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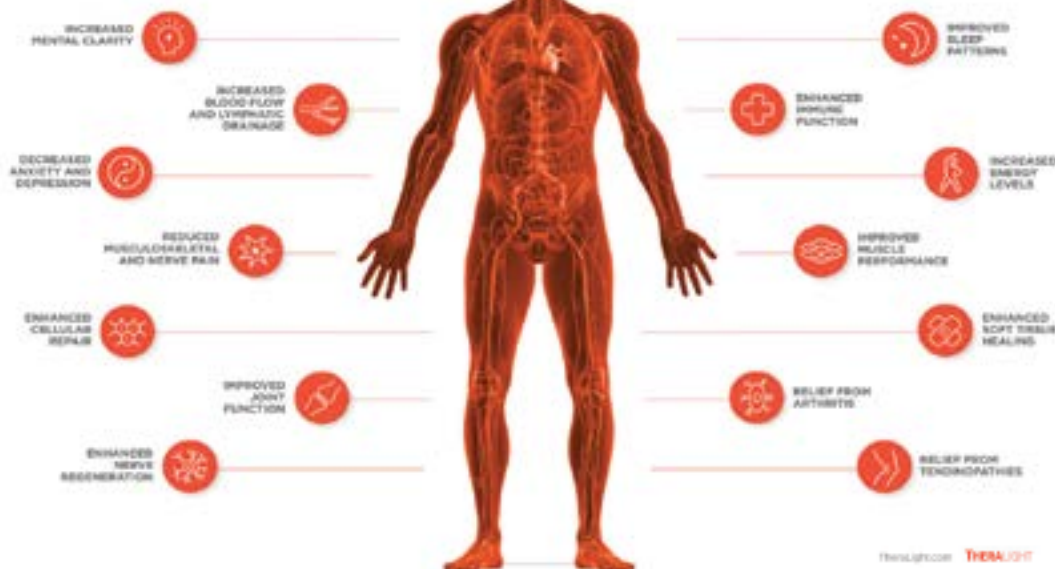


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Joe & Asta Dunne,
Publishers

I have a tattoo on my right arm that reads "See the Good". It is a reminder of where my thoughts should start in every situation. It is a reminder that seeing what is wrong first is cemented in judgement and blame, criticism and ego.

It's a struggle for me to see what is good first no matter what, especially when I listen to talk radio, sports talk or various podcasts, along with cable channels. They all seem to serve the same primary purpose: deliver a constant stream of negative, critical outbursts about what is wrong and who to blame.

So, I try to imagine a world where we start the conversation with what people did right. With a better understanding of what they were doing and how hard the job must be. Seems to me a bit more empathy would go a long way, not only for others but for yourself.

We know that positive thinking possesses powerful connections to core elements such as hope and gratitude. And, like everything else, it is a practice, a dedication, a journey of transformation. It lowers stress and anxiety through managing perception and interpretation. See the good, not the disaster; see the possibilities instead of the obstacles; make progress, not perfection. Small changes lead to large outcomes.

Creating a new habit starts with intention. So, when I wake up every morning and I start by deciding to have a positive day. I strive to be around people who are good for the type of person I want to be. I make it a habit of not hanging around with negative people. Whether in person or on media, negativity is no good for me.

As we go through this month, I wish positive thoughts for all of us. The great thing about this is there is no downside to helping make the world a better place from the inside out.

With peace, love and laughter,

Joe & Asta





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Toltec Overnight Retreat – Spring Equinox Mitote



This Spring Equinox, March 21–22, Janet StraightArrow will guide an 18-hour Toltec Mitote ceremony inspired by the teachings of Don Miguel Ruiz, author of *The Four Agreements*. The overnight experience is designed to clear outdated

patterns and stored emotional energy while expanding awareness through chanting, rest and dreamwork.

A Mitote is a sacred Toltec shamanic ceremony that moves through waking, sleeping and lucid dreaming states. Participants rotate in chanting rounds while others rest in a circle around an indoor fire, supporting energetic release and visionary insight.

StraightArrow began her shamanic path in 1992 and apprenticed with Doña Bernadette, training in Peru, Mexico and New Mexico. She now leads annual Mitote ceremonies for personal breakthrough and renewal.

The retreat begins Saturday at 3 p.m. with preparation and a light meal, followed by the midnight ceremony and sunrise reflection. Fee is \$333. A brief call is required prior to registration.

Call 973-647-2500 or visit BeTheMedicine.com for details. See ad, page 11.

A Sacred Weekend to Know and Live Your Authentic Self

Soul Shamanism Training—A Weekend With Your Soul, guided by Shaman Janet StraightArrow, will be held May 29–31 at the Himalayan Institute Yoga Center in Honesdale, Pennsylvania. This immersive retreat introduces an ancient Siberian practice that helps participants discover who they are and why they are here, experiencing themselves on both human and spiritual levels.



Participants engage in awareness practices and healing work to release patterns that block authentic living. They journey to the “Spirit Lake,” meet their Soul—known as the Spirit Twin—and begin aligning body and Soul for greater clarity and empowerment. Designed for healers, teachers and dedicated seekers, the training includes advanced teachings, a Divine Playbook, recorded practices, post-retreat Zoom integration and access to an ongoing practitioner community.

Cost: \$695; payment due by May 1. Visit BeTheMedicine.com for details or to register. See ad, page 11.

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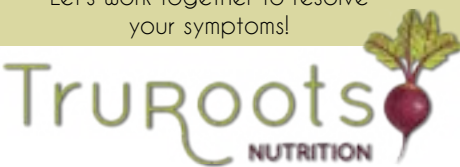
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Amanda Fano, MS, RDN
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Soul-Inspired: Going Beyond the Voice of Fear Offers Compassionate Guidance for Emotional and Spiritual Well-Being

Debbie Carcuffe of Portal of Healing in Chester has released *Soul-Inspired: Going Beyond the Voice of Fear*, a heartfelt new book helping readers understand fear-based patterns, emotional triggers and the protective role of the ego. Rooted in her work in emotional wellness and spiritual growth, the book blends psychological insight with soul-centered awareness to support healing and inner peace.



In *Soul-Inspired*, Carcuffe guides readers in transforming fear-based conditioning that appears as overthinking, people-pleasing, self-doubt or emotional shutdown. At a time of heightened anxiety, the book offers an accessible framework for moving beyond survival-mode living.

Fear often disguises itself as logic or safety, fueling disconnection from one's authentic self. Beneath that noise lies steadier inner guidance—the voice of the soul. Integrating inner child healing, shadow work and practical tools, the book helps readers distinguish fear from wisdom and reconnect with wholeness.

Available in paperback and eBook on Amazon. An in-person workshop series begins in March.

For class schedules and more information, visit PortalofHealing.com, follow @portalofhealing on Instagram, or call 201-841-0358. See ad, page 10.

SpiritHealer Wellness Celebrates 4th Anniversary

SpiritHealer Wellness will celebrate its four-year anniversary on April 4, 2026, from 10 a.m. to 8 p.m., with a full day of workshops, intuitive readers and holistic vendors at its Randolph location, 10 West Hanover Ave., Suite 107.

Founded by Nicole Colella, the center has become a community hub for spiritual self-care and connection. Guests can enjoy free admission, with fees for select workshops and special events. Advance registration is recommended.

