

INSPIRATION | HOLISTIC HEALTH | PERSONAL GROWTH



CREATIONS

MAGAZINE

Vol 35, Issue 1
February/March 2021
CreationsMagazine.com

We Long for Freedom



Jan Guarino

The Winter "Relationships" Issue:

*To Block, Unfriend, or Unfollow?
Life Beyond Labels
Cool Sex
Addiction-free Naturally
More to Life Than the NFL*

*I tore myself away from the safe comfort of certainties through my love for truth,
and truth rewarded me. ~ SIMONE DE BEAUVIOR*

Does My Insurance Cover It?

For those of us who have insurance, this is a great thing. When it comes to dental insurance, it is very different from medical insurance. Dental insurance has a lot of restrictions and rigid rules. They will pay a percentage for certain treatments and a different percentage for others. Copays range from as little as \$5 to over \$1000. There is also an annual maximum which is usually around \$1500. The fee schedule has not really kept up with the economy and this structure has not been updated since the 1960's. You can imagine \$1500 used to get you a whole lot more dentistry than it does today.

What is quite interesting is that insurance will deny certain necessary services yet mandate certain unnecessary treatment. For example, they may deny a crown because there is no decay on an x-ray but the tooth can have a fracture where 50% is missing but is not seen in an xray. Many times if we take an actual photograph and write a narrative, this can be circumvented. Another example is they require x-rays every time you place

a crown, which is not always necessary. The fact of the matter is insurance is not a health care provider, never meets the patient or cares about them. Your health care provider genuinely cares about you and makes customized recommendations that are right for you. Sometimes these recommendations may not be "covered" or "approved" by insurance.

Let's look at *remineralization*, for example. Sometimes patients have small areas of demineralization — spots between the teeth with less mineral. Think of these as the beginning of cavities. These small cavities can be remineralized with a calcium sulfate paste. This paste however is not covered by insurance. What is covered by insurance is fillings. If you had 10 areas of demineralization would you pay \$50 out of pocket to reverse them biologically or would you use your insurance "coverage" and get 10 mercury fillings and pay multiple copays?

Another example is periodontal disease. Sometimes insurance does not cover

non-surgical periodontal treatment like regeneration, platelet rich fibrin or laser therapy. They may downgrade the treatment to extractions (tooth removal) instead of maintaining the teeth and treating them.

No insurance? No problem. Did you know you can pay your dental professional for the services that you need? People ask me "what insurance should I get?" My response is "it depends!" If it's just you and you only need two exams, cleanings and some necessary radiographs, it would cost you less to just pay out of pocket for those services. This way you only pay for what you need. If your monthly insurance premium is \$100 per month, not only will it cost you \$1200 per year, but you will also have to cover additional copays and deductibles. If you pay out of pocket for those basic services it will cost you between \$300 and 400.

When someone else pays for your health care it isn't exactly health "care." Insurance companies do not have

your best interest in mind. They deny minimally invasive, advanced, biological treatments and often downgrade to other, less expensive, aggressive treatment.

Once you have established a rapport with your dental health care provider and you trust them, follow their lead. They are the ones that care about you and want you to be healthy. WE got you covered!



Jimmy Kilimitzoglou, DDS, FACP, FPFA, DABOI, MAGD, FAAID, FICOI
ESI Healthy Dentistry
42 Terry Road, Smithtown, NY 11787
Tel (631) 979 7991 / Fax (631) 979 7992
dental@esihealthydentistry.com
www.esihealthydentistry.com

- ADVERTORIAL -



e.s.i. HEALTHY DENTISTRY

42 Terry Road
Smithtown, NY 11787

www.esihealthydentistry.com
Office: 631-979-7991
Fax: 631-979-7992

Practicing Safe Mercury Filling Removal Following IAOMT Protocol

- | | |
|--|--|
| No-BPA & No-Mercury Fillings | Holistic Root Canal Therapy |
| Ozone Therapy | No-Metal CEREC Single Visit Crowns |
| No-Metal Zirconia Bridges | 3-D Digital Jawbone Bone Scan |
| Laser Gum Treatments | Safer Computer-Guided Implant Placement |
| Cadmium-Free Dentures | Lowest Possible Radiation Digital X-rays |
| Advanced High Tech Diagnostics | Invisalign: Metal-Free Orthodontics |
| Biological Treatment & Cavity Reversal with Remineralization | Environmentally Friendly Office |
| | Minimally Invasive Dentistry |
| | Oral Optimization |

Biomimetic Dentistry
Minimally Invasive and Tooth Conserving

\$100 Savings Toward Exam & X'Rays
Mention Creations Magazine

All Faiths Seminary International

"Never Instead of, Always in Addition to"
Do you have a Calling?
Be All You Can Be!

Train to Become an Interfaith Minister

Offering: Comparative Interfaith Ministers Program along with concentration tracks available in: A.C.I.M. and Judaism

Also Offering:

a **2-year Masters of Divinity** also with a concentration in: A.C.I.M. or Judaism (must be an ordained Minister to attend)

And Offering:

a **2-year Doctorate of Divinity Program**



Check website For All Price Structures
~ Accepting Applicants for the Fall of 2021 ~

Live monthly class is on Zoom:

For Info Call: 212-866-3795
Infoallfaithsseminary.org@gmail.com; www.allfaithsseminary.org

Rabbi Joseph Gelberman, Founder
Rabbi Stuart Paris, President

ESSENTIAL DENTAL SPA

HOLISTIC DENTAL CARE



Committed
to excellence in
creating beautiful
smiles!!

***** \$100 Gift Certificate *****

Applicable towards a New Patient work-up only
(Call office for details - offer expires 03/31/2021)

~~~~~  
**COMPLIMENTARY CUSTOM FACE  
MASKS FOR OUR VALUED PATIENTS**

**\*\* Brighten your smile in time for Spring \*\***

~ ZOOM Speed White-IN OFFICE professional teeth whitening only \$299 (after rebate) reg price \$475

~~~~~  
~ Get permanently white smile by choosing Porcelain Veneers with a complimentary cosmetic evaluation (\$175 Value - Call office for details - offer expires 03/31/2021)

Specializing in **Full Mouth Rehabilitation**, **Aesthetic Smile Makeovers**, **Implant Dentistry** with a **Holistic and Bio-mimetic Approach**. Improve your smile and regain the confidence you deserve; become part of our dental family at Essential Dental of Roslyn, your home away from home.

While the **COVID-19** pandemic has forever changed our lives, our commitment to improve your health and wellness has not. We have taken significant measures to provide a safe and clean environment for your next dental visit to our office.

In addition to the air ionizing system that we have always had in our office we have acquired Surgically Clean Air Purifier (world's most advanced medical grade air purification system). We also added hand sanitizing stations, physical distancing and pre-screen protocols



Natalie Krasnyansky, D.D.S.

NY & NJ TOP DENTIST 2020

A proud member of International Academy of Oral Medicine and Toxicology

A member of the **American Academy of Facial Esthetics**

Participating in Cigna Dental Plans

Follow us on Instagram @edentalspa for Before & After pics

*** Text or Call us at (516) 621-2430 ***
70 Glen Cove Rd, Suite 101, Roslyn Heights, NY 11577
www.edentalspa.com

BUSINESS FOR SALE



Holistic Wellness Center in Downtown Syosset, NY

This is one of the wealthiest Counties in the USA.
All you have to do is bring your dedication -- We will train you!
Turnkey operation established 22 years
1,100 sq. ft., 7 rooms, beautiful waiting area

Everything is yours:

- Far infrared sauna with shower
- Ionic foot bath
- Flotation room with float tank and shower
- Ozone therapy room with generator
- Dry salt therapy cabin (Halo Therapy)
- Low level laser therapy for pain
- Micro Current Facial Rejuvenation system and Body contouring system (two machines)
- Office Furniture with bookcase and more

Only serious inquiries please.

Email Us: mywellnesswithsal@gmail.com
www.quantumwellnessandhealing.com

TALKING OUR WALK

We cannot solve our problems with the same thinking we used when we created them

~ Albert Einstein

Welcome to the February / March Winter "Relationships" Issue.

During this last year countless relationships have taken both a proverbial – and literal – beating.

Families have become fractured, long-time friendships severed, and most everyone continues to either gingerly dance around the virus / vaccine narratives, or vehemently argue their point of view. Seems a bit ironic, that while the catch-phrase "these uncertain times" is spoken and written ad nauseum, so many folks are absolutely "certain" of their take of the "facts."

Trying to change others is never the answer, says recent contributor, Ann Albers (visionsofheaven.com). *You can't bully someone into adopting your point of view. Instead, the solution to creating a world that you wish to live within is to make your own personal energy a vibrational match. No matter what others in the world are doing, you can choose to live in a world of peace. No matter how many argue for lack, you can live in an abundant world. No matter whether or not others are choosing it, you can live in a world of kindness, care, compassion, and courtesy. If you want peace, turn away from chaos and upset. Engage in practices that make you feel peaceful.*

Donna Martini echoes this: It doesn't matter your political affiliation, religion, team, beliefs, etc. Just resign to goodness / "Godness" because we need to be what we want the world to be, or it will never be more than it is.

