pets might drink.
- ✓ Leash pets during walks to keep them away from treated areas.
- ✓ Wipe paws with a damp cloth after being outside.

After weighing alternatives, dog trainer Rebecca Porter, owner of Rosy Dogs, in Stoughton, Wisconsin, settled on prescribed burns, mowing and hand removal of invasive plants. It’s a decision all landowners can make.”

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmbersMusic.com.

calendar of events

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



Neo

SATURDAY, JUNE 1

Reiki Level I Workshop and Certification 11am-2pm Get started on your Energy Healing journey with Reiki Master Maria Martin. You will learn how to nurture and heal the light within yourself and others. In this workshop, she will teach you the basics of the art of healing with Reiki including: What is Reiki? How does it work? The Chakra System, Self-Grounding and more! You will receive your Reiki Level I attunement and a crystal/stone pendulum! \$175.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

WEDNESDAY, JUNE 5

Stress Reduction Workshop 7-8:30 pm at the Middletown Township Public Library, 55 Monmouth Road, Middletown, bring a notebook and an open mind for a fun and informative complimentary session that includes meditation instruction and holistic coaching. For more information, visit <https://www.everythingnoetic.com/events/>

THURSDAY, JUNE 6

Women’s Wellness Educational Event & Book Signing Want to understand more about how cannabis and CBD can be used for health and wellness? Join other women, like you, on Thursday, June 6th for a lively conversation with the authors of the new book, Cannabis and CBD for Health and Wellness. Ellementa CEO, Aliza Sherman, and Dr. Junella Chin will be on hand to answer questions and sign their book. Ellementa Gatherings bring better information about cannabis wellness to women. Visit Ellementa.com/cannabisbook for more details including a link to the Jersey Shore event. Connect with @Ellementa-Woman on Instagram, Facebook & Twitter.

Reiki Healing Circle 7:30pm-9pm Join a group of Reiki practitioners and like-minded members to cleanse your Chakras and your energy field, and then receive your own healing! Admission Price: \$10.00 per person. Location: Dimensions Reiki, 169 Main Street, Suite 105,

Matawan, NJ 07747. Phone: (732) 832-1036 Web: <http://dimensionsreiki.com/calendar>

FRIDAY, JUNE 7

Friday Night Unwind at The Yoga Loft, 462 Adelphia Rd, 6-7:30pm. Our lives become busier as the summer approaches, bringing lots of excitement and good vibes our way! As soon as you lie down on your mat you are engaged in simple mindful movements for the whole body. Specific guided breath awareness and body awareness meditations will lead you even further into a state of harmony and bliss. Your experience is enhanced by the share of Reiki and soothing scents of pure therapeutic grade essential oils hand-picked this month's Friday Night Unwind. Please call/text 732.239.2333 or email info@theyogaloftnj.com to register to Unwind. \$25

Reiki Level II Workshop and Certification 3-6pm This workshop is the second step on your Energy Healing journey. Join Maria Martin in this level two workshop, you will get your second attunement you will learn the Art of healing with Reiki including: How to heal others, the chakras meanings and placements, Self-Grounding, Hand positions for self-healing, the healing of others and Reiki Symbols as well as their meanings. All classes start and end with guided meditations. Pre-requisite Reiki I; \$200.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SUNDAY, JUNE 9

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

Introduction to Spirit Guides 1-4pm Your spiritual advisors are waiting to work with you! Learn about your helpers in Spirit, and invite them to meet you! Admission Price: \$50.00. Location: Clinton Community Center, 62 Halstead St., Clinton, NJ. Call 732.832.1036 for more information or to register. Or visit dimensionsreiki.com/calendar



MONDAY, JUNE 10

Beginner Yoga at Seeking Self, 317 Fairfield Road, Freehold, with Daya. Explore beginner yoga postures in a dynamic and welcoming environment that promotes self-empowerment. A slower paced class that is gentle on the body, we will move with the breath to ease tension and focus on correct alignment in poses. This class is for anyone wishing to begin their own journey towards a healthier mind, body, and soul through the exploration of the self and the practice of yoga.