Also, Nicole will be offering consultations at The Heart of Oneness Expo, booth #633, on March 27-29.

For the full schedule and details, visit SpiritHealerWellness.com or contact Nicole at 973-944-0051 or Nicole@SpiritHealerWellness.com. See ad, page 17.

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Three-Day Event in Panama City Beach Focuses on Harmonic Living and Sound Immersion



how we live, heal, and thrive.

Unlike traditional wellness expos focused on products and protocols, EXPHARMACON 2026 is designed as an experiential event, blending education, immersive Sound Bath sessions, and practical discussions around what organizers call Harmonic Living — an approach centered on alignment, balance, and intentional lifestyle choices.

Set against the calming backdrop of the Gulf Coast, the event will bring together speakers, facilitators, and attendees who share a curiosity about alternatives to one-size-fits-all health narratives. Through guided sessions and immersive experiences, participants will explore how sound, environment, and intention can influence clarity, stress reduction, and overall well-being.

“EXPHARMACON isn’t about rejecting modern medicine,” organizers say. “It’s about expanding the conversation. Many people feel there must be more to wellness than prescriptions

alone, and this event creates space to explore that — responsibly, experientially, and without pressure.”

What if the modern health system isn’t built around wellness at all, but around long-term dependency? That question sits at the center of EXPHARMACON 2026, a three-day health and wellness experience coming to Panama City Beach that challenges conventional thinking and invites attendees into a different conversation about

Cornerstones of the event include a Sound Bath, Quantum Meditation and brainwave entrainment practices, where attendees experience carefully designed sound environments intended to encourage relaxation, focus, and nervous-system reset. These sessions are paired with discussions around conscious living, personal responsibility, and how small, intentional changes can have a meaningful impact on daily life.

The timing and location of EXPHARMACON 2026 are intentional. Panama City Beach offers a rare quartz sand beach to ground and reconnect to the energy of this natural setting that complements the event’s themes, giving attendees the opportunity to step away from noise and routine while engaging in a deeper exploration of wellness concepts.

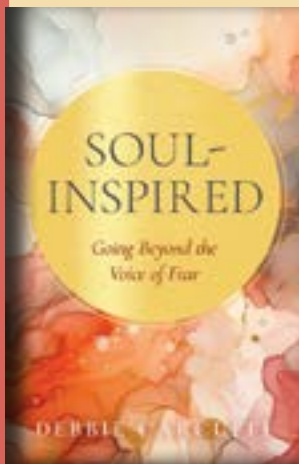
Organizers emphasize that EXPHARMACON 2026 is educational and experiential, not medical in nature. The event does not provide diagnoses or treatments, but instead focuses on lifestyle awareness, personal exploration, and community dialogue.

Attendance for EXPHARMACON 2026 is limited, reinforcing its emphasis on quality experience over scale. Tickets and accommodation information are available now, and early booking is encouraged due to anticipated demand.

For those who have ever questioned whether health can be approached differently — more intentionally, more holistically, and more personally — EXPHARMACON 2026 offers an invitation to explore what that might look like.

EXPHARMACON 2026 April 24–26, 2026 Panama City Beach, Florida Tickets and accommodation details are available at [EXPHARMACON.com](https://www.EXPHARMACON.com). Educational and experiential event. Not medical advice. See ad, page 7.

Portal of Healing Debbie Carcuffe



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Jury Is Still Out on Hot Yoga

A 2025 systemic review in *Sports Medicine* – *Open* examined the effects of hot yoga on the body and mind. Hot yoga is practiced in warm to hot conditions, typically at temperatures at or above 77° F. The review of 43 studies involving 942 predominantly female participants assessed the immediate and long-term effects of the practice. Many of the studies had small sample sizes or inadequate experimental designs.

The researchers found that body temperature and heart rate rose after a single session of hot yoga, but it did not require greater energy compared to yoga performed at normal temperatures. Longer sessions of hot yoga led to some improvements in flexibility, balance, bone mineral density, body composition and cardiovascular indicators such as blood lipid profiles.

The researchers found encouraging but not definitive evidence that hot yoga may alleviate psychological and affective disorders, as well as improve cognitive function. Noting that there were reports of ill-health following hot yoga practice, the researchers concluded that while hot yoga appears to offer some health and functional benefits, claims that it is superior to other forms of exercise or yoga are not yet backed by strong evidence.



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Bison Outshines Beef for Cardiovascular Health



Bison poses a lower risk of fatty plaque formation in the arteries than beef, according to a 2013 double-blind clinical trial published in *Nutrition Research*. The study was small, involving

14 healthy males that consumed equal amounts of both meats. Cardiovascular biomarkers were evaluated before and after a single 12-ounce serving, as well as before and after seven weeks of chronic consumption, defined as 12 ounces per day, six days a week.

A single bison meal caused less elevation in triglycerides, oxidative stress and oxidized low-density lipoprotein (LDL or “bad cholesterol”), as well as better artery dilation, compared to the single beef meal. After the seven-week consumption period, neither meat caused weight gain or changes in cholesterol levels. However, beef led to increases in inflammatory and oxidative stress markers, as well as a decline in blood vessel responsiveness, while the bison did not.

Although all meat cuts used in the study were considered lean, bison has a healthier fatty acid profile with more omega-3s and less saturated fat than beef. While both are red meats, bison appears to place less strain on the cardiovascular system, making it a potentially healthier red-meat option.