Noted Holocaust survivor Viktor E. Frankl famously pronounced, "The one thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance." Bottom line: Virtually anyone, anytime, can largely decide where to focus their thoughts and energies. We can be the master of our emotional domain. My sister loves to tell me, I'm living in "my own private Idaho" but I like it there :)

I am not in denial as to the severity of our present challenges. However, virtually every period in history has claimed a stake in their time being "apocalyptic". But right now is our time, our challenge — in fact, this is our grand opportunity! And



this is why: The ancient Greek meaning of the word "apocalypse" is literally an "uncovering," a disclosure or revelation of great knowledge. In religious and occult concepts, an apocalypse usually discloses something very important that was hidden or provides what Bart Ehrman has termed, "A vision of heavenly secrets that can make sense of earthly realities" Wikipedia

In this time—our time—we have the opportunity to reveal "hidden" knowledge of God-knows- what magnitude that can ultimately determine our true sovereignty, wellbeing and happiness.

In this issue, we've excerpted Alan Cohen's wonderfully empowering new book, *The Master Keys of Healing*. One of the key takeaways: *The mind focused on disease is constantly gathering evidence to support its reality*. But here's the kicker: *So is the mind focused on health*. Alan's latest work so resonates with me that I've passed along copies to extended family. This book is for EVERYBODY.

Our lead article by Mia Birdsong affirms that *We Long for Freedom and Accountability*. Weaving nicely into our "Relationships" theme, Birdsong states "freedom is both an individual and collective endeavor...Being free is, in part, achieved through being connected. Accountability...is more about ourselves in the context of the collective. It's seeing the ways we cause hurt or harm as actions that indicate we are not living in alignment with values that recognize our own humanity or the humanity of others."

It's safe to say we all desire freedom. But will we be accountable to all the world in securing our "inalienable" freedoms, or will we be complicit in allowing our God-given rights to be stolen from us?

Peace All-ways,

Neil & Andrea

CREATIONS MAGAZINE

February/March 2021
Vol. 35 • Issue #1

- 4 **Talking Our Walk** by Neil & Andrea Garvey
- 5 **We Long For Freedom and Accountability** by Mia Birdsong
- 6 **To Block, Unfriend, or Unfollow?** by Donna Martini
- 7 **Life Beyond Labels** by Alan Cohen
- 8 **Mastering the Art of Appreciation** by Robyn Spizman
- 9 **Seven Facets of Spiritual Awareness** by Owen K Waters
- 10 **Addiction-free Naturally** by Brigitte Mars
- 12 **Calendar of Events**
- 13 **Cool Sex** by Diana Richardson
- 14 **Stupid is in the Mind of the Beholder** by Donna Martini
- 16 **Resources for Natural Living**
- 19 **You Never Ask the Meaning of Life When You're In Love**
by Brenda Shoshanna
- 20 **Poetry**
- 22 **Book & Product Reviews**
- 23 **Our Pets Can Be Our Relationship Coaches**
by Margit Gabriele Muller
- 24 **Marketplace**
- 26 **How One Resilient Kicker Learned There Was More to Life Than the NFL** by Sean Conley

CREATIONS MAGAZINE

PUBLISHERS: Neil and Andrea Garvey
 EDITOR-IN-CHIEF: Neil Garvey
 ASSOCIATE PUBLISHER: Lainie Covington
 EDITORIAL DESIGN: Ginger Graziano Design (828) 236-2075
 COVER / POETRY PAGE DESIGN: Jan Guarino, Guarino Graphics
 ADVERTISING DESIGN: Robin Helfritsch Maratos, Red Robin Design
 DISTRIBUTION: Green Distribution, Creative Distribution
 WEB DESIGN: Denise DiGiovanna, Waterside Graphics
 SOCIAL MEDIA: Nick Abushady
 COVER ART: *At the Barn* | Original Watercolor by Jan Guarino
 © 2021, Creations Magazine, Inc., 240 Main St., Suite 386, Northport, NY 11768 creationsmagazine.com

ADS DUE March 10th for APRIL / MAY 2021 Issue
FOR ALL ADVERTISING, call: (631) 424-3594 • EMAIL: neil@creationsmagazine.com

All Rights Reserved. The contents of Creations Magazine® may not be reproduced in whole or in any part without the publisher's written consent. The opinions and information presented are not necessarily the viewpoints of Creations Magazine®. They are offered to promote awareness, consideration and discussion. Consult your health care provider before taking action regarding any medical information provided.

We Long for Freedom and Accountability

by Mia Birdsong
Oakland, CA

The American Dream tells us that freedom is the state of being unburdened and unconstrained by others or systems. It's about having choices and being able to fully express ourselves. It's about having the power to be who we want, go where we want, and do what we want. But we tend to understand it as an individualistic concept. This is where we have to expand our understanding to fold in what is actually an older understanding of freedom.

In *Liberty and Freedom*, David Hackett Fischer explains that the word “free” is derived from the Indo-European *friya*, which means “beloved.” Friend also shares this common root with freedom. A free person was someone who was “joined to a tribe of free people by ties of kinship and rights of belonging.” Freedom was the idea that together we can ensure that we all have the things we need—love, food, shelter, safety. The way I’ve come to understand it, **freedom is both an individual and collective endeavor—a multilayered process, not a static state of being. Being free is, in part, achieved through being connected.**

Our thinking about accountability has to expand as well. We often think of it

as a system of punishment that’s meant to keep us from messing up. And if we mess up, we feel ashamed and feel like apologizing. It’s a responsibility to others. **Accountability, as I mean it, is more about ourselves in the context of the collective. It’s seeing the ways we cause hurt or harm as actions that indicate we are not living in alignment with values that recognize our own humanity or the humanity of others.** It’s about recognizing when our behavior is out of alignment with our best selves. And as Mia Mingus explained to me, *you can’t hold another person accountable.* You can support someone’s accountability, but we hold ourselves accountable. Accountability is also about recognizing and accepting that we are necessary and wanted. It’s understanding that when we neglect ourselves, don’t care for ourselves, or are not working to live as our best selves, we are devaluing the time, energy, and care that our loved ones offer us.

This idea of accountability exists in a gray area that asks us to examine what we have control over and what we don’t; what is our responsibility, versus what is our fault; who is the victim and who is the perpetrator. The truth is, we need to discard many of those binaries. One of the many things I learned is that sometimes those ideas are not static. We will benefit from giving ourselves and others the benefit of the doubt as we navigate our understanding of ourselves and of others. We need to reach for grace as we weave in and out of what is me and what is you, and what is us.

We exist, not as wholly singular, autonomous beings, nor completely merged, but in a fluctuating space in between. This idea was expressed beautifully in Desmond Tutu’s explanation of the South African concept

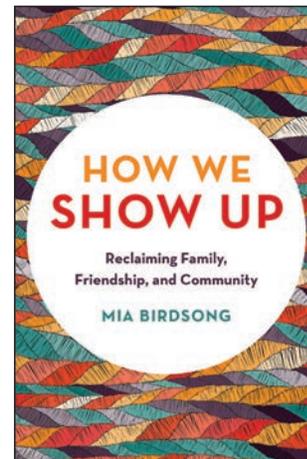
of *Ubuntu*. He said, “It is to say, my humanity is caught up, is inextricably bound up, in yours. We belong in a bundle of life. We say a person is a person through other persons. It is not I think therefore I am. It says rather: I am human because I belong, I participate, and I share.”

“We The People”

With these words, the drafters of the US Constitution established the idea of a self-governed union—one built and ruled by its residents. But when they wrote “people,” the founders did not actually mean all residents of the United States. They were thinking about people whose class, race, and gender matched their own. But thanks to the people they left out (and a few good accomplices), progress has moved us closer to realizing the aspirational sentiment of their words, instead of being limited by their intentions. It is that—the ability and desire so many of us have to make America better than intended, to improve upon what those who came before us did, planned, or even imagined—that is what we should recognize as the American Dream. Because a dream is an imagined reality, it is about bringing something into existence that wasn’t here before. As James Baldwin wrote, “A country is only as strong as the people who make it up and the country turns into what the people want it to become.”

We are witnessing a shift right now. A stale version of the American Dream is crumbling, breaking apart, and being discarded as a new version emerges. People are widening the narrow roles they’ve been assigned. Many of us are refusing to feel guilty or shameful for not following convention when it comes to success or building family and community. Many of us are moving through the grief that comes from letting go of the picture we had of what our lives would look like so we can make room for a different, and maybe even better, picture. More of us are creating new (to us) and reimagined models.

These ways of creating relationships, family, and community are, of course, not actually new. What is new is that



people who are following unconventional paths are more public, are documenting their experiences, and are able to find one another more easily (thank you, internet).

Part of the essence of this shifting is that connection is not about a particular structure, it’s about values and love and care. It’s about the things that provide what we long for, whatever form that takes. It’s about pulling apart the boundaries of what love and friendship look like, what romantic partnership is and provides, and who counts as family. It’s about finding your people and redefining who “your people” are.

Another world is not just possible, but is emerging all around us. The places that I’ve found the strongest, most expansive, boundary-bending, inclusive examples of family and community are among the people who experience the most adversity and oppression, the people who have always been at the forefront of progress in America. Poor people, queer people, Black people, un-housed people—especially the women and gender-nonconforming people among them—to varying degrees operate outside convention because convention has rejected us. People do not survive racism, xenophobia, gender discrimination, and poverty without developing extraordinary skills, systems, and practices of support. And in doing so, they carve a path for everyone else. ✨

Excerpted from How We Show Up: Reclaiming Family, Friendship, and Community by Mia Birdsong. © 2020. Available from Hachette Go, an imprint of Hachette Book Group, Inc

Mia Birdsong is an activist, facilitator, and storyteller. A Senior Fellow of the Economic Security Project, she was also an inaugural Ascend Fellow of The Aspen Institute and New American California Fellow. She was the founding Co-Director of Family Story and Vice President of the Family Independence Initiative. Mia speaks widely at conferences and gatherings across the country. miabirdsong.com.