WEDNESDAY, JUNE 12

Not Your Grandmas Chair Yoga 6:45-8pm at Hot or Not Yoga in Manahawkin. \$10 drop in. Located at 8 N Union St, Manahawkin. Call 855.726.8674 or visit hotornotyoga.com

PAIN Solutions - Free Workshop, 7-8 pm. Utilizing Functional Medicine approach, "Test, don't Guess", we can gain a deeper understanding of the underlying causes of your chronic pain, such as "Leaky" Gut, Food Sensitivities (not allergies), Hormonal Imbalances, Metabolic Functions, etc., and find the healing opportunities. To learn more, please join us on Wednesday, June 12th, 7-8 pm. Due to limited space, please RSVP Ada Zak at 732.333.6680, or you can email at www.Optimal-HealthGuide.com. Address: Wemrock Professional Mall, 501 Stillwells Corner Rd., Bldg. A, 1st floor / Dr. Borgersen's office, Freehold, NJ.

Native American Drumming/ Journeying with Shaman, Lauren Porter 7:30-9:30pm. Looking to connect with the spirit of the drum and connect with your inner medicine? This event is for both those new to journeying as well as those experienced. Sign up to help learn the importance of drumming, how drumming can help you heal spiritual wounds, and be guided through a journey to help discover your spiritual allies. See how a shamanic journey will help you connect with your higher self. \$40.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

JUNE 12 - JUNE 15

Summer Solstice 4-Day Akashi Fire Reiki Master Retreat & Akashic Records for Starseeds (6/15 10am-5pm) Mountain Light Sanctuary Asheville Mountains NC During this intensive retreat you will become a Reiki Master Teacher as well as learn to reach your Akashic Life Records. Prerequisite: completion of Reiki Level 2 or above. Fee \$ 1,111.00 for all 4 days, or \$350 for Akashic Training ONLY. Visit RAYKIschool.com and click Retreat for more info, or email Contact@RAYKIschool.com

THURSDAY, JUNE 13

Reiki Level II Workshop and Certification 6-9pm This workshop is the second step on your Energy Healing journey. Join Maria Martin to learn and practice Reiki. You will get your second attunement and learn the Art of healing with Reiki including: How to heal others, the chakras meanings and placements, Self-Grounding, Hand positions for self-healing, the healing of others and Reiki Symbols as well as their meanings. All classes start and end with guided meditations. Pre-requisite Reiki I; \$200.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, JUNE 15

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

Mindful Self Care: Breathe Relax Restore 2:30-4 pm at Hot or Not Yoga in Manahawkin. \$15 drop in. Call 855.726.8674 or visit hotornotyoga.com

WEDNESDAY, JUNE 19

Full Moon Circle: 7:30-8pm, Enjoy and experience the Strawberry Moon with us. June’s moon is associated with the gathering of ripening of wild fruit. It is also a time of change, warm weather and new beginnings. We will have a brief meditation and focus our intention and give blessings toward new starts. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

THURSDAY, JUNE 20

Reiki Level I Workshop and Certification 6-9pm Get started on your Energy Healing journey with Reiki Master Maria Martin. You will learn how to nurture and heal the light within yourself and others. Maris will teach you the basics of the art of healing with Reiki including: What is Reiki? How does it work? The Chakra System, Self-Grounding and more! You will receive your Reiki Level I attunement and you will also be given a crystal/stone pendulum! \$175.00 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

FRIDAY, JUNE 21

Healing Circle: 7-8pm, It is wonderful for Reiki Practitioners and energy healers to practice their skills and do work on one another. It is also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. Newcomers and practitioners are welcome. \$10 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, JUNE 22

Holistic Health and Wellness Hike Join Michele Lipari, Reflexologist and Holistic Counselor, at Thompson Park, 9:30-11:30am, for a guided meditative hike, allowing our bodies to be enveloped by the spiritual nature of the woods. Reduce stress, anxiety, and gain an overall feeling of clarity and peace. Completing our time together, we will work with Angel Cards, taking time to balance and restore our mental, spiritual, emotional well-being. Please wear appropriate attire and bring water. Drive in the main entrance, make your first right into the parking lot, and look for our balloon! Please call/text 732.887.3352 or email michhealer@aol.com to register \$20.