Kristy Georges, Berto Ordieres/Shutterstock

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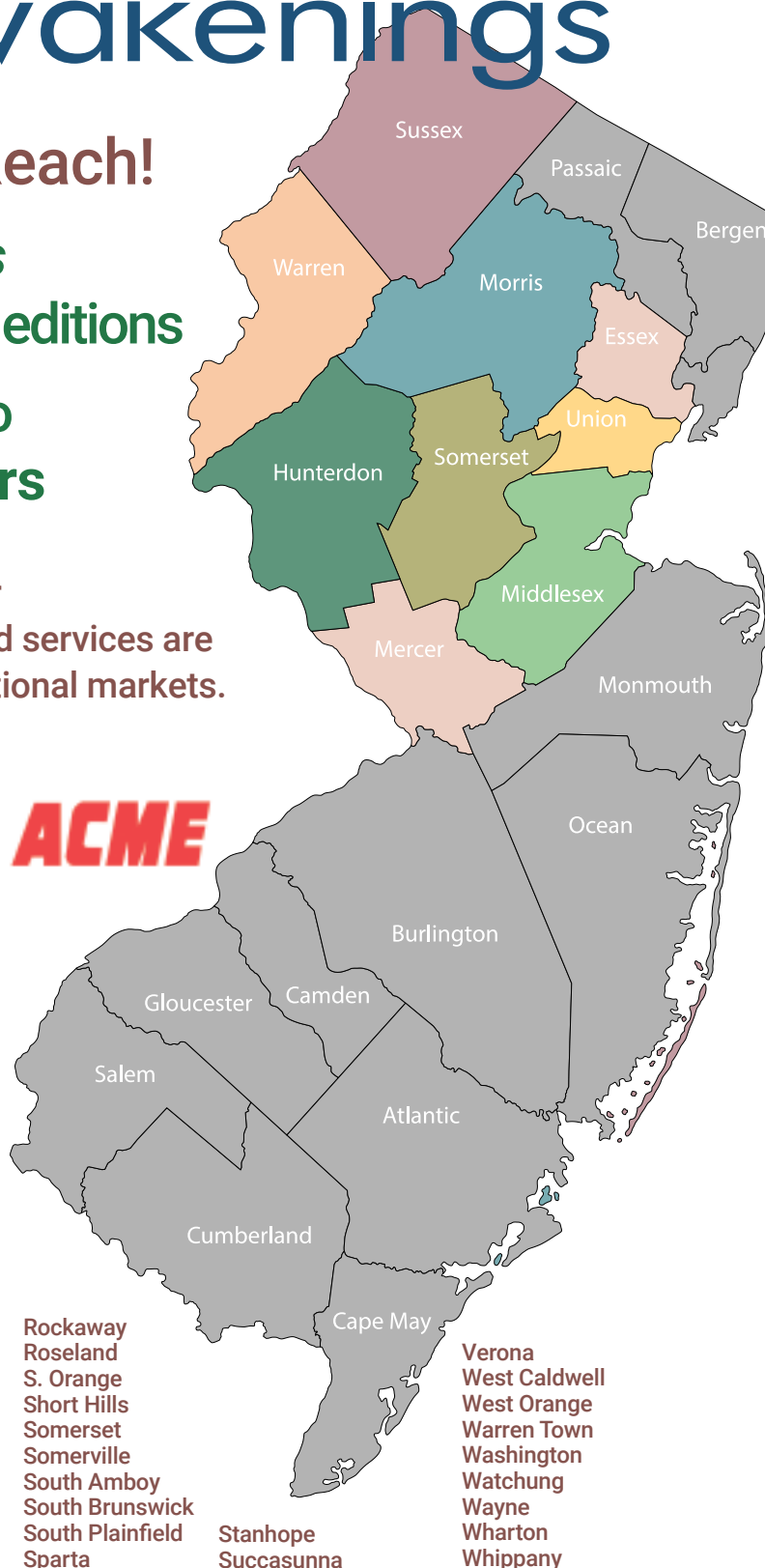
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Nourish & Flourish: A Gentle Path to Rebuilding After Loss

By Nicole Marie

Loss changes us. Whether it comes through the death of a loved one, the end of a relationship, a health crisis, or a life that no longer resembles what it once was, grief has a way of quietly reshaping everything. Many people expect healing to look like moving forward, staying busy, or finding motivation again. But grief doesn't work that way. It asks something far more subtle of us first: nourishment.

In a culture that often praises resilience and productivity, slowing down after loss can feel uncomfortable—or even wrong. Yet grief is not something to push through. It is something to tend to. Before we can flourish again, we must be nourished.

Grief affects the whole person. Emotionally, it brings waves of sadness, anger, confusion, or numbness. Physically, it can disrupt sleep, appetite, and energy levels. Mentally, it often clouds concentration and decision-making. When the nervous system is overwhelmed, growth cannot be forced. Just as a plant cannot bloom in depleted soil, a grieving person cannot flourish without care.

Nourishment is not about fixing grief or making it go away. It is about creating enough safety and steadiness in the body to allow healing to unfold naturally.

One of the most supportive forms of nourishment is mindful awareness—learning to gently return to the present moment when grief pulls us into overwhelm. A simple grounding practice many people find helpful is the 5-4-3-2-1 technique, which involves naming five things you can see, four you can feel, three you can hear, two you can smell, and one you can taste. This practice helps anchor the nervous system in the here and now, offering relief when emotions feel too big or

unmanageable.

Breathing techniques are another powerful yet accessible form of nourishment. Slow, intentional breathing sends a message of safety to the body. One commonly used practice is 4-7-8 breathing: inhale through the nose for four counts, hold for seven, and exhale slowly through the mouth for eight. Even a few rounds can help calm racing thoughts, ease anxiety, and soften physical tension that often accompanies grief.

Grief also lives in the body, which is why somatic self-care—care that involves physical sensation—can be deeply comforting. Something as simple as a self-care hug, where you wrap your arms around yourself and gently squeeze, can provide reassurance during moments of loneliness or distress. Placing a hand over the heart or on the belly while breathing slowly can also create a sense of connection and containment when emotions feel overwhelming.

Movement-based practices such as gentle yoga or stretching offer another way to nourish the body without forcing energy or productivity. Grief-friendly yoga focuses less on performance and more on presence—moving slowly, noticing sensations, and allowing the body to guide the pace. These practices help release stored tension and remind the body that it is safe to soften, even in the midst of sorrow.

Nourishment also comes through self-care hobbies—activities that provide moments of rest, creativity, or quiet enjoyment without expectation. This might include walking in nature, journaling, knitting, gardening, painting, listening to music, or reading. These activities are not distractions from grief; they are gentle companions that create space for

the nervous system to reset and recover.

Perhaps one of the most important aspects of nourishment is learning to listen to what the body is telling us. Grief often communicates through physical cues—fatigue, tightness, restlessness, or heaviness. Instead of pushing through these signals, nourishment invites curiosity. What does my body need right now? Rest? Movement? Connection? Silence? Honoring these messages builds trust between the mind and body and supports healing at a deeper level.

When nourishment is present, flourishing begins quietly. It does not arrive as sudden joy or dramatic transformation. More often, it shows up in subtle ways: a deeper breath, a moment of calm, a brief spark of interest or creativity. These small shifts are signs of life reemerging—not because grief has disappeared, but because it is being held with care.

Flourishing after loss does not mean forgetting or “moving on.” It means learning how to carry grief differently. It means discovering

that sorrow and meaning can coexist. As nourishment becomes part of daily life, many people find themselves reconnecting with who they are becoming, not who they were before.

If you are grieving, consider this an invitation rather than an expectation. You do not need to rush healing or search for silver linings. Ask instead: What would nourish me today? The answer may be small, simple, and ever-changing.

With gentle nourishment, flourishing follows in its own time. Grief may always be part of your story, but it does not have to be the only chapter. You are allowed to heal slowly, listen deeply, and grow again—with compassion for all that you have carried.

Nicole Marie, C-LC, is a Certified Grief & Life Coach at Through The Tears Life Coaching, 530 Main Street, Suite 4B, Office # 4, Chester. For more information, call 908-509-4772 and visit ThroughTheTears.com. See ad below.



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Using Food To Heal

A Look at Anti-Inflammatory and Elimination Diets

by Hannah Tytus



minahus/AdobeStock

There is a growing movement to use food as a primary means for preventing and managing disease. Before reaching for pharmaceuticals or even supplements, people are seeking healing on the plate. According to a 2024 academic article in the *Nature Partner Journal Science of Food*, scientific advances in our understanding of nutrition at the cellular level are driving a food-first strategy. Key micronutrients have been identified to reduce inflammation and promote cellular regeneration and repair, prompting practitioners to champion dietary modifications that soothe chronic symptoms, repair gut integrity, rewire immune signaling and reach metabolic balance.

“Healing the gut is the backbone of my practice,” says Lorraine Maita, M.D., a triple board-certified internal, integrative and functional medicine specialist who helps patients harmonize their hormones and detoxify their bodies through her Restore & Rejuvenate program at The Feel Good Institute. Whether a patient needs to lose weight, have more energy, regain their focus or sleep better, Maita’s approach centers on eliminating foods that trigger inflammation and replacing them with deeply nourishing ingredients.

