



“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.”

- F. Scott Fitzgerald



Upcoming Events

June 6-8

Transformational Gate
Hartford, CT

Every Wednesday

Toms River Farmer's
Market
Irons and W. Water St.

Sunday June 15th

Father's Day

Wednesday June 18th

6:30 – 8:00 PM
SRI Discover Workshop
Stages 1-3

Waves of Transformation

What is a wave?

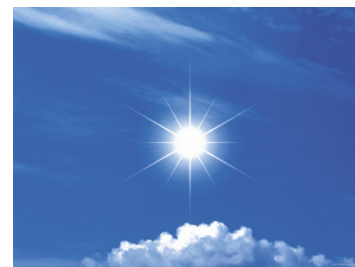
Essentially, a wave is energy interacting with matter. Sometimes we can see this happening, as with the ocean. Sometimes we can feel it, as when we fully connect with our breath through our body. And yet, at all times we sense and perceive different types of waves. Light and sound exist as and are transmitted as waves. Within the nervous system (the brain/spinal cord/nerves) of the body, the signals that communicate information to and from your brain have an electrical and a chemical element. These are called action potentials and neurotransmitters. It is helpful to study the matter and how it responds when we try to understand how

the body works. However, the electrical and chemical events are responding to something. They are the result of energy (information) interacting with matter. Fundamentally, the communication within and through the nervous system (and the entire body) occurs in waves. On a thermodynamic level, the closest thing used to describe what actually happens in your neurons (nerve cells) is an acoustic or sound wave.

Working with the matter and the energy of the body, we work with the waves that help you to express life and health – waves of transformation!

Feel the Burn, Heal the Burn

Accompanying the extra time we get to spend outdoors playing baseball, gardening, getting in the pool, and going to the beach tend to be two types of burn. The first is the soreness your muscles (which have likely been dormant all winter) feel after your enthusiastic attempt to do a season's worth of activity in one afternoon. This is normal and the best thing you can do is rest when tired, make sure you're getting adjusted, and realize there are several months to go before it snows again. The second type of burn is your skin responding to the extra time in the light. This too is adaptive and the boost in vitamin D is an added bonus. However, too much of a good thing is still too much and your body will let you know. To help offset the heat and resulting damage of sunburn, physical blocks are the best – shade, a hat, umbrella, etc. Try to spend the midday indoors or in the shade, as this is when the sun's energy is strongest. In the event you find yourself with some color of the pink and red variety, topical aloe (from the plant), topical vitamin E, and calendula gel are helpful.



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