Hands Down: An Arm Balance Workshop Heart Maher 1-3pm at Hot or Not Yoga in Manahawkin, \$30. Call 855.726.8674 or visit hotornotyoga.com

Spirit Animal Meditation at The Yoga Loft, 462 Adelphia Rd, Freehold 12:30 to 2:00 pm with Tony. The universe communicates through nature and the animals that you come across. Many Native American & Aboriginal cultures knew this and the tribal Holy Men would work with their people to help them discover their spirit animal, or totem; the animal who helps guides you along your path. Join us for a discussion about animal medicine and a guided mediation that can help you reach the place needed, spiritually, for the animal to reveal itself to you. Please call/text 732.239.2333 or email info@theyogaloftnj.com to register \$25

FRIDAY, JUNE 28

Shaman Class – 7:30-9:30pm, Are you interested in Shamanism? Wanting to meet your primary guide? Join Shaman, Lauren Porter for a series of monthly classes: Introduction to Shamanism. Learn how to properly journey to meet your medicines and allies, clear and create sacred space, put together your mesa and medicine bag, work with the plant, animal and stone kingdoms, embrace your shadow self, dream work and much more. Classes will be held the last Friday of each month. FREE (donations appreciated); Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, JUNE 29

Workshop: Grounding Your Energy 1-3p If you constantly feel or take on the energy of family and friends around you, learn techniques on how to



ground yourself and restore the balance of your energy field! Admission Price: \$75.00 per person Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 for more information or to register. Or visit dimensionsreiki.com/calendar.

SUNDAY, JUNE 30

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

save the date

SATURDAY, JULY 13

DIET & NUTRITION SEMINAR

1-5pm Tap into your own intuitive abilities, 10am at Athleta Fitness Studio Are you tired, frustrated, and/or have lost hope in the battle of losing weight and body fat? In this seminar, you will learn the science behind how your body works in relation to losing weight/body fat, nutrition, and exercising. We will break down why diets fail, how you can lose weight successfully, and most importantly, how you can keep it off. There aren’t any “quick fixes” or “diet hacks” that produce long term, sustainable results. If you are looking to lose body fat and keep it off for life, while being able to eat foods you enjoy, then you will want to attend this seminar! 200 Daniels Way Freehold, NJ Sign up today at www.AthletaFitnessStudio.com

THURSDAY, JULY 18

WOMEN’S HEARTS: WE ARE NOT JUST SMALL MEN!

Learn about the staggering statistics of heart disease in women. Find out how heart disease is different in women than in men, how to recognize the symptoms and understand what YOU can do to prevent disease and become your healthiest self! This interactive discussion is led by Integrative Cardiologist Dr. Vivian Kominos, a graduate and faculty member of the Dr. Andrew Weil Center for Integrative Medicine. The event is FREE at the Little Silver Library at 7PM.

on going events

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

monday

Yoga in the Garden at The Yoga Loft, 462 Adelphia Rd, Freehold Every Monday starting June 3rd 6:00 with Kathleen Roskos. Rain or shine we have a beautiful location in which to offer this peaceful gentle yoga class. You'll be outside surrounded by flowers, trees, water features and butterflies. If it rains, no worries we practice in the green house among the serenity of nature. Please bring your own mat and a bottle of water -\$10 cash only