Dianne Moore, a functional nutrition coach, restorative health practitioner and founder of MooreBetterFood, asks her clients to keep a food and symptom journal to diagnose the underlying causes of their health challenges. Writing down a detailed description of each meal, as well as the time and how the body responds 30 minutes after

eating—including energy levels and any digestion issues or discomfort—helps make patterns more visible without requiring testing.

Anti-Inflammatory Food Protocols

Inflammation is the body’s first line of defense against dangerous pathogens, damaged cells and irritants, as well as a crucial biological process for healing and recovery from injuries and infections. However, problems arise when the immune system remains activated all the time. Chronic inflammation is linked to many health issues, including cancer, cardiovascular disorders and autoimmune conditions, according to a 2024 article in *Cells*.

A 2023 article published by the medical education platform StatPearls notes that an anti-inflammatory diet is one of many interventions that help calm an overactive immune response. Two of the most popular such diets are the Mediterranean Diet and the Dietary Approaches to Stop Hypertension (DASH) Diet, which prioritize fruits and vegetables, whole grains, unsaturated fats and proteins sourced from legumes and lean meats. Inflammatory foods including highly processed products, high-fat dairy, refined grains and sugars, artificial sweeteners and industrial seed oils are significantly reduced or eliminated.

Staying well-hydrated and pairing carbohydrates with protein, fiber or fat help keep blood sugar steady—further reducing inflammatory stress, according to the Joslin Diabetes Center. An anti-inflammatory

food protocol is best viewed as a long-term foundation, rather than a strict diet.

Elimination Diets

According to Maita, “People that have experienced trauma, infections or general inflammation may become more sensitive to food. Some individuals may even be sensitive to healthy whole foods. Identifying which foods are contributing to common symptoms can be challenging. This is where elimination diets can be helpful.”

An elimination diet is a short-term process that removes specific foods from the diet and then slowly adds them back in while observing changes in symptoms, according to a 2024 educational article published by StatPearls. These diets are commonly used to identify food intolerances or sensitivities and to manage conditions such as irritable bowel syndrome, migraines, allergic skin reactions and other inflammatory or digestive issues.

Most elimination diets focus on common food allergens including wheat, tree nuts, peanuts, animal milk, eggs, soy, fish and shellfish. “A functional medicine elimination diet may also include eliminating corn, all dairy and any artificial ingredients,” says Maita. The process typically begins with an elimination phase, during which these foods are fully removed. This can range from a few days to several weeks in more structured protocols. Even short eliminations can help people notice connections between what they eat and how they feel.

After the elimination period, foods are reintroduced one at a time. If symptoms return after adding a specific food back in, it may be contributing to the problem. Maita notes that the goal is not long-term restriction, but awareness—identifying which foods support health and which may need to be limited or avoided.

Elimination diets work best when they are time-limited and intentional. Staying on

restrictive diets too long can lead to nutrient gaps or stress around food, which is why reintroduction and practitioner guidance are important. If symptoms do not improve, the information gained can help determine whether further testing is needed. Used thoughtfully, elimination diets are a practical and accessible tool within a food-first framework.

When To Seek Practitioner Support

According to Maita, an elimination diet can be both therapeutic and diagnostic. The response—or lack thereof—to dietary changes can help clarify whether food is playing a meaningful role in a person’s symptoms, while also informing next steps in care. Additional testing may be necessary to provide

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Feature Story

more individualized guidance. Maita points out that the interpretation of results is most effective when ordered and reviewed by a trained practitioner that can analyze the data within the context of the patient's symptom history, diet, lifestyle and stress patterns.

Some of her patients experience a Herxheimer reaction involving a flu-like worsening of symptoms, constipation or extreme cravings. These changes are most often temporary and do not pose a serious risk to health, and she has strategies to prevent or eliminate these reactions. It is helpful to have a roadmap, along with tips for getting through the discomfort. When detox reactions hit, Maita recommends that patients slow down, rest, hydrate with lemon water and spend some time at the sauna or in an Epsom salt bath.

Healing Our Relationship to Food

A key goal of food-first approaches is maintaining a healthy relationship with food. Practitioners encourage their patients to celebrate the foods they can add to their diet, rather than mourn what has been taken away. This includes the rainbow of delicious produce options they can have on every plate, a rotating selection of proteins



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and even new ingredients such as venison or bison.

For some patients, elimination diets can open doors to unexpected favorite foods. Moore shares how one patient that discovered she had a sensitivity to salmon, which

she loved, found cod—a new fish to enjoy. These experiences help broaden perspectives and reduce feelings of deprivation. Keeping food enjoyable means finding creative alternatives. For example, someone that cannot tolerate garlic bulbs may be able to infuse garlic into oil to capture flavor and nutrients without any associated symptoms.

Food is at the center of all sorts of celebrations and rituals, whether shared with friends and family, or enjoyed alone as an act of self-care. Moore coaches clients that are following an elimination diet to plan ahead for social settings. This may include reviewing a menu online for an upcoming restaurant outing; bringing a diet-compliant dish to a potluck dinner to be enjoyed and shared with others; or politely letting a party host know of any dietary restrictions well in advance of the event. “Most people want to cheer you on if you’re doing something for your health,” she says.

Maita also cautions against setting unrealistic goals. “We are looking for progress, not perfection. You will never reach perfection—relax. Experiment with it,” she says, adding that she has seen patients succumb to orthorexia, a disordered obsession with healthy eating. She also notes that eating the same foods every day can induce or worsen sensitivities. Joyful variety, supportive relationships and flexibility are essential parts of healing.

Food-first approaches are ultimately about discovering what helps the body thrive. Elimination diets and anti-inflammatory protocols offer powerful tools for uncovering sensitivities, reducing inflammation and restoring balance. By focusing on small, sustainable changes, individuals can build a foundation for long-term wellness, vitality and resilience.

Hannah Tytus is an integrative health coach, former writer at the National Institutes of Health and host of the Root Shock podcast, exploring our understanding of health.

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Insights From The Gut Biome Lab

A Conversation With Ravinder Nagpal

by Sandra Yeyati

Ravinder Nagpal, MSc, Ph.D., an associate professor specializing in nutrition and the microbiome at Florida State University (FSU), helms The Gut Biome Lab, a research team that studies the role of nutrition in maintaining gut health and preventing or treating chronic disease. He serves on the editorial teams of several peer-reviewed medical journals, most notably as editor-in-chief of *Gut Microbiome and Health* and associate editor of *Frontiers in Microbiomes* and *Frontiers in Nutrition*.

Nagpal's research is supported by numerous governmental agencies, commodity boards and industry associations, including the U.S. Department of Agriculture, Florida Department of Health,

Infectious Diseases Society of America, U.S. Environmental Protection Agency, National Institutes of Health, The Institute for Successful Longevity at FSU, Academy of Nutrition and Dietetics, The Almond Board of California and The Peanut Institute.

How do you define the gut microbiome, and why is it important?

The gut microbiome is a very dense, complex community of various bacteria, fungi and protozoa that live in our gut during our entire life span. We are born with a very simple microbiome. As we age, environmental exposures come into play. By the time we are 2 or 3 years of age, our microbiome starts becoming very rich, with over 1,000 species of bacteria and fungi that impact our overall health by helping us to digest food, maintain good metabolism and regulate our intercellular immune system.