Transformation

**Shamanic Meditation Group
Awakening Your Light Body
Workshops
Classes
Retreats
EMDR and Psychotherapy**

**(631) 547-5433
www.DrIreneSiegel.com**

To Block, Unfriend, or Unfollow?

by Donna Martini
Oyster Bay, NY

“To block, unfriend, or unfollow... what do you do when encountering meanness on social media?” This question posed to Facebook friends received over 120 comments... everything from a three-strikes-you’re-out rule to a simple gesture of ignoring what is not appreciated. After reading the responses, though, I began to wonder if to feel guilty or not to feel guilty about it later was a better question...

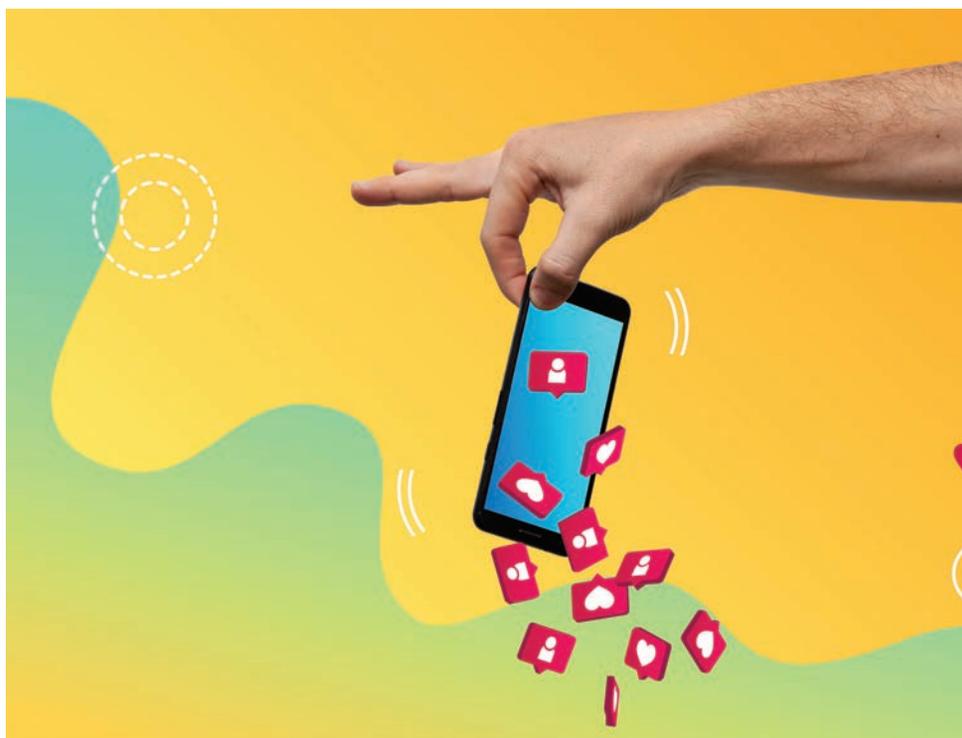
Over the past decade, I felt the need to unfollow or block but did so with an uneasy heart. Here I was on social media, willfully promoting love and goodness while slamming doors on my constituents. (Some of whom might have needed my friendship the most.) And, too, my daily goal was to spiritually grow; was I running from what I was supposed to be learning from?

To gain clarity, I took to prayer, demanding to know the truth about my inability to handle hate-filled dialogue. This brought in some helpful realizations over the years and if you have ever questioned yourself, perhaps you will find them useful.

First realization was that I was not the Dali Lama! If I could sit on a mountain for long periods and meditate my anger, anxieties, and fears away... if I was in complete awareness and full control of my power and ability to manipulate emotional energy... if I was not an empathic being who feels EVERYTHING, then maybe I could take all the emotional hits.

Every year, I was gaining spiritual endurance but more soulful growth was needed before I could trot bareback across those tumultuous newsfeeds. With social media getting more dangerous every year, I eventually stopped trying to outrun the preponderance of said and was content to just see my mind and body keep up.

Realization number two: The blast from explosive dialogue and hate bombs have the power to stop a beating heart, or at a minimum, make it skip a beat or two.



When I considered my reasons for being on social media included having fun and sharing some daily love with my friends, it did not seem reasonable or safe to leave so many combustibles for all of us unsuspecting scrollers to tiptoe around.

Sure, my soul could always use the exercise, but small doses of extreme negativity were more manageable for mere mortals like myself. Sometimes, it just came down to what I could handle in a day.

The third realization was about salacious solicitations and other scary private messages; everything from threats of bodily harm to public humiliation and porn. Though my daily vow was always to be unconditional about love, years of self-worth training had taught me NOT to be so un-conditional about bad behavior. And let’s face it, even Jesus was allowed to flip some tables!

I started to think... if I would not allow someone to stand at my front door and make sexual advances or spew hateful remarks and threats at me, why would I let it happen here?

My fourth realization was about intuition. I can usually feel the difference between someone with a fake profile or malicious intent from a person who has just temporarily lost touch with their soul. So, I have tried, time and again, to heal situations with certain people.

The truth is I have had heartwarming breakthroughs on here... times when I helped lead people through some darkness. Of course, I had to first acknowledge that I was the one casting the shadows! But that is what unconditional love is all about. The moment we decide to share it, love is

already pumping from our hearts. I have found, too, that being un-conditional about love immediately sheds light on my participation in creating and attracting these situations. In other words, the mirror on the wall does not have to tell me that I am not the fairest of them all.

My most loving goal and dialogue sometimes failed, though, particularly when it became obvious I was dealing with a person exhibiting mental illness or addiction issues. I realized seeing my face or reading my positive-minded posts every day was instigating their need to act out. For me, that was the most guilt-inducing aspect... when I went from ally to antagonist and could not help a person up and out of their emotional and mental turmoil.

Which leads to my fifth realization: How truly arrogant is that mentality! Just because I think they need help did not mean they did, nor did it mean they needed it from me. For all I know, blocking was for their benefit; not mine, and their life story might turn out better without me in it.

In these cases, I took to prayer, sending heartfelt, soul-to-soul, apologetic statements into the universe. Then later was shown in the most serendipitous way that this worked. Which is my sixth realization: Never underestimate the need for and power of my love and prayer!

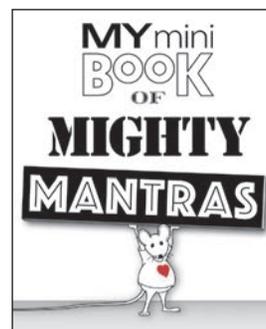
Realization seven was about the righteous line we all walk when choosing to honor our friends’ opinions. As viewpoints change into vile language, gossip, name-calling, trash-talking, lying, and threats of violence, so does my need to honor. In these cases, it did not seem like a prerogative anymore; it felt prudent to unfollow.

I reasoned that reading and reacting to hate verbiage was perpetuating the hate, potentially making me part of the problem. Again, I thought to myself, I would not listen to gossip or name-calling in person, why allow it on here?

Onto the eighth, most enlightening realization that is expanding my tolerance more every day... I exist here, right now, with you and the rest of our earth’s inhabitants. If we are all a part of this timeline, what does our responsibility to each other entail? Sure, we are experiencing all this angst because we are too socially exposed to one another but maybe, we have been granted the ability to be this exposed to one another because we can heal our angst!

Knowing this, I want to embrace my potential to not just overcome perceived negativity, but to eradicate it, within myself and universally. After all, what if it has been put in my view because it is within my purview?

As of today, I do not know what force of human nature it will take to turn our tides of turmoil into waves of willful gain, but I understand my purpose better. I acknowledge my humanness and know, now, that even though I felt the need to block my pictures and posts from some, I have never blocked my heart or soul to anyone. ✨



Donna Martini is a wellness activist, speaker, cartoonist, and author of two books, **The Ten Commandments of Divorce** and **My Mini Book of Mighty Mantras**. As an intuitive coach, she helps businesses, non-profits, government agencies, families, and individuals learn how to tap into their full potential through an energy technique she calls *Positive Manipulation*®. Her cartoon character, *MantraMouse*, uses simple phrases to help people of all ages come to understand their human complexities, innate power, and potential. Donna can be reached at donna@donnamartini.com. Follow her on <https://www.facebook.com/donna.martini.7>. Learn more at www.mantramouse.com.

Life Beyond Labels

by Alan Cohen
Hawaii

*Definitions belong to the definers,
not the defined.*

~ Toni Morrison

You have been taught that if you name something, you gain power over it. Yet this principle backfires when we become so fixated on giving things names that they gain power over us. The title of a book by Carlin Diamond brilliantly captures this principle: *Love It, Don't Label It*. In an era of obsession with categories and endless dissection of life into tiny pieces, we can use more love and fewer tags.

The field of medicine is masterful at labeling diseases, for many good reasons. Yet when we seek to heal a disease, thinking in boxes can work against us. We treat the disease as a thing that has a life of its own rather than an energy stream that has become blocked. Quantum physicists argue over whether an observed phenomenon is a particle or a wave; is it a thing, or a flow? An object, or an energy? While there are arguments on both sides, we do far better to think of a disease as trapped or disordered energy rather than an independent entity.