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

Meditation Mondays 11am FREE EVENT Join Roseann Petropoulos for Metta Meditation. This is a form of meditation that spreads goodness to the world. Collectively we set our own intention and allow it to flow to others. Meditation benefits everyone, whether you are new to meditation or have been practicing for a while, gathering with others will enhance your practice. A meditation practice can: improve all body & brain functions, relieve stress more efficiently, increase attention span & creativity, promote feelings of connection to others. May all beings live Happy and Free. Belmar Community Center 7th Ave & D St. Visit belmarwellness.com or call 732Wednesdays

tuesday

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

Sunrise Oceanfront Meditation sunrise - 7am, Asbury Park Beach Join us in this "breathgiving" beach meditation. all are welcomed. Free Event but you must register. Visit RAYKIschool.com and click calendar for more info, or email Contact@RAYKIschool.com.

wednesday

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

Qigong Class taught by Shoshanna Katzman 6pm at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Suitable for all ages and abilities! Qigong is a form of Chinese exercise characterized by gentle, flowing movement practiced to enhance health & longevity. The movements are done to integrate body and mind, strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation. The Qigong workout you will experience is based on Shoshanna's book and DVD "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy." Visit www.healing4u.com or call 732.758.1800 for more info.

In the Garden: Qigong & Gentle Yoga (standing or chair) 5-6pm Alternating weeks TBD throughout summer. Or indoors. Learn/practice Qigong energy exercises and Gentle Yoga stretches for flexibility, strength, balance, cardio, brain, connective tissue and bone health, including shoulders, knees, hips, pelvis & spine. Ends with restorative guided imagery. Please bring yoga mat or chair. Beginners & All Levels. Shark River Community Garden \$5.00 or Neptune City Community Center, \$8.00, 117 Third Ave. Carol is a Natural Health & Reiki Practitioner, Certified in Therapeutic, Yin, Pre-Natal, Children's/Teens Yoga and holds Qigong Certifications from generational lineage instructors. Email cazstarpup@aol.com for more info, time/weather changes, addtl. classes/locations.

In the Garden: Gentle Yoga Stretch & Strengthen (standing or chair) 5:45-6:45PM Alternating weeks TBD throughout the summer. Or indoors. Stretch, balance, align & flow with gentle yoga poses & stretches for flexibility, stability, to support & strengthen immune, cardio, joints, muscles & bones, including shoulders, knees, hips, pelvis & spine. Ends with restorative guided imagery. Please bring yoga mat or chair. Beginners & All Levels. Shark River Community Garden-\$5.00 or Neptune City Community Center-\$8.00, Carol is a Natural Health, Herbal & Reiki Practitioner, Certified in Therapeutic, Vinyasa, Yin, Pre-Natal, Children's Yoga and Qigong. Email cazstarpup@aol.com for class dates/time/weather changes, more info, addtl. classes/locations.

Wednesday Sound Healings/Meditations: 6-7, Come join our weekly group sound healings and guided meditations. For an hour each Wednesday evening, enjoy the experience of unique sound

healings and meditations for healing mind, body and spirit. Through the use of crystal bowls, guided sounds, singing and chanting we will facilitate your healing journey. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$20 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private meditation sessions and Veteran Discounts

Free Health Series at Hot or Not Yoga in Manahawkin. Community Chair Class 11am And Beginners Series 5:30pm. Located at 8 N Union St, Manahawkin. Call 855.726.8674 or visit hot-ornotyoga.com

thursday

T'ai Chi Class for Beginners taught by Shoshanna Katzman 10am at the Red Bank Acupuncture & Wellness Center in Shrewsbury. Tai Chi is traditionally known as "meditation through movement." The form you will learn is the Guang Ping Tai Chi form for which Shoshanna is a 6th generation lineage holder. It is a Yang Style comprised of flowing movements that promote energy, balance, serenity, grounding, strength as well as mind, body, spirit wholeness. Simply call before coming so we can give you more specifics. Visit www.healing4u.com or call 732.758.1800 for more information.