How can we determine if we have a healthy microbiome?

The microbiome is very personalized. It varies from person to person, and within a person, the microbiome varies during the life span, depending on the diet, lifestyle habits, travel, medications, etc. There is no gold standard, universal definition of a healthy microbiome. It is the one you carry when you are feeling healthy and fine. However, there are a few specific bacterial species that are known to be beneficial for everyone and some species that are known to be pathogenic for most or all.

When we do our research studies, we collect fecal samples from each subject and scan their entire microbial community. We identify the ratio of beneficial bacteria over opportunistic or pathogenic bacteria, noting any toxigenic or potentially pathogenic bacteria that are out of proportion, which would indicate a bad or unhealthy, misbalanced microbiome known as dysbiosis.

How can we maintain a healthy gut microbiome?

Many factors contribute to a good microbiome, including exercise, good sleep habits and a stress-free routine, but the most important factor is the food that we eat. We have thousands of species



Courtesy of Ravinder Nagpal

of bacteria, and each of those species has their own food preferences. The majority of the diet should be plant-based, including a diversity of fruits, vegetables, salads, minimally processed grains, legumes, nuts and seeds.

Avoid overeating and stay away from ultra-processed foods. Prioritize a nutrient-rich rather than calorie-rich diet. Make sure to consume an organic diet that is free from chemicals, additives, emulsifiers, pesticides and antibiotics. Variety is super important. Eat different foods from all the food groups daily. Different types of fiber support different types of beneficial bacteria, so we need to make sure that our diet is diverse.

Do you recommend taking probiotic or prebiotic supplements?

As long as someone is healthy, they don't really need probiotic supplements. You already carry your own beneficial probiotics; just nurture them by eating a healthy diet. Probiotics in the U.S. are sold as food supplements, which means that they are not required to be clinically tested and validated, so we may not know if they are actually going to be really effective. Prebiotics, defined as food components like fiber and resistant starches, as well as fermented foods and vegetables, are more effective than commercial probiotic supplements because they feed the indigenous population of beneficial and commensal [neither harmful nor beneficial] bacteria.

What discoveries have you recently made in The Gut Biome Lab?

For decades, Alzheimer's disease and related dementias were believed to originate exclusively within the brain, driven by the impaired functioning of neurons and proteins, as well as plaque buildup. However, our recent research has revealed that older adults with mild cognitive impairment who are at risk for Alzheimer's harbor a distinct gut microbiome compared to healthy individuals, indicating that gut health could be both a marker and a modifiable risk factor

in disease progression. This discovery may facilitate novel avenues for prevention and management, including dietary and lifestyle changes to restore microbiome homeostasis to support neurocognitive health.

Our research has also discovered that obesity can heighten a predisposition to cognitive decline via alterations in gut-microbiome-brain signaling, a mechanism that has been largely under-explored in aging populations.

This highlights the gut-muscle-brain axis as a modifiable target to enhance cognitive health in aging populations.

Sandra Yeyati is national editor of Natural Awakenings.



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Fiber's Fun Side

Delicious Ways To Boost Daily Intake

by Maya Whitman

Studies consistently show that the vast majority of Americans fail to consume enough fiber in their diet, even though it has been shown to significantly reduce the risk of heart disease, diabetes, obesity and colorectal cancer. The Academy of Nutrition and Dietetics recommends that adults aim for 14 grams of fiber per 1,000 calories consumed, which is about 25 grams for women and 38 grams for men daily. Adequate fiber is indispensable for lowering inflammation and maintaining digestive, cardiovascular and metabolic health.

Many of us believe that fiber-rich foods are unappetizing and difficult to digest, when in fact, they can be versatile and enjoyable components of a well-rounded diet. “Across cultures, some of the most comforting and flavorful dishes are naturally high in fiber. These meals rely on legumes, vegetables and whole foods as their foundation, and have done so long before fiber became a nutrition buzzword,” says Registered Dietitian Nutritionist Nichole Dandrea-Russert, author of *The Fiber Effect* and co-author of *Powered by Plants: Nutrient-Loaded 30-Minute Meals to Help You Thrive*.



Prapol Srinakara/Shutterstock

Soluble and Insoluble Fibers

According to the Mayo Clinic, soluble fiber—which dissolves in water and forms a gel-like material in the stomach—slows digestion and increases feelings of fullness, helping us to control our weight and lower cholesterol and blood sugar levels. It is found in beans, oats, apples, bananas, avocados, citrus fruits and carrots. Insoluble fiber, which does not dissolve in water, helps to move material through the digestive system and adds bulk to stool, helping to prevent constipation and promote regularity. It is found in nuts, beans and vegetables such as cauliflower and potatoes. Most plants have a combination of soluble and insoluble fiber.

Boosting Our Daily Intake

Given all the wonderful fruits, vegetables, grains, seeds, nuts, beans and legumes available, adding fiber is easy, as well as an opportunity to play with flavors, colors and textures. For crunch, color and a refreshing taste, nothing beats a good slaw with shredded purple cabbage, carrots, green apples, turnip greens and spicy radishes. Sushi roll-ups served with wild rice, avocado and baked sweet potato is a filling, complete meal. To satisfy our sweet tooth, fiber-rich Medjool dates filled with raw pistachios, creamy nut and seed butters or tangy goat cheese hit the spot.

“Fiber comes in a few different forms, and most plant foods contain a mix of them, so you don’t need to overthink it,” explains Sandra Turnbull, a registered dietician and owner of Midlife Nutrition and Coaching, in British Columbia, Canada. “You don’t need to track fiber types. Eating a variety of plant foods naturally gives you the mix your body needs.”

Turnbull points out the variety of textures associated with fiber, including the crunch of vegetables, the creaminess of beans and the chewiness of whole grains. For fiber-rich snacking, her favorite options include popcorn, edamame pods and yogurt with berries. She also highlights the significance of prebiotic fiber, a dietary ally that nourishes beneficial gut bacteria and is found in onions, garlic, leeks, asparagus, bananas, oats and beans.

Dandrea-Russert recommends adding at least three plant-based colors into each meal, such as blueberries, banana and chia seeds into oatmeal; arugula, tomato and red onion in a sandwich; or sprouts, greens and shredded carrots into a wrap. To start the day, her “avocado toast salad” consists of mashed avocado on whole-grain sourdough, topped with arugula, matchstick radish, red onion, shaved ginger, fresh herbs, sprouts and microgreens, all drizzled with a squeeze of lemon. She favors a handful of nuts or toasted chickpeas as a healthier alternative to chips.

With fruits, Dandrea-Russert stresses the importance of consuming

the skins, particularly those of organic apples, kiwis and grapes, as they offer the benefits of insoluble fiber. In general, she prioritizes whole-food, minimally processed sources of fiber-rich foods, noting, “We’re not just consuming fiber in isolation; we’re benefiting from the full spectrum of compounds that work synergistically in the body.”

General Tips

According to Dandrea-Russert, mild bloating or gas is a normal initial response to consuming fiber and often indicates that beneficial gut bacteria are waking up and thriving. With consistency and patience, digestion typically becomes more comfortable and resilient.