When we observe symptoms—even the word “symptom” is an interpretation—our mind tends to jump to what disease this phenomenon might be heralding. Medical students often go into a tizzy when they notice symptoms in their bodies associated with the many diseases they are studying. Hypochondriacs do the same. **The mind focused on disease is constantly gathering evidence to support its reality. So is the mind focused on health.**

A number of my coaching clients are medical doctors. The most consistent complaint I hear about their profession is that they hate the paperwork they have to submit. One doctor spends one-third of his working hours seeing patients, and two-thirds filling out forms. A psychiatrist must document in detail her conversations with her patients, so she sits with a laptop between her and the patient, constantly typing rather than engaging with the

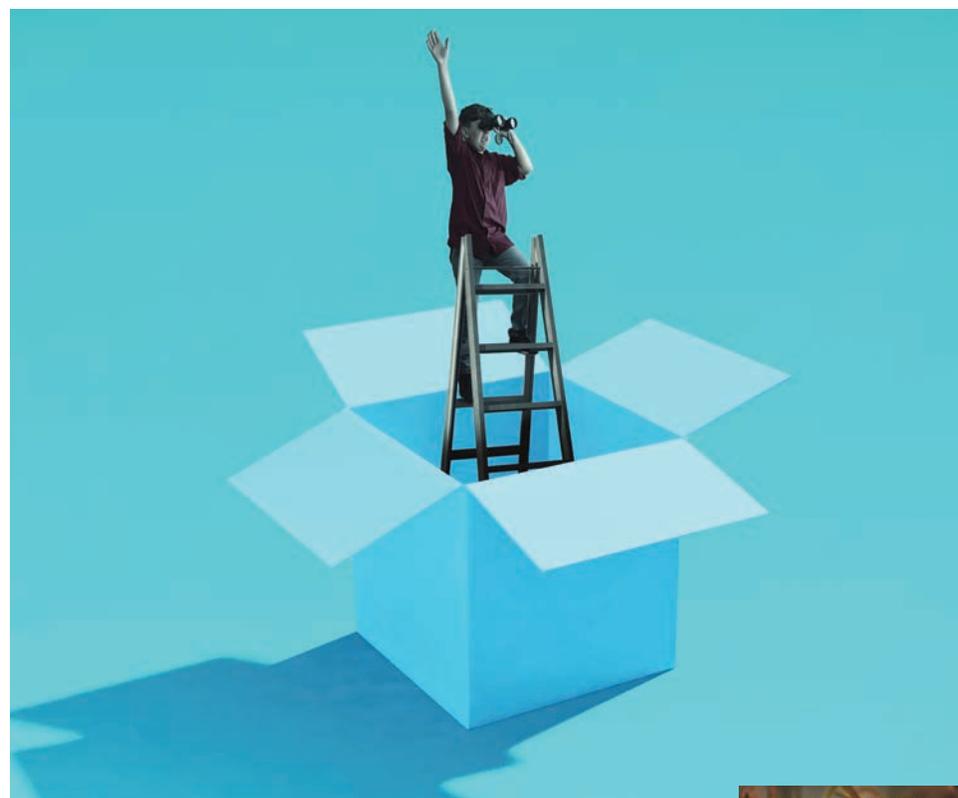
patient eye-to-eye. Why the deluge of papers and labels? Doctors cannot get paid by insurance companies, the primary source of their income, unless they assign a diagnosis to a patient. To maintain their livelihood, physicians must put every patient in a box.

But what if a client does not fit into a box? What if there is more to a patient than their current complaint, and their potential for healing exceeds the name of their disease? What if a client's physical symptoms are more related to their mental and emotional matrix than external influences? What if the physician's vision of the patient is a major factor in the patient's healing, and can generate transformation beyond medication?

While doctors may need to label patients for professional and financial purposes, the real damage occurs when patients adopt those labels and identify with them. Rather than thinking, “I have this issue I am addressing,” most patients tend to become their diagnosis. “I am a diabetic.” “I am a schizophrenic.” “I am a cancer patient.” While all of these identities have practical implications in treatment, the leap from “I have” to “I am” is monumental and in many cases tragic. Metaphysically, the words “I am” are the most powerful that a human being can utter. They represent the word of God becoming manifest in form. “In the beginning was the word” applies not only to the beginning of the universe, but to the beginning of every human endeavor. Whatever you fill in the blank with after you say, “I am,” you create in your experience. If you truly wish to be healed and lead a healthy, productive life, take extreme care when choosing the words following, “I am,” for in speaking them you build your destiny.

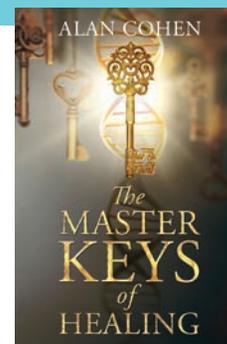
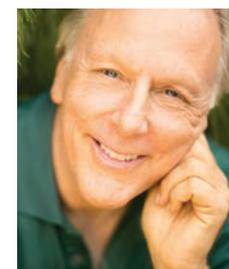
The Old and New Testaments underscore the power of these two mighty words. When Moses encountered God at the summit of Mount Sinai, he asked, “What shall I tell the people that your name is?” God replied, “I am that I am.” Because God's name is “I am,” whenever you speak those words you invoke the creative power of God.

When Jesus was asked who he was, he answered, “I am the way, the truth, and the life.” Jesus identified only with the attributes of God, which are equally true of all of us. Jesus did not claim his religion, gender, family, or body as himself. He claimed the highest that he was, as a model for all of us to follow. Jesus' mission was not to set himself up as an idol to be worshipped, but as a way-shower to inspire us to accept the divine identity we share with him. ✨



Excerpted with permission by Alan Cohen Publications, from *The Master Keys of Healing* ©2020, by Alan Cohen

Alan Cohen is the author of many inspirational books including *Spirit Means Business*. For information on his programs and books, videos, audios, online courses, retreats, and other inspirational events and materials, visit AlanCohen.com.



In Pain? Stressed Out? Tired? Anxious? Depressed?

Get Relief the Natural Way at Relief Wellness Center

Acupuncture is a 5,000-year-old system of medicine treating everything from the common cold to chronic disease. 93% of 89,000 patients reported successful treatment for musculoskeletal pain with acupuncture (American Specialty Health 2016).

Thousands of studies have shown the efficacy of acupuncture treatment for:

- addiction
- anxiety / stress & depression
- allergies
- asthma
- autoimmune disease
- back pain
- cardiovascular diseases
- chronic fatigue
- diabetes & metabolic syndrome
- fibromyalgia
- gastrointestinal issues
- headaches / migraines
- menstrual / menopausal issues
- neurological issues
- respiratory conditions



Peg Duignan MS LAc LMT
Relief Wellness Center
10 Lawrence Ave, Suite 2
Smithtown, NY 11787
www.ReliefWellnessCenter.com
Office: 631-265-3600
Text: 631-786-5429

Acupuncture • EFT Tapping • Energy Medicine • Massage Therapy
Nutritional Counseling • Most Medical Insurance Accepted

Mastering the Art of Appreciation

by Robyn Spizman
Atlanta, GA

Loving out loud begins with an awareness of what's "right" around you. What's right in your world and in your life, versus what's wrong? If you look for the negative, you'll find it. Focus on the good and the positive.

Appreciate the Positives in Your Life

Whether you are an introvert or extrovert, shy or outgoing, it's possible to appreciate others out loud. The world needs introverts and extroverts. Consider this an invitation to notice the good in others. When you do so, your blessings will float to the top. Begin with bite-size moments of gratitude, and find ways to appreciate out loud the actions of others.

Everyone loves a compliment, which is a powerful motivator to express your appreciation. We usually think of a compliment as words that make us feel good ("You are such a fascinating person") or an observation about someone's personality or appearance ("That shade of pink lipstick looks beautiful on you"). While compliments are certainly meaningful when sincerely given, go one step further and shift your

perspective from giving compliments to giving gratitude. Infuse your compliment with it. Think of your kind words as mastering appreciation, which is the meaningful, magnetic ability to make what you say stick. Recently my six-year-old granddaughter Dani overheard a compliment my husband gave me. She noticed how good it made me feel, smiled, and asked me if he went to compliment school.

The art of appreciation lets another person know what they are doing right, how much they matter, or what you notice about them that's special ("I really value the way you take the time to make sure my car tires are filled correctly; thank you for caring about my safety"). It ties the compliment into their actions and ices the cake with how you feel.

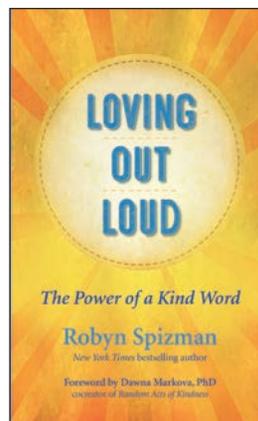
Your words of appreciation are like a boomerang returning kindness to you in a multitude of ways. When words are said without ulterior motive or the expectation of something in return, they come across as sincere and filled with good intentions. The receiver is more likely to believe them, as you do, and in turn your LOL acknowledgment affects them in a heartfelt way.

Personally, I appreciate the smallest acts of caring and a kindhearted spirit. A generous compliment, pure in motive, sincere in intent, echoes in my mind and keeps me afloat. Heart-to-heart compliments can turn someone's day around or start it off with a smile. That's remarkable stuff and highly underestimated!

How to Give a Loving Out Loud (LOL) Compliment

When sharing a compliment, infuse it with your appreciation for the person. Here are some ways to get in touch with that sentiment and validate others:

- Consider what you truly like (and appreciate) about the person: "I think you are one of the friendliest people I know. I'd love to be more like you."
- Think of things you admire about them: "I am in awe of the attention you give to details."
- Zero in on something that makes someone feel special: "Are you aware of what a thoughtful friend you are to me?"
- When focusing on physical traits, be creative: "When you wear that shade of blue, your eyes are sky-blue beautiful."
- Make observations about why someone is unique: "I absolutely love listening to you. Your stories are so interesting."
- Think of your words of gratitude as a thank-you gift: "My day is now perfect



thanks to your thoughtful [birthday, anniversary, etc.] wishes!"