friday

Friday Psychic Reading and Energy Healings: 3-7, Come and get a 10-minute Reading or Energy Healing for only \$20.00. Do you have a question on a direction you are looking to embark on, or about a job, relationship, or move? Come and get a reading and Lauren will help you! Are you feeling off, or out of balance? Maria or Lauren can help you get rebalanced with an energy and/or shamanic healing. Walk-ins, or appointments are welcome. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

saturday

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



community resource guide

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

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

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

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

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

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



Why am I always anxious?, Why won't the pain stop?, What's wrong with my body? Do these questions sound familiar? If your answer is yes, then biofeedback therapy may be for you. Your next questions probably will be; "What is biofeedback?"

and "How can it help me?" Stress and pain build when the body tries to respond to the busy demands of life in ways that put a disruptive burden on the system. To help a person relieve this stress and pain, patients come to my office to relax and calm while sensors on their body send their own biological data back to them through a computer monitor with soothing sounds and images. Coaching can also enhance the experience. A person actually learns how to regulate their own muscular, vascular, nervous, gastrointestinal, cardiac, and respiratory systems towards optimal health. These techniques are effective in reducing tension and migraine headache, high blood pressure, back and neck pain, mood and anxiety disorders, and irritable bowel syndrome. Biofeedback is a natural

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

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



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

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

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

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Bella is a trained Cuddlist with Cuddlist.com. Her biography includes being a Harvard University teacher, Thai Yoga Massage Specialist, Artist and Ballerina. Call Bella now for consultations and appointments.

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

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

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Dr. Oratio owns and operates Monmouth Center For Communication Disorders. It is a full range speech therapy center offering diagnostic and speech therapy services for children and adults. He earned his Ph.D. in Speech Pathology from Bowling Green State University in Ohio. His credentials include both licensure and certification as a Speech-Language Pathologist in the State of NJ, and the Certificate of Clinical Competence from the American Speech-Language-Hearing Association.

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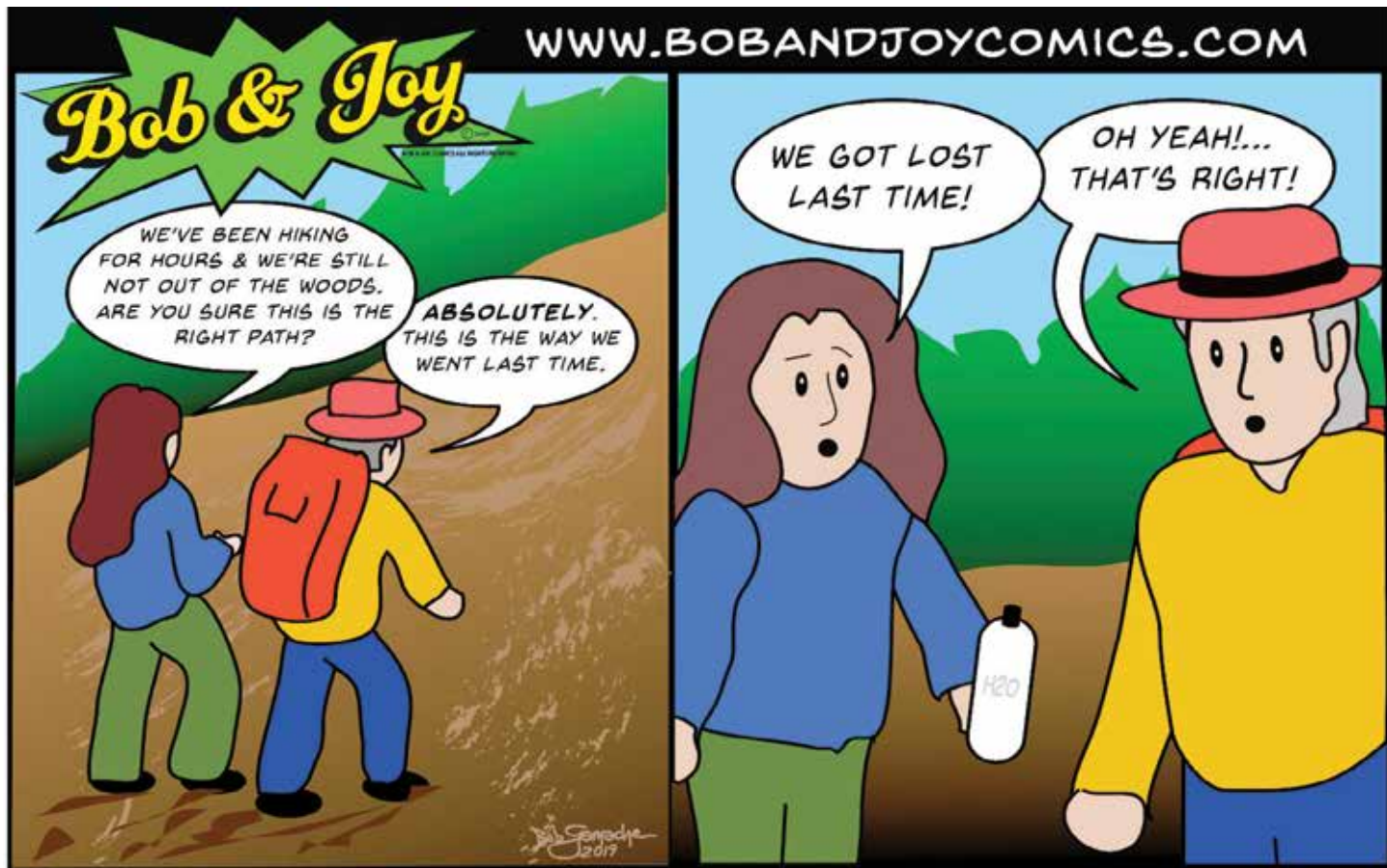
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SALT WATER POOL MYTH