Turnbull advocates for a gradual approach to increasing fiber intake, emphasizing the importance of chewing foods thoroughly and introducing one higher-fiber food at a time to allow the gut to adjust. “Fiber and fluids work best as a team,” she adds. “When people increase fiber without drinking enough, they’re more likely to run into trouble with bloating or constipation.

Sip water regularly throughout the day, rather than chugging it all at once.” Incorporating foods with natural fluid content like soups, stews, smoothies or juicy fruits can also help.

Soaking dried beans for 12 to 24 hours and discarding the soaking water before cooking in fresh water can enhance digestibility. Adding a piece of kombu seaweed or spices like ginger, cumin, fennel, coriander seeds or bay leaf to the beans’ cooking water can help reduce gas-producing compounds while subtly enhancing the flavor. Drinking peppermint tea or chewing fresh rosemary leaves after meals can relax digestive muscles and alleviate discomfort.

Adding fiber to our diet is an opportunity to discover new culinary experiences and marvel at the amazing variety of nourishing options. Dandrea-Russert says, “Pausing to feel gratitude for the thousands of edible plants available to us with fiber as their foundation can shift how we relate to food.”

Maya Whitman is a frequent writer for Natural Awakenings.



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¼ cup white (or black) chia seeds
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Add everything but the almonds to a medium-sized bowl or 16-ounce mason jar. Stir well so that the chia seeds are dispersed throughout the milk mixture.

Place in the refrigerator. After approximately 30 minutes, stir the mixture again and let it sit in the refrigerator for another 1 to 2 hours before serving.

When ready to serve, top with crushed almonds.

Recipe and photo courtesy of Nichole Dandrea-Russert of PurelyPlanted.com.

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JoAn was recommended for knee replacement surgery after suffering from debilitating knee pain for years but was determined to find alternative ways to regain her mobility and live pain-free. After just one month of using NuvoCell, she is amazed by the results she has seen in her knee and in her quality of life.



Brian, a 3x world champion rodeo rider, struggled with back pain for years from competing. After trying various treatments, he found real relief with NuvoCell. Hear his story and why he is continuing to use NuvoCell on his back and other areas.



Brad, a retired contractor, lived with severe shoulder pain for over 50 years after a car accident left him with a separated shoulder, broken collarbone, and torn rotator cuff. A recent fall made things worse, forcing him to give up golf and basketball. Recently, his wife introduced him to NuvoCell. After applying it twice daily for two months, his pain dropped by over 90%. Today, Brad is back to playing golf, shooting hoops, and enjoying life again - pain-free.



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Data-Driven Wellness

Functional Lab Testing To Personalize a Healthy Lifestyle

by Hannah Tytus

Functional lab testing extends beyond conventional tests to assess body systems such as gut function, hormone balance, nutrient absorption and detoxification. By analyzing a broader range of biomarkers and using wider reference ranges, practitioners can design personalized nutrition, lifestyle and supplement strategies that address the underlying drivers of health.

When applied judiciously, functional testing empowers patients with actionable insights, guiding them toward improved digestion, nutrient utilization, hormonal balance and overall well-being. Dr. Aumatma Simmons, a double board-certified naturopathic doctor and endocrinologist, underscores the importance of collaborating with a professional before undertaking functional lab testing to save time, money and confusion. Not all tests are equally reliable, and an

experienced practitioner can help separate the fluff from the facts.

“I do not like to over-test because of the expense. If an elimination diet brings symptom relief, for example, then less testing and fewer supplements are needed,” states Lorraine Maita, M.D., an internal, integrative and functional medicine specialist at The Feel Good Institute.

Limits of Conventional Lab Work

“Conventional lab testing is designed based on averages, and those averages are not always what’s optimal,” explains Simmons, noting that many conventional reference ranges are broad, encompassing a diverse population without specifying what truly constitutes ideal health. From a functional perspective, she says, lab tests are interpreted

with a focus on optimizing health, rather than merely adhering to the normal range.

According to Maita, another limitation of conventional lab tests is that they solely indicate the presence of nutrients in the bloodstream without providing insight into the body’s actual absorption or utilization of those nutrients. “Just because you’re eating healthy does not mean that food is being digested, absorbed and assimilated. A lot of blocks can happen along the way,” she explains, adding that functional lab testing adds more detail to help clarify what is really going on in the body.

Common Functional Testing

Stool Test for Gut and Immune Function:

A stool test examines the presence and absence of microorganisms to gain a better understanding of the gut microbiome within the body. In addition to taking a census of the various beneficial bacteria, this test also assesses the presence or absence of specific digestive enzymes, parasites, worms, yeast or inflammation markers. In Maita’s practice, this test allows her team to provide personalized, precision medical care to address microbiome imbalances and immunological stressors.

Food Sensitivity Testing: These tests are designed to assess the immune system’s reaction to specific foods or food additives. The Mediator Release Test (MRT), used by Simmons, “looks at all of the specific white blood cells in the body and how they respond to a specific food,” she explains. Unlike allergy tests that detect immediate reactions, the MRT identifies delayed immune responses that may cause bloating,



PeopleImages/Shutterstock



MMerellinn/AdobeStock

fatigue, headaches, joint pain, skin issues or other chronic symptoms. According to Simmons, the results guide personalized dietary modifications to reduce inflammation and enhance overall wellness.

Maita notes, “Food sensitivity testing is sometimes helpful for people who can’t tell what their trigger foods are by just doing an elimination diet. I like to use the Vibrant Wellness test. It will show them if they’ve made antibodies to food, which suggests how well they might do when they remove those foods.”

Functional Nutrient Test: While conventional testing measures the presence of nutrients in the bloodstream, an intracellular blood test—also known as micronutrient testing or functional nutrient testing—measures nutrient levels within red and white blood cells, thus determining whether nutrients are being properly absorbed and utilized by the body.

“A lot of people are taking supplements, but their GI [gastrointestinal system] isn’t absorbing any of it,” Simmons points out, highlighting how functional testing can uncover hidden inefficiencies that standard blood tests and supplementation alone might miss. Citing the trending

supplement CoQ10 as an example, she notes that a functional nutrient test may suggest that a patient should take a different form of the supplement for better absorption.

Dried Urine Test for Comprehensive Hormones (DUTCH): This test provides a comprehensive analysis of adrenal and sex hormone function. Unlike conventional cortisol tests, the DUTCH measures levels four times throughout the day and evaluates cortisol metabolites to explain how the body produces, converts and eliminates cortisol each day.

The DUTCH is also invaluable as a way of mapping the body’s ability to process estrogen. “This is critical because symptoms often attributed to estrogen dominance—such as breast tenderness, irritability, premenstrual syndrome and sub-fertility—are frequently caused, not by excess estrogen itself, but by metabolite buildup or impaired clearance pathways, in which case specialized diindolylmethane (DIM) supplements would be prescribed to support estrogen metabolism,” Simmons explains. “This illustrates why the professional interpretation of DUTCH testing is essential: because it shows whether a hormone imbalance is truly about excess, impaired metabolism or faulty elimination, allowing interventions to be tailored accurately, rather than relying on generalized supplement advice.”

Hannah Tytus is an integrative health coach, former writer at the National Institutes of Health and host of the Root Shock podcast, exploring our understanding of health.