While at the post office, I thanked the kindhearted postal worker for his help as he advised me on the fastest way to send a package. He replied with a remark that really felt good: "You have such a generous spirit." I thought for a moment how to show my gratitude for his kind words, putting my stamp of approval on his attention, and said with a smile, "Return to sender." ✨

Excerpted from the book **Loving Out Loud.**

©2019 by Robyn Spizman. Printed with permission from New World Library — newworldlibrary.com.

Robyn Spizman is the author of **Loving Out Loud**. She is an award-winning, New York Times bestselling author and popular keynote speaker who has appeared in the media for over three decades, including NBC's Today show more than thirty times. Visit her online at robynspizman.com.

Natural Healing Acupuncture

Are you suffering from any of the following? Try acupuncture!

Parkinson's	TMJ	Diabetes	Cancer Patient Support
Stroke	Bell's Palsy	Colitis	
Paralysis	Tinnitus	Menopause	
M.S.	Neck Pain	Allergies	
Lupus	Sciatica	Skin Diseases	Some Insurance Accepted
Arthritis	Sports Injuries	Facial Lifting	Former Neurologist & Psychiatrist (in China)
Migraine	Sinusitis	Kidney Failure	Special for Complex Cases
Anxiety	Bronchitis	Weight Control	40+ years Experience
Stress	Asthma	Quit Smoking	
Trigeminal Neuralgia	Active Bladder	Nail Fungus	
Shingles	Infertility	Fatigue	
Hemorrhoids	Impotence	Immunity	
	A.D.D.	Sleep Apnea	

Henry Zhen-Hong Lee

LONG ISLAND:
69 Veterans Mem. Hwy
Commack
516-822-6722

QUEENS:
58-03 182 St
Fresh Meadows
718-445-8438

MANHATTAN:
2573 Broadway
NYC
646-220-5388

www.EWNaturalHealing.com

NYS License Acupuncturist; NCCA DPL Herbolgologist; Beijing Medical Collage; President of American Acupuncture Assoc.

UP NEXT:

The April / May Spring "Women's" Issue

Honoring the Divine Feminine,
Celebrating Women, Mothers, Earth,
the Environment and Rebirth.

ADS DUE March 10th

Article & Poetry Submissions Due February 15th

neil@creationsmagazine.com

631 424-3594

creationsmagazine.com

Seven Facets of Spiritual Awareness

by Owen K Waters
Texas

Life can be a treadmill of mundane details or it can be an inspiring adventure of uplifting experiences. Through the regular, daily practice of meditation, you can start each day by raising your frequency of consciousness above the mundane, work-a-day level into the spiritual realms of consciousness.

Here are seven facets of spiritual awareness that unfold as a result of daily meditation. Any technique will work.

Spiritual Awareness Facet #1 – Flow

A sense of flow attracts synchronicity into your life's events. This almost magical sense enables you to always be in the appropriate place at the appropriate time in order to gain the most out of the experiences that the complete you, your inner self, planned for this life.

Spiritual Awareness Facet #2 – Unconditional Love

You develop a sense of unconditional love for the inner, spiritual essence of all the people that you connect with in your

life. Even the difficult people, as they are often holding up a mirror for you to understand an aspect of past habits which, deep down, you would like to examine at this time.

Your sense of unconditional love naturally includes full acceptance of yourself, just as you are, with the personality that you adopted for this lifetime of experience. You can catch those old thought patterns of self-criticism and remember that you live in a universe which is naturally full of love and unconditional acceptance.

Spiritual Awareness Facet #3 – Abundance

Accept abundance as the natural flow of the universe. Forget those opinions about there being something wrong with money. It's a form of energy and the universe is filled with energy. Life gets a lot more convenient when you are abundant. It gets really inconvenient when you are not.

When you follow your innermost joy, you find yourself doing work that you love and find absorbing. When you find your work absorbing, you become very good at it,

without feeling that it took a lot of effort. When you are highly skilled, employers and customers alike hear about you by word-of-mouth recommendation and they seek you out. Following your inner joy is the secret to finding and developing an occupation which brings natural abundance.

Spiritual Awareness Facet #4 – Intuitive Insight

Both men and women find that, with regular spiritual practices, their sense of intuition develops smoothly and naturally. Soon, your insights grow to become very valuable in dealing with the challenges of life.

Spiritual Awareness Facet #5 – Creativity

A growing sense of creativity becomes apparent when spiritual practices become your daily routine. You discover new ways to achieve results because you see situations from a broader perspective.

Spiritual Awareness Facet #6 – Wisdom

Advances in spiritual wisdom and understanding come with deep meditation. In meditation, it is important to let distracting, surface thoughts

dissipate so that deeper realizations may surface at the time that they are needed.

Spiritual Awareness Facet #7 – Raising World Consciousness

When you detach from worldly concerns and express a higher frequency of consciousness, the conflicts of the lower frequencies of consciousness become automatically healed. When you let go of any form of conflict within yourself, you are able to rise to a higher frequency of consciousness in a state of harmony and balance.

Higher frequencies of consciousness hold a higher power. Not just a slightly higher power. The power ratio of spiritual consciousness to conflict-oriented consciousness is many thousands to one. If you allow balance to enter your life through a spiritual state of consciousness, it will manifest immediately and very powerfully in your daily life. You will also be helping to raise the global consciousness in a very powerful and constructive manner. ✨

Owen Waters is the author of *Freedom of the Spirit: Four Powerful Steps to Spiritual Freedom*.

Join us for an enlightening service...

Every Sunday beginning at 11am
Service includes meditation and hands-on healing.

Experience a unique belief where messages are given from the Spirit realm by our respected mediums.

Message Circle: 1st - 3rd
Sundays at 12:30pm

For further information or directions, call **800-316-1231**

Check our website and friend us on Facebook, for any up-to-the-minute announcements **www.tmsli.org**

ALL IN-PERSON SERVICES HAVE BEEN POSTPONED. PLEASE VISIT OUR WEBSITE FOR OUR CHURCH SERVICE LINK ON SUNDAYS AT 10:30 AM. HOPING TO RESUME IN-PERSON SERVICES JUNE 1ST.



TEMPLE of METAPHYSICAL SCIENCE, NSAC

The Oldest Spiritualist Church on Long Island

American Legion Hall
corner of Baker St & South Ocean Ave
Patchogue, NY

Ordained Minister
Rev. Hugo Ruiz
NST, Certified Medium

Keeping Healthy Just Got Easier!

Melt away stress
Increase brain oxygenation
Deepen your ability to relax

PEMF Mat Session \$22 Special
(first time only)

Pulsed Electromagnetic Field Therapy:
Recharges Cellular Energy • Reduces Pain • Lowers Inflammation

Free Zoom Call Consultation

SueZee Finley 631-988-0613

Certified Sound Therapist
PEMF Mat Distributor for iMRS Prime & Omnium 1



www.acoustictherapeutix.com
430 West Main Street Babylon, NY 11702

Addiction-Free Naturally: Making It through the Withdrawal Period

by Brigitte Mars
Boulder, CO

If you've made the decision to kick your addiction, congratulations! A happier, healthier world is awaiting you. First, though, you have to get through the withdrawal period.

Many people have multiple addictions, and may find it easier to tackle the most serious of them first—alcohol before tobacco and tobacco before chocolate, for example—but following the program for one addiction may well put you on the road to recovery for others as well.

If you are eating a healthier diet and supporting your body with herbs and supplements, you may find that by the time you have dealt with the more serious addictions, the others have almost resolved themselves.

For some people, withdrawal symptoms don't amount to much, while for others they pose a serious challenge. And withdrawal is more than simply enduring cravings for a particular substance; you may feel jittery, irritable, or depressed, and you may have physical symptoms ranging from headaches to tremors.

It can take a year or more before you feel completely healed physically and stable emotionally. But it's well worth it! The road to recovery brings you revitalized energy, health, and happiness. You'll feel better, look better, and live better. All you have to do is make the decision—and stick with it!

Detoxification

Addictive substances disrupt the body's normal processes and the mind's normal thought patterns. To kick an addiction, you must detoxify both body and mind, first by cleansing, and then by rebuilding.

- Cleansing means avoiding the substance of your addiction, drinking teas and eating foods that help cleanse the body of toxic wastes and drug residue, and giving up the psychological dependency.
- Rebuilding involves supporting and nurturing those bodily organs and systems that have been weakened or damaged by the addiction, learning new, healthier habits that can replace the unhealthy behavior of addiction, and building networks of emotional support to help you through the withdrawal period.

Physiological effects from substance abuse are almost always reversible. But when you make the decision to free yourself from an addiction, your body does not return to its natural state overnight. Have patience.

Be Open with Family and Friends

Beating an addiction is hard work, and you're most likely to be successful if you have the help of those who love you.

Nutritional Therapy

It's imperative to keep your blood sugar levels stable during the detoxification process. Unstable blood sugar levels drain you of energy and can contribute to cravings. To stabilize blood sugar levels, eat four or five small meals a day. Have a healthy snack before bed and then eat again early in the morning.

Green leafy vegetables provide ample amounts of vitamins, minerals, and fiber. Their high nutrient content nourishes the body and promotes regeneration of damaged systems, their chlorophyll helps the body better utilize oxygen, their fiber content aids in the elimination of toxins, and the calcium content helps to calm.

High-sulfur vegetables such as broccoli, cabbage, and cauliflower also aid in detoxification. They are full of antioxidants, which help protect the body against free radicals.