TRUE or FALSE? Salt water pools are chlorine-free. **FALSE!** Salt water pools are very much chlorinated. Salt (Sodium Chloride) is added into the swimming pool for chlorine generation. Instead of adding chlorine directly to the pool water with granular, tablet, or liquid chlorine, salt water chlorinating systems use electrolysis, which releases the chlorine from the salt in the water. When the chlorine mixes with the water, it creates liquid chlorine, which then mixes with the pool water, providing the sanitizing component to the system. A more accurate term for a salt water system would be a pool with a Salt Chlorine Generator. Unfortunately, salt water pools contain exactly the same chlorine as a traditional pool and they are not equivalent to swimming in the ocean. Chlorine is an affordable, toxic chemical that kills all bacteria and pathogens in the pool but at the same time research proves that it is slowly killing us.

In addition, a huge negative side effect is that salt water is corrosive to all metal in and around the pool. For example: ladders, rails, heaters, motors, light fixtures and hardware, and structural stainless-steel pool walls. Salt water also causes premature wear to concrete, plaster, and other masonry poolside. Salt water pools are also bad for the environment as they are neither eco-friendly or chemical free causing countries to ban these systems due to salinity. Salinity is the build-up of salt in the soil and water. This has a major negative impact on plants, animals, and crops. Salinity increases the cost of treating water for drinking, renders farmlands useless, reduces biodiversity of plants and animals, and is costing the economy millions per year.

Fortunately, for health-minded individuals, who want to stay consistent with their natural, organic, non-gmo lifestyle there are alternatives. Having a 100% chlorine-free pool is a reality. Copper ionization, Titanium oxidation, ozonation, UV sanitation, mineral dispensing, and using non-chlorine granular shock have been around for decades keeping swimming pools pristine without any chlorine. Two factors are needed to keep a pool pristine without chlorine. They are the Copper factor and the Oxidation factor. Copper is a natural algaestat and Oxidation means introducing Oxygen into the water as the sanitizer. This is an all-natural safe swimming alternative that has no negative side effects to the environment or your health.

“Go GREEN! Get OUTTA CHLORINE!”



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