*The flowers of late
winter and early spring
occupy places in our
hearts well out of
proportion to their size.*

—Gertrude S. Wister

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SUNDAY, MAR 1

SpiritHealer Community Circle – 1st Sunday ea month, 12–2 p.m. Gather in a safe, facilitated circle for reflection, sharing and heart-centered connection. Open to all seeking inspiration, support and meaningful community. Includes coffee, tea and light snacks. \$15. SpiritHealer Wellness. Space limited. Details: SpiritHealerWellness.com.

An Afternoon With Spirit – 2–4pm. An intimate gallery gathering when Jill Marie Kelly connects with loved ones and guides in spirit to deliver messages of healing, remembrance and love.. \$65. SpiritHealer Wellness, 10 W. Hanover Ave., Randolph. Details: JillMarieKellyLLC.com/events

THURSDAY, MAR 4

Wednesday Afternoons Lunch & Learn: Tarot 1 – 11am–1pm. Begin a 7-week journey from novice to confident reader. Enjoy lunch while learning Tarot fundamentals, intuitive development and hands-on practice in a supportive small group. Bring a Rider-Waite-Smith deck. SpiritHealer Wellness. Details: SpiritHealerWellness.com.

Change Your Life with Hypnosis – 6:30–8:30pm; Zoom. Barry Wolfson leads three one-hour sessions. Take any or all for tools to help you change your life for the better. Stop Smoking with Hypnosis – 6:30–7:30pm. Lose Weight with Hypnosis – 7:30–8:30pm. \$60 each session. Virtual via Palisades Hills High School. For more information, contact 610-847-5131 ext 4; or Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

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MAY 29-31, 2026 • 4pm–1pm
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For details

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janet@bethemedicine.com

BeTheMedicine.com

THURSDAY, MARCH 5

Healer's Networking Dinner – 6pm. Connect, collaborate, and be inspired at this intimate gathering for holistic practitioners, including energy healers, Reiki masters, herbalists, yoga teachers, and more. Enjoy a shared meal, meaningful conversation, and community building. \$27. SpiritHealer Wellness, 10 W. Hanover Ave, Ste 107, Randolph. Register: email Nicole at nicole@spirithealerwellness.com or SpiritHealerWellness.com.

SATURDAY, MAR 7

Bereavement Support Group – 1pm. Bereavement support group to provide support and healthy coping skills for those dealing with the loss of a loved one. Free. Through the Tears Life Coaching / Nicole Marie. Held at Knoll DeVoe Funeral Home, 142 W. Washington Ave., Washington. For details, call/text 908-509-4772 or email thruthetears@gmail.com. ThroughTheTears.com.

TUESDAY, MAR 10

Change Your Life with Hypnosis – 6:30–9:15pm; Zoom. Barry Wolfson leads three one-hour sessions. Take any or all for tools to help you change your life for the better. Stop Smoking with Hypnosis – 6:30–7:30pm. Lose Weight with Hypnosis – 7:30–8:30pm. Reduce Stress with Hypnosis – 8:30–9:15pm. \$65 each session. Virtual via Morristown High School. For more information, contact 973-292-2063, or Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

Soul Shamanism Ongoing Learning & Healing – 7–9pm; Zoom. Graduates of Soul Shamanism gather every three weeks for advanced healing, spiritual growth and deeper practice in community. Experience profound connection, authentic expression and new levels of understanding. Fee: \$65/\$70. Register: 973-647-2500 or BeTheMedicine.com.

THURSDAY, MAR 12

Spiritual/Intuitive Development Workshop – 7–8:30pm. Expand your intuitive gifts in this 10-week program held the second and fourth Thursday each month. Designed for those with prior experience in intuition or mediumship. Explore techniques, exercises and vibration-raising practices. \$25 per class. Infinity Holistic Center, 3108 Route 10 West, Unit 6, Denville. 973-945-4330. InnerSoulWellness.com/events.

SATURDAY, MAR 14

Pendulum Basics + Tarot Integration Workshop – 10am–1pm. Master pendulum techniques and learn to integrate them into tarot readings for deeper clarity and confirmation. Includes a take-home pendulum and printed resources. \$65. Open to all levels. SpiritHealer

Wellness (virtual option available). Details: SpiritHealerWellness.com.

MONDAY, MAR 16

How Hypnosis Works – 7pm; Zoom. Join Barry Wolfson as he takes attendees on a journey of understanding the workings of hypnosis. Free, but please register to receive the Zoom link. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

TUESDAY, MAR 17

Lose Weight with Hypnosis – 7pm; Zoom. Learn hypnotic techniques to help lose weight. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

WEDNESDAY, MAR 18

Reduce Stress with Hypnosis – 7pm; Zoom. Discover exciting new ways to approach and deal with stress in your life. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

THURSDAY, MAR 19

Stop Smoking with Hypnosis – 7pm; Zoom. Learn how to address and eliminate the urge to smoke. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

SATURDAY, MAR 21

15th Annual Wellness Expo at GCU – 11am–4pm. Meet over 50 local and regional vendors/practitioners of all types to be informed and inspired about your wellness and health. Free workshops every 30 min. as well as activity sessions offered. Raffles Rain or shine event for all ages and all abilities. FREE. GCU, 900 Lakewood Ave., Lakewood. 732-987-2663. georgian.edu/event/annual-wellness-expo.

Spring Equinox Toltec Mitote Ceremony with Shaman Janet StraightArrow – Mar. 21–22, 2026; 3pm–10am. Rooted in the lineage of Don Miguel Ruiz, this Toltec Shamanic Mitote is a high-energy ceremonial experience for purification, release and rebirth. Through sacred chant, including the Gayatri Mantra, participants rotate between chanting and dreaming, raising vibration, clearing past hurts and awakening new vision, wisdom and next-stage beginnings. \$333. Be The Medicine, Chester, NJ. For details and to reserve: 973-647-2500, janet@bethemedicine.com, BeTheMedicine.com.

SUNDAY, MAR 22

Reiki Level II – 11am–5:30pm. Continue your

journey, receive your Level II attunement and learn different techniques to heal others. We are all energy and it is through this balance of energy that we can begin to heal our body, mind and spirit. 250.00. Inner Soul Wellness LLC, 3108 Rt. 10 west, Denville. 973-747-9404. InnerSoulWellness.com/events.

Psychic Fair by Shirley Ann – 4th Sun each mo; 11am-5pm. Shirley Ann invites all to come for a day of insight and discovery with professional, seasoned psychics, mediums, tarot cards, palmistry, etc. Admission is free. Holiday Inn, Rte 46 E, Parsippany. For information, call/text Vincent at 973-723-8238 and visit Facebook/ Psychic Fair Network.

MONDAY, MAR 23

Change Your Life with Hypnosis – 6:30-8:30pm; Zoom. Barry Wolfson leads three one-hour sessions. Take any or all for tools to help you change your life for the better. Stop Smoking with Hypnosis – 6:30-7:30pm. Lose Weight with Hypnosis – 7:30-8:30pm. \$60 each session. Virtual via Chester Co. Night School. For information contact 610-692-1964 or Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

TUESDAY, MAR 24

Change Your Life with Hypnosis – 6:30-8:30pm; Zoom. Barry Wolfson leads three one-hour sessions. Take any or all for tools to help you change your life for the better. Stop Smoking with Hypnosis – 6:30-7:30pm. Lose Weight with Hypnosis – 7:30-8:30pm. \$60 each session. Virtual via So. Orange-Maplewood Adult School. For more information, call 973-378-7620 or Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

PLAN TO ATTEND

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Rooted in the lineage of Don Miguel Ruiz, this Toltec Shamanic Mitote is a high-energy ceremonial experience for purification, release and rebirth. Through sacred chant, including the Gayatri Mantra, participants rotate between chanting and dreaming, raising vibration, clearing past hurts and awakening new vision, wisdom and next-stage beginnings.