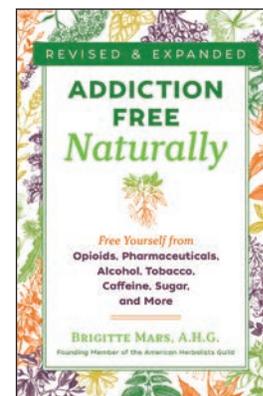
Protein is also important during withdrawal, because it can reduce cravings. Good protein sources include legumes, tofu, tempeh, poultry, nuts, seeds, and eggs. Fish is an excellent source of protein and is rich in the raw material the body needs to make its needed neurotransmitters. **Do not eat sugar—as a super refined carbohydrate without nutritional value, it will keep your body in an addictive mode.** Reduce your intake of refined foods. Choose organic foods whenever possible.

Those who experience digestive distress during the withdrawal process may fare well with easy-to-digest foods such as high-protein baby food, blended soups, and pureed vegetables.

To minimize shaking and tremors during withdrawal, eat adequate protein and plenty of whole grains such as oatmeal, millet, and brown rice. Be sure to drink plenty of pure water so that wastes may be more effectively carried away. Have a drink of water whenever a craving arises. The addition of a bit of lemon juice to the water you consume can be even more effective: its sour flavor stimulates liver cleansing. Diluted unsweetened cranberry juice is also cleansing to the liver and kidneys. If you experience diarrhea or vomiting, be sure to drink electrolyte rich beverages to help rehydrate and replace lost trace minerals.

Skin Brushing

Skin is often referred to as the third lung, and dry-brushing the skin can aid in the detoxification of the body by boosting circulation and improving lymphatic flow. As a side benefit, after regular practice you'll end up with soft, glowing, healthy skin.



Skin brushing should be done with a soft vegetable-fiber brush just before you bathe. Disrobe and, starting with your feet, gently brush the skin in a circular motion. Work your way up the legs, then the hands and arms, and finally the torso, both front and back. The entire procedure should take two to three minutes. Be especially gentle over the breasts and avoid the genitals. Then shower or bathe. End with cool water to give yourself a forced circulatory massage.

Hydrotherapy

Soaking in a tepid bath to which three pounds of Epsom salts have been added is not only relaxing but also helps detoxify your system and draw out old drug and chemical residues. Neutral-temperature baths (between 92 and 98 degrees) soothe the nervous system and promote detoxification.

Sauna baths, sweat lodges, and steam baths also speed the release of toxic substances through sweating. They can have profoundly healing and spiritually opening effects if you enter them with the intention of releasing and purifying. They should, however, be enjoyed with a buddy, because the intense heat can lead to lightheadedness and dizziness.

After a detox bath or sweat therapy, rinse off, get covered up, and enjoy some bedrest. Those with high blood pressure should consult their doctor before using any bath or sweat therapies. ✨

*Excerpted with permission by the publisher, Inner Traditions International. InnerTraditions.com from **Addiction-Free Naturally** by Brigitte Mars, AHG, © 2020, 2001, Healing Arts Press, Available at B&N.com, Amazon.com, InnerTraditions.com, or your local bookstore.*

Brigitte Mars, AHG, is an herbalist and nutritional consultant with almost fifty years of experience. She teaches herbal medicine at Naropa University and the School of Health Mastery in Iceland and has also taught at Omega Institute, Esalen, Kripalu, and the Mayo Clinic. A founding member of the American Herbalist Guild, Brigitte is the author of many books and DVDs including **The Natural First Aid Handbook**, **The Sexual Herbal**, **Healing Herbal Teas**, and **Rawsome!** <https://brigittemars.com/>

Futons & Futon Furniture, Crystals, Minerals, Sage, Incense,
Candles, Books, Music, Naots, Minnetonka Moccasins

Dreams East

359 Sea Cliff Avenue, Sea Cliff, NY
516-656-4790 • www.dreamseast.com

Psychic Readings with Neil MacPherson Wed-Sun

Another Leap Forward in Dental Healing: Is your Dentist Listening to You?

Everyday I listen to a new patient's medical-dental "story" and I am continually shocked by what is being told to me. Don't dentists listen anymore? How can your dentist properly diagnose your dental problem if they do not pay attention to the details? It is always about the details! I recently saw a patient who was at their wits end. This person was experiencing debilitating headaches. This patient saw their primary care physician, who referred them to a neurologist, who then referred the patient for an MRI and then to an ENT. The ENT, in turn, sent the patient for a CT scan. The radiologic studies were reviewed by radiologists, and ultimately, nothing abnormal was found. The patient was given multiple drug prescriptions without relief of their symptoms.

Ultimately, the patient wound up in my office. After performing a comprehensive head, neck and dental evaluation, during which I took the time to be attentive to the patient's entire health history and review of scans, I was able to isolate the problem, and link the patient's headaches to an underlying dental infection. Within one week, this patient was essentially back to normal, not requiring any of those prior medications, and was able to once again enjoy life. At **Integrative Dental Specialists**, Dr. Etess and his team pride themselves on delivering you the attention that

you deserve, along with the highest level of dental expertise, performed methodically with great skill and accuracy and without sacrifice.

What sets Dr. Etess apart is that he will go above and beyond to listen to your needs and bring you a level of dentistry that is unmatched. Now in his twenty-fourth year of world class dental practice, Dr. Etess utilizes his extensive dental training and unsurpassed dental expertise to provide his patients with one-of-a-kind, individualized care which allows for the highest level of dental treatment, personalization, and accessibility.

Patients are sometimes embarrassed by the condition to which they have let their mouth become. Some patients feel frustrated that they have failing dental work in which they have invested their valuable time and finances, only to be disappointed. At Integrative Dental Specialists, no dental problem is too big or too small, and **ALL** our patients are our **TOP** priority. Implementing leading-edge dental protocols which include biomimetic dentistry, teeth that were once destined to extraction can now be saved and provide many years of service without their removal. Using exclusive rehabilitative and dental restorative procedures along with the ultimate

best disinfection protocols including laser and ozone, problematic teeth can be restored and rejuvenated back to normal healthy function.

Don't assume all dentistry is the same. Dr. Etess prides himself on bringing you first-class, unmatched care. There is nothing superior to the teeth that you are born with, therefore you should do all that you can to ensure that you maintain them. For those teeth that are beyond rescue, cutting edge zirconium and titanium implants replace missing teeth. Additionally, at **Integrative Dental Specialists**, we can harvest your own living bone for **Khoury**® autogenous self-bone grafts along with **Platelet Rich Fibrin (PRF)** from your blood to aid in the placement of zirconium or titanium implants. Furthermore, Dr. Etess is the pioneer of an alternative therapy to the traditional root canal called **ToothRegenesis**™, which reestablishes the blood supply to the tooth, in turn, revitalizing it and making it "alive" again.

Remaining on the cutting edge of the newest dental advancements is a full-time task and a top priority for Dr. Etess. Utilizing innovative, progressive dental techniques like **The Chao Pinhole Surgical Technique**® for minimally invasive gum recession repair, is an example of the many prevailing dental procedures utilized

to ensure successful dental outcomes. In order to provide our patients with the most sanitary environment possible, we employ **ENHANCED** proactive air and surface office infection control protocols. Natural, safe, and effective therapies are necessary to achieve the best results.

When considering your dental needs, why settle for anything less than the best? We work toward one standard, the **HIGHEST** standard! The time for excuses has passed. If you're looking for the finest, healthiest and most predictable results to correct your dental issues and would like to learn more about what treatments are available to you, please contact **Integrative Dental Specialists** to make an appointment with **Dr. Etess** today.

Jeffrey Etess, DMD, NMD, IBDM, graduated in the top 10% from the prestigious University of Pennsylvania School of Dental Medicine. Dr. Etess is an **IVY LEAGUE** trained Certified Endodontic Specialist/Implant Surgeon with a dual degree in Dentistry and Board Certified in Naturopathic & Integrative medicine, and is trained in biomimetic cosmetic dentistry to provide a broad array of biological dentistry covering all facets of pediatric, restorative, prosthetic, surgical, endodontic, periodontal, and implant dentistry for his patients for over 23 years.

- ADVERTORIAL -



Dr. Jeffrey Etess, DMD, NMD, IBDM

Biomimetic Cosmetic Dentistry & Implant Surgery
Endodontic Dental Surgical Specialist
IVY League Trained, Top 10% of Class
Board Certified Naturopath
21+ Years of Practice

Long Island: 516-253-1800
245 Hillside Ave, Williston Park, NY

Manhattan: 212-845-9740
120 E 56th St, New York, NY

Email Dr "Jeff": drjeff@idsli.com



"We're not waiting for the future in dental care... we're creating it."

www.integrativedentalNY.com

www.dentalzirconiaimplant.com | www.dentalcavitations.com | www.toothregeneration.com

Our Brands

ZIRCONIA



- Biomimetic Cosmetic Tooth Rejuvenation & Reconstruction
- Minimally Invasive Comprehensive Dentistry
- IAOMT "SMART" & Safe Mercury Filling Removal
- Fluoride, BPA, Mercury-Free Biocompatible "White Fillings"
- Life-Like Natural Chroma/Value/Hue "White Filling" Color Matching
- Metal-Free Crowns & Bridges (Same-Day 3Shape Ceramic Crowns Available)
- Biolase iPlus Laser Perio/Gum Therapy
- Chao Pinhole Surgical Technique/Minimal Invasive Gum-Lift
- Next Generation Digital Dentistry (3D Impressions, 3D Printing, 3D Milling)
- Lowest Radiation Digital X-Ray & 3D Cone Beam Jaw Scan

- Gum & Bone Tissue Regeneration Utilizing Advanced Grafting (Platelet-Rich Fibrin (PRF) & Stem Cell Recruitment)
- Biological/Integrative/Holistic Laser & Ozone Dentistry
- Single & Multiple Dental Implants (Titanium or Metal-Free Zirconium) Reconstruction w/Guided Real Time Computer Assisted X-Guide Available!
- Proprietary Customized Individualized Dental Treatment Planning
- Biological & Regenerative (Tooth Regeneration) Ozone Laser Root Canals
- Therapeutic Trigger Point Injections Utilizing Ozone for Oral/Facial, TMJ Pain
- All Phases of Orthodontics - Including Metal-Free Invisalign or ClearCorrect
- Orofacial Aesthetics & Lip Rejuvenation w/Natural Fillers TMJ Functional Therapy

Schedule your visit **TODAY** and **DISCOVER** what **YOU'VE** been missing!

