



“The shape, tone, and tension of your spine reflects the shape, tone, and tension of your life.”



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### **25 Years!**

Dr. Donna celebrates 25 Years in practice.

### **Dr. Dan**

Another Dr. Mutter joins Waves of Transformation.

### **Ice Cream!**

Downtown Festival

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## Upcoming Events

### **Health Talk**

Thursday August 15th, join us at 6:30 PM for a FREE Intro to SRI.

### **Clear Day**

October 26th at the Maris Stella Retreat Center in LBI.



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## Welcome to our August newsletter!

To celebrate Dr. Donna being in practice for 25 years, Waves of Transformation is running a *special offer* for the next few months to express her gratitude and to encourage new friends, new family members, and those folks who haven't been to the office in a while to come in and ride the wave of wellness with us.





Waves of Transformation welcomes Dr. Dan!

## After 3 years in California and a 3 month road trip across America, Dr. Dan is ready to help reorganize and transform

Having graduated from Life Chiropractic College West in Hayward, CA on April 1<sup>st</sup>, I set out on a cross-country adventure. After 3 and half years of classrooms, exams, and all the bureaucratic nonsense that accompanies being a student in professional

school, I wanted – needed – to go on a figurative and literal road trip.

I began with a tour of the American Southwest. Through Big Sur and Malibu, Joshua Tree, Sedona, and the Dragoon Mountains of AZ, I made it to

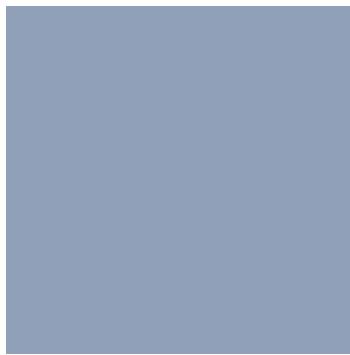
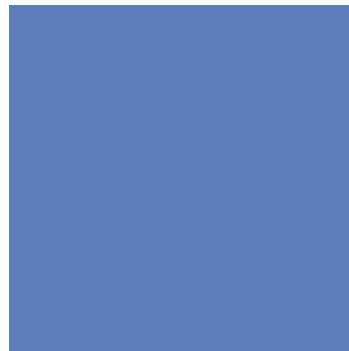
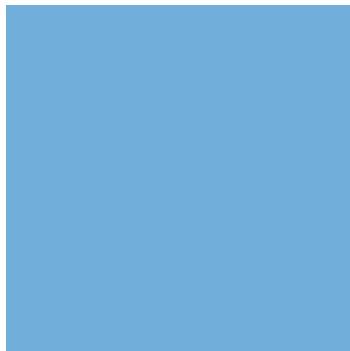
Santa Fe, NM. I spent a month in Colorado, weaving the Rockies and visiting friends until I finally made my way into Utah – Moab, Arches, Canyons, Bryce's backyard, and Zion. Passing through Death Valley I approached the Sierra Nevada

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## Ice Cream Festival

The 11<sup>th</sup> Annual Ice Cream Festival took place on Saturday July 20<sup>th</sup> in Downtown Toms River. Washington Street was packed with families enjoying the music, fun, and ice cream. It was a great opportunity to get involved downtown and spread the word about wellness. We would like to thank the event coordinators, all of the volunteers, and all of the people that came out to enjoy ice cream on a hot summer day!



## Keep Your Cool

### 5 Tips for the Dog Days of Summer

After the incredible heat wave that turned most of July into a sauna, staying cool has become a top priority.

The “dog days” of summer refer to the period of time in July and August when the star Sirius would rise before or with the sun in the summer sky. In the northern hemisphere, this time has traditionally been characterized by hot muggy weather.

In 1813, John Brady wrote a text that

examined the calendar with historical, ecclesiastical, and classical illustrations. He described the “dog days” as a time when “the Sea boiled, the Wine turned sour, Dogs grew mad, and all other creatures became languid; causing to man...burning fevers, hysterics, and phrenesies.”

Even with access to air conditioning and the mid-Atlantic Ocean,

(continued)

swimming pools and ice cream, it is not difficult to understand why the burning heat would cause “hysterics and phrenses”.

And so, for this newsletter it seems prudent to review 5 very simple and very important tips to keep your cool as we head into August.

### **#1 Stay Hydrated**

Drinking water is by far one of the best things you can do. Your body's natural mechanism to stay cool is to perspire, or sweat, which generates a cooling effect when the sweat evaporates off of your skin. This also means you are losing more water than normal. Signs that you are getting dehydrated include thirst, dry lips, dark yellow/amber colored urine, and fatigue.

The best way to stay hydrated is to be proactive. Make sure you are drinking water throughout the day. If you exercise or drink alcohol, make sure you boost your water intake as well.

### **#2 Avoid the Mid-day Sun**

Generally speaking, the sun is hottest and its rays are most

powerful during mid-day, between 11AM and 2 PM. This is an excellent time to get indoors or at least into the shade and to enjoy lunch.

This is especially important for children or older adults, whose ability to regulate temperature can be strained from the peak sun.

### **#3 Wear Light Colors and Fabrics**

If you don't have the luxury to wear a bathing suit all day, try to dress in clothes that “breathe,” like cotton.

If you'll be outside, consider that lighter colors (whites, grays, pastels) will not absorb as much heat as darker colors.

### **#4 Air Conditioning**

If you don't have air conditioning, on the days that the heat is oppressive, find somewhere that does. This could be the mall, the library, a friend or family member's house, or even the supermarket.

If you know someone that doesn't have A/C or doesn't have a

means of transportation to get to it, offer to help. Thoughtfulness and good deeds are returned, usually with interest.

### **#5 Keep Your Cool**

As John Brady mentioned, heat makes people uneasy. Keep in mind that as hot and stressed as you might feel, everyone else is in the same boat.

In addition to the tips above, practice patience, make sure you get enough sleep, and utilize any practice you have to facilitate a cool and balanced body and mind. It will go a long way.



‘Sun’ by Flower, Vincent\_AF

from the east, and spent several days in Yosemite.

Back to Hayward in June where my mom, Dr. Donna, attended the graduation ceremony and handed me my diploma. I then headed north through the valley and crossed west to the coastal redwoods.

Up to Portland and along the Columbia River Gorge, I passed through Idaho and eventually into western Wyoming to the Grand Tetons and Yellowstone.

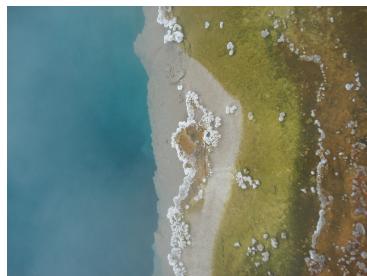
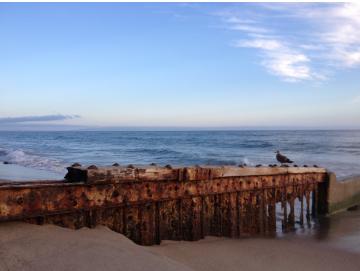
After some vehicular difficulty in the Big Horn Mountains, I decided a flatter route was in order and recalibrated to take Nebraska to Iowa, where I stopped at the Fountainhead of chiropractic in Davenport. From there it was basically turnpikes in OH, PA, and finally, NJ.

The time on the road allowed me the opportunity to decompress, reflect, and strategize how I can most help Waves of Transformation and the community at large to Discover, Transform, and Awaken to a more connected, more purposeful, and more fulfilling life.

I look forward to meeting and working with you. See you in the office!

Sincerely,

DEMDC



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