Guided by Shaman Janet StraightArrow.

For details
973-647-2500
janet@bethemedicine.com
BeTheMedicine.com

THURSDAY, MAR 26

Crystal Energy Meditation – 7-8pm. Relax in a zero-gravity chair and receive a guided crystal healing experience with intuitively selected stones to balance and restore energy. Eye masks provided. No experience needed. \$45. SpiritHealer Wellness, 10 W. Hanover Ave, Ste 107, Randolph. Register: nicole@spirithealerwellness.com or SpiritHealerWellness.com.

SATURDAY, MAR 28

Intuitive Wisdom & Auragraph Session – 10am-1pm. Receive a private 45-minute card reading offering intuitive insight, spiritual awareness and divine guidance. Includes a personalized auragraph sketch symbolically reflecting your past, present and future. \$180. Inner Soul Wellness LLC, 3108 Rt. 10 West, Denville. 973-747-9404. InnerSoulWellness.com/events.

TUESDAY, MAR 31

Soul Shamanism Ongoing Learning & Healing – 7-9pm; Zoom. Graduates of Soul Shamanism gather every three weeks for advanced healing, spiritual growth and deeper practice in community. Experience profound connection, authentic expression and new levels of understanding. Fee: \$65/\$70. Register: 973-647-2500 or BeTheMedicine.com.

FRIDAY, APRIL 24

EXPHARMACON 2026 – Apr 24-26, 2026. A three-day event in Panama City Beach that focuses on harmonic living and sound immersion. Educational and experiential event. Not medical advice. Tickets and accommodation details are available at EXPHARMACON.com.

SATURDAY, APRIL 25

Comprehensive Reiki 1 Training Advanced Learning & Experience – Apr. 25-26. Activate your intuitive gifts and spiritual helpers. Shaman and Reiki Master Janet StraightArrow guides students of Reiki into its full of potential as a healing gift. Class includes all the Reiki 1 training so you will be confident in understanding and practicing energy medicine, and healing you and others. Held in private home in Chester, NJ. For information call 973-647-2500 and visit BeTheMedicine.com.

ONGOING

Sunday

SpiritHealer Community Circle – 1st Sunday ea month, 12-2 p.m. Gather in a safe, facilitated circle for reflection, sharing and heart-centered connection. Open to all seeking inspiration, support and meaningful community. Includes coffee, tea and light snacks. \$15. SpiritHealer Wellness.

SIGN UP TODAY

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For details
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Space limited. Details: SpiritHealerWellness.com.

Sweat Your Prayers® – 1-2:30pm. 3rd Sun. Sweat Your Prayers® is a minimally facilitated movement practice through the 5Rhythms®: Flowing, Staccato, Chaos, Lyrical and Stillness. Created by Gabrielle Roth, the 5Rhythms is a dynamic movement practice rooted in the principle that if you put the psyche in motion it will heal itself. Sliding Scale: \$30, \$35, \$40. Brookside Community Church, 8 East Main Street, Brookside. SayrahGarrison.com/sweat-your-prayers.

Tuesday

Mediumship, Intuitive, & Psychic Development Circle – 7-9pm. On-going, interactive workshop series presented in a way that assists in building intuitive muscle. Maureen guides participants in connecting with their intuition. Every class will be different in development lessons. All levels welcome! \$15; RSVP to Maureen 908-955-3282. Portal of Healing, 50 Main St., Top Flr, Chester. PortalOfHealing.com. DivineWingsOfFlight.com.

Friday

Virtual 5Rhythms® Weekly Waves Class – 10-11am. Join accredited 5Rhythms® teacher, Sayrah Garrison, for a weekly dose of self care and embodied healing through conscious dance and community connection! The 5Rhythms® is a dynamic movement practice designed to get you out of your head and into your body. It is rooted in the principle that if you put the psyche in motion, it will heal itself. This virtual class enables participants to commit to a weekly dance practice from the comfort of their own home. Sliding Scale: \$25, \$30, \$35. Pre-register for ZOOM link at SayrahGarrison.com/weekly-waves.



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Created by Gabrielle Roth, the 5Rhythms is movement practice designed to get you out of your head and into your body. Through the map of the 5Rhythms, we explore our inner landscape to discover our authentic selves. The only requirement is an open mind and a desire to explore creativity, connection and community.

Enzyme Nutrition

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Susan Richter, RN, Nutritionist, CCH, LDHS
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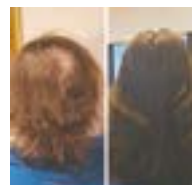


Enzyme nutrition is becoming a sought after therapy for the underlying digestive issues related to autism, autoimmune diseases, chronic pain, skin problems, mood disorders, bowel issues and allergies. The system of analysis is scientific, non-invasive, and based on anatomy and physiology. The methods of correction are food-based, drug-free, and have no side effects. Regardless of age or diagnosis, correcting digestion, supporting the immune system, and following guidelines for healthy choices are the backbone of Susan's successful private practice of 36 years. Call for a gentle approach to healing.

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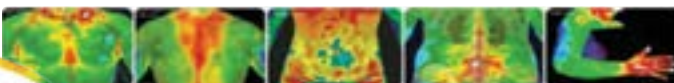
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Lisa Diamond
414 Centre Street, Nutley
973-747-7796
Info@LDRHealing.com
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Sandra Greco BSN, RN, HN-BC, WWCC
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sgreco.rn@gmail.com



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Spiritual Healing, Teaching

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Mind Body Spirit Health

LIZ FLORES FARRELL, LCSW

Mind Body Spirit Psychotherapy
1285 Broad St., Bloomfield
973-559-3646
liz@mindbodyspiritpsych.com
MindBodySpiritPsych.com



Liz Flores Farrell, LCSW, is a holistic psychotherapist based in Bloomfield, NJ, specializing in trauma, spirituality, and psychedelics. She utilizes trauma-focused psychotherapy, ketamine-assisted psychotherapy, IFS, somatic therapy, and brainspotting to support mind-body-spirit integration. Liz is also a student of tarot, astrology, yoga, and hermeticism.

Legal Services

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Jennifer Mohamed, Esq
Office in Flemington
908-335-9242
Jennifer@jennifermohamedlaw.com
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Mental Health

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WellnessWithJasonDotson.com



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Jill Marie Kelly
2001 Rt 46 E, Ste. 310, Ofc 31, Parsippany
973-476-0920 call/text
jillmariekellyllc@gmail.com
JillMarieKellyLLC.com



Jill Marie is a Psychic Medium and Reiki Master Teacher using her unique skills bringing healing balance to your body while connecting you to spirit for your greatest good. She practices Psychic Reiki and Mediumship both in person and virtually. See ad, page 8.

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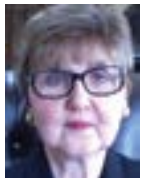
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Dr. Memoli is also an author and lecturer
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