CALENDAR OF EVENTS

ONGOING EVENTS

MONDAYS

TRANSMISSION MEDITATION – offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30PM. Call 516-791-1485 for more info and location in Valley Stream.

SHAMANIC MEDICINE WHEEL GROUP for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, DrlreneSiegel.com. Now offered Online.

TUESDAYS

SPIRITUAL WORKSHOPS BY GOL
Experience an array of mindful and provocative group sessions focused on supporting each individual's spiritual growth. Prior sessions included; book discussions, energy circle, chakra work, past life, food issues and more. Zoom workshops every Tuesday evening at 7:15pm.

203 E Pulaski Rd Huntington Station 631-455-3471 for more info. See our calendar on our website GatheringOfLight.org.

PSYCHIC PALM/TAROT/MEDIUM READINGS by Roni Todd. Private Readings in Roni's Psychic Sanctuary. Tuesday or Wednesday by appointment only. Call 516-889-3732.

THURSDAYS

PSYCHIC PALM/TAROT READINGS by Roni Todd at A Time for Karma, 14 S. Village Ave., RVC, NY. 1-6pm. (516) 889-3732.

TRANSMISSION MEDITATION – offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30PM. Call 516-729-0664 for more info and location in Farmingville.

SATURDAYS

CHILDREN'S SPIRITUALITY CLASSES on Zoom starting in October. With Gathering of Light Interspiritual Fellowship. Phone 631-455-3471. Contact: Prayasi: GOLyouthprogram@gmail.com

SPIRITUAL FELLOWSHIP – GATHERING OF LIGHT - Are you looking to deepen your spiritual connection? We welcome all faiths, beliefs, and traditions. Come join like minded people in community. Live streaming of services on Facebook (Gathering of Light Interspiritual Fellowship page) at 10am every Saturday. gatheringoflight.org 631-455-3471.

SUNDAYS

THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p.9)

UPCOMING EVENTS

AL-ANON'S INVITATION TO YOU We invite you to try our program. You can have a better life-free of anxiety, fear and desperation. At Al-Anon meetings, you will meet other people facing the same problems you are. Al-Anon can help! Please reach out! Call 631-669-2827 or visit al-anon-suffolk-ny.org

creationsmagazine.com

UP NEXT: The April / May Spring "Women's" Issue

*Honoring the Divine Feminine,
Celebrating Women, Mothers, Earth,
the Environment and Rebirth.*

ADS DUE March 10th
Article & Poetry Submissions Due February 15th

neil@creationsmagazine.com
631 424-3594
creationsmagazine.com



<https://www.idsl.com>

Your mouth and teeth don't have to feel like this...

Toothache, Mouth Sores, Bleeding Gums, Temperature Sensitive Teeth, Loose Teeth, Receding Gums, Chewing Pain, TMJ, Etc.....

Bad/falling dentistry can exacerbate chronic Lyme disease and contribute to autoimmune diseases such as RA, Lupus, MS, Diabetes, Chronic Fatigue, Guillian-Bare, Psoriasis, Fibromyalgia, and many more.....

DON'T WORRY

There is a better way

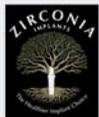
Dr. Jeffrey Etes, DMD, NMD, IBDM



- Top 10% Ivy League Graduate
- 23+ Years Private Practice
- Endodontic/Implant Surgeon
- Board Certified Naturopath
- Biomimetic Dentistry Specialist

TREATMENTS INCLUDE

- ✓ BIOCOMPATIBLE DENTISTRY
- ✓ PINHOLE RECEDING GUM TECHNIQUE
- ✓ OZONE THERAPY
- ✓ ZIRCONIUM IMPLANTS
- ✓ REGENERATIVE ROOT CANALS



Two Convenient Locations

Manhattan: (212) 845-9740 - We are located at 120 E 56th St St, New York, NY

Long Island: (516) 253-1800 - We are located at 245 Hillside Ave, Williston Park, NY

Visit Our New Websites For More Info: www.dentalcavitations.com & www.toothregeneration.com



Designed by Patricia Murca, MID Graduate

Metropolitan Institute of Design

INTERIOR DESIGN

Diploma Program

Do you live in New York and have always dreamed of being an interior designer? Contact us today to begin your journey into the world of design!

SIGN UP NOW!

"Design is intelligence made visible."

☎ 516-845-4033
✉ mainoffice@met-design.com
📍 200 Oak Dr, Syosset, NY 11791

Feng Shui
Interior Design
Fashion

Private tours are available every Monday - Thursday 9 am-3 pm. Online, Hybrid and in class instructions available. Interest Free Payment Plans offered!
Open House Spring 2021
January 21st, @1pm

What you can expect...

Color Theory	REVIT Architecture
Historical Styles	SketchUp
Architectural Drafting	Professional Business Practices
Bath Design	Feng Shui
Kitchen Design	Window Design/Treatment

Since 1977

MID is the only school on Long Island solely dedicated to design, and has been providing the highest quality of education for over 40 years.

[@MetInsDes](https://www.instagram.com/MetInsDes) [@metropolitainstituteofdesign](https://www.facebook.com/metropolitainstituteofdesign)

WWW.MET-DESIGN.COM

Cool Sex

by Diana Richardson Switzerland



Cool is not cold. In coldness you don't care, you are separate from the experience. However, in cool we are very engaged. Usually when we use or hear the word cool in relation to a person, it implies a level of nonchalance, of having it all worked out, but in the sexual context cool means something quite different, it introduces a noticeable quality. In coolness, you are definitely involved, and at the same time, you are taking it easy. You give yourself the opportunity to savour the flavours. You are letting things unfold, connected to the insides of your own body, sensing what you are feeling and where you are feeling it.

There is an element of mindfulness – which means you are “paying attention” to what is happening and how it is happening. This quality of self-awareness or attentiveness gives rise to a “person to person” connection, which makes the exchange engaging, meaningful and enjoyable. When we are cooler and more conscious of what we are doing, and how we are doing it, we naturally become slower, and this slowness makes us more sensitive. We actually have the time and space to feel ourselves.

The tendency in sex is to focus on the fire, to build up the heat, and in fact basically there is the belief that the hotter the sex the better the sex. But the truth is that too much heat, excitement and stimulation will tend to end up with ejaculation, which usually implies the end of the sexual exchange. Being more cool means that you are monitoring the sexual temperature, and not bringing things to the boil. When the situation heats up, you relax for a while. You breathe deep and slow. A little excitement and then relax again. And so on.

Importantly though - relaxation does not mean collapse or going dead. It means to take the attention inside your body rather than focusing on the body of your partner, to move with more awareness, and also

to relax any tense parts that you observe, basically to cool down a bit. Classic places where we carry tension on an ongoing basis is the jaw, the shoulders, the belly, and the pelvic floor - the area surrounding the genitals and anus. When we consciously relax any of these parts, immediately the body will spontaneously take a deep breath as if saying thank you! And if you keep feeling inside your body you will notice that there is an expansion of inner sensitivity, a spreading of sweet good lovely sensations – suddenly you can feel more, your sensitivity increases. You become more alive to yourself, more tuned into your body.

Usually the tendency is to keep building on the excitement to a peak, to make things more and more intense, however in cool sex the approach is to extend the sexual exchange, without moving directly toward the peak. In cool we discover how to be more present to each moment, rather than focusing on the “end” and doing whatever we can to get there. In this way, by cooling down, it is possible to enjoy the ride and postpone the peak for quite some time. A little excitement and then relax. Or if you wish, there is the option and choice to have no peak at all.

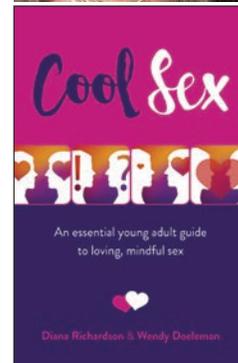
This sounds contrary to what we think - that sex is all about the peak. But perhaps you have noticed – once the few seconds of peak has passed, there is a sense of disconnection and a loss of energy? Especially for men. Women also experience a loss of energy and disconnection, plus often there can be feelings of sadness too. One moment you are utterly involved and the next moment it is all over. And you might wonder – what was all that about?

Relaxation in sex, or less excitement in sex sounds so contrary to what we know or expect from sex. However, coolness is definitely worth checking out. Upcoming generations are increasingly affected and impacted by the media and the result is a very one-sided view of sex – the

impression that sex is all about intensity and sensation. This brings with it quite some pressure to perform well and/or the pressure to produce something.

Certainly, there is nothing wrong in this approach, but coolness offers some sort of balance to all this heat. At some point anything hot has to cool down, and what do you do then?

Hotness plays a part for sure, but the other side of the coin has equal value, and surprisingly it brings unexpected rewards. When part of our attention is directed toward the “inner”, and not only on the “outer”, there arises a sense of connection and caring between the partners that continues even when sex is over. You feel nourished, and enriched and you develop more trust in yourself, and increased self-confidence.



An exploration of coolness is equally valid for adults, as well as young adults. Generally, while we think that more is more, sometimes less is more! How cool is that? ✧

Diana Richardson is considered one of today's leading authorities on human sexuality. She has previously written 7 books on how in practical ways a person can experience a more fulfilling sex and love life. Born in South Africa in 1954, she first qualified as a lawyer (B.A.LLB), and then trained as a massage therapist (ITEC) in the UK. Her interest in the body and healing prompted an intense personal exploration into the union of sex and meditation - the essence of

Tantra. Since 1993, together with her partner, Michael, she has been sharing her insights and experiences with couples who travel from many different parts of the world to participate in their informative and life changing “making love” workshops in Switzerland. In this, Diana's 8th book, written for young adults, she has collaborated with Wendy Doeleman, a former participant in Diana's workshops, and sex educator living in the Netherlands.

Website: livinglove.com **Cool Sex** is available from www.o-books.com and from wherever books are sold.

Allergen-Friendly Bakery and Chocolate Shop!

The Sunflower Bake Shop is offering a Chocolate Shop with 18 Varieties of Dipped and Drizzled Pretzels! All Gluten-free and Kosher. Vegan available, too!

Order for Valentine's Day! Pre-orders on bakery items are welcome and encouraged.

Mention Winter 346 for a 15% discount
Offer valid through 3/31/21



Thank You For Letting Us Sweeten Your Day

(516) 486-CAKE (2253) 346 Hempstead Ave, West Hempstead, NY

Stupid is in the Mind of the Beholder

by Donna Martini
Oyster Bay, NY

Post after post on social media written by people willing to humiliate their peers, calling them stupid, selfish, and ignorant for not taking this new vaccine. Is this a new trend... be sheep or be shamed? Are we still allowed a heedful response to what we are being asked, possibly forced, to do to our bodies?

Forget for a moment whether injecting is right or wrong, this is the current situation: Chemicals will be injected into our bloodstream, which will flood our veins, organs, and fragile bio-systems with RNA-altering material. RNA works with our DNA, reportedly as a messenger. The two are in a synergistic relationship that scientists still haven't been able to figure out, yet, they are boldly messing with it.

It is a newly designed drug with no history of safety to rely upon. We don't know how it will affect our minds and bodies long term; we don't know how it will affect our future offspring, either.

This prompts cautious individuals to question what they are being told by the drug companies, medical professionals, and federal agencies, all of whom have been so wrong so many times before. Who could negate the proof that "bad" science, human greed, and corporate abuse exists? It is evidenced by the constant emergence of even newer science proving the old science wrong, along with the class action lawsuits and billions of dollars in payouts that have ensued.

Realize, too, this technology is being offered by the same scientific and medical communities that, to date, have not been able to eradicate auto-immune disease or cure a common cold! So, knowing all this, what could be deemed more "stupid" to some: running toward the needle with open arms or keeping them covered until more data is revealed?

Let's admit that fear of injecting or not injecting equates to fear of either suffering from the virus or suffering from the vaccine. Both should be deemed allowable human responses but, regrettably, they are not. Instead, there is a demand for prudent citizens to forego their natural

instincts and need to self-protect. But wouldn't shaming people into doing what they don't want to do, dismiss decades' worth of "my body/my right" profundity?

No doubt we have to deal with this virus as a community, but our discourse has become political (what else is new) and hysterical instead of heartfelt and compassionate. None of this is helpful.

We are debating with no immediate resolution because no scientist or political spokesperson can determine whose fear is greater or actually based on reality. Nothing but time will be able to tell us that. To be more productive now, we need to be more honest about our fears. And perhaps bring to light more of the scientific research which proves how innately powerful we really are!



The truth is our bodies are comprised of light, sound, and scalar energy, designed to self-heal and holistically align with our earth. Why aren't we embracing this knowingness? Do we really think the people who are creating drugs are smarter than whoever or whatever created us? It is not fair to either ourselves or that omnipotent intelligence to not fully exhaust all healing modalities, organic remedies, and simple, inexpensive prevention methods before having the need to surrender to a chemical cocktail.

Because let's face it, there will always be another illness that will maintain every billion-dollar corporation's motive to invent another drug or vaccine. The question is how many more chemicals do we need to inject ourselves with before we stop trusting their man-made solutions and start having faith in our own? ✨

See Donna Martini's bio on page 6.

Discover the Best Beauty Treatments

www.holisticaestheticsny.com



HOLISTIC AESTHETICS

Holistic Aesthetics as a med spa provides all services under the care of a certified license professional.

What is FIBROBLAST SKIN-TIGHTENING ?

Fibroblast-Skin Tightening treatment is a revolutionary method for a perfect skin rejuvenation.

It is an active answer to customer's needs for beauty treatments and is not based on surgical methods. Skin instantly tightens and contracts and final results can be seen after 6-8 weeks.

Unlike conventional surgery, Skin-Tightening treatments do NOT have consequences such as bruises, stitches, etc.

Follow us:
@Holistic.aestheticsny



Call to schedule your free consultation! 444 Community Dr, Ste 203, Manhasset, NY 11030 ☎ 516 210 6693

A Clear View — With No Radiation!

Vision is one of the dentist's most important tools. Being able to see inside your mouth, assess how to help make your smile the most perfect it can be, and then track your progress over time is essential to providing you the best long term care. We at **Golden Dental Wellness Center** are proud to announce the arrival of the **iTero Element 5D**, the most advanced dental imaging system in the world!

The Element works with a simple wand and camera system. One of our fabulous dentists simply guides the wand over your top and bottom teeth, and the Element automatically produces a 3D model of your mouth! However, the Element doesn't just take photos, it also uses a new technology called NIRI (Near-Infrared Imaging) to give both you and our dentist a view under the surface of your tooth. This allows us to see your enamel density and internal tooth structure, which helps us to identify and correct problems



before they get serious. Even if you have problems in the base of your tooth, the Element can give us key insights into correcting pulp damage with a ceramic implant (no root canals at the GDWC). The wand also functions as a live camera, so we can show you exactly what we are seeing in your mouth. So say goodbye to cavities and gingivitis!

Moreover, the Element also replaces bite impressions (no more icky goop in your mouth) and gives us key insights into administering Invisalign. Since we can take a virtual impression of your mouth,

we can also use AI to show you what your mouth will look like during and after Invisalign. Every time you come into the office, we can give you a quick updated scan and then track your progress with a timelapse and make any necessary adjustments needed. In addition, you get to watch as your teeth straighten and your smile transforms. This timelapse technology also helps us to monitor your recovery after surgery and prevent any irregularities. Another draw of this new system is the lack of radiation needed to make a scan. In traditional radiology, dentists need to release a small dose of ionizing radiation in order to scan your mouth, *but the NIRI technology in the Element is radiation free.*

Essentially, the Element allows both you and our dentists to gain greater vision and insight into your care over time. Since the NIRI technology is radiation free, we can scan you everytime you come in, which allows us to always have

an up-to-date scan of your teeth. If you have any other questions about the iTero Element 5D or simply would like to schedule an appointment, **call us at the Golden Dental Wellness Center at (516) 627-8400.** See you soon!



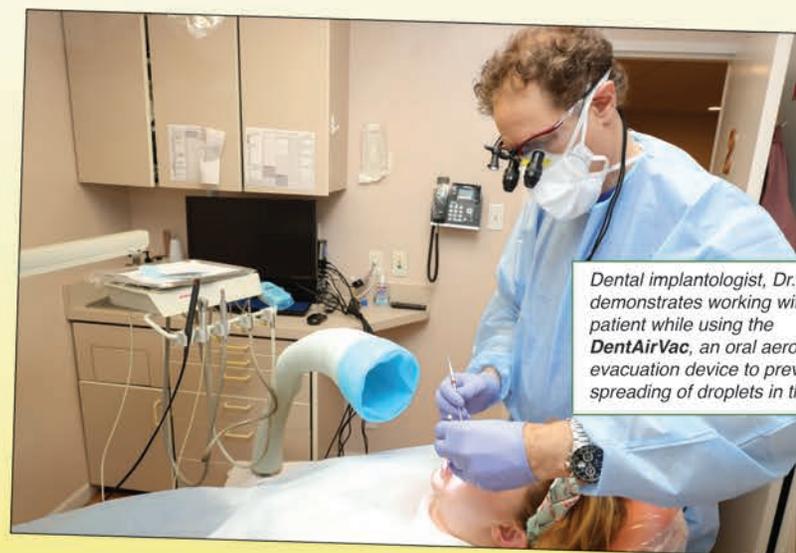
Golden Dental Wellness Center
444 Community Drive, Ste #204
Manhasset, NY 11030
(516) 627-8400

- ADVERTORIAL -

It's Time to Make Your Dental Appointment

We're Using State-of-the-Art Technology to Keep Our Patients & Staff as Safe as Possible

- ~ Air purification by Molekule & Vitashield
- ~ Negative ION Generators
- ~ Surgical Grade Equipment & PPE
- ~ Staff Wears N95 Grade Masks
- ~ Shields at Reception Desk
- ~ Full Disinfection Between Patients
- ~ Request a Coronavirus Test with 3 Day Results
- ~ Aerosol Containment Protocols
- ~ Pre-Appointment Temperature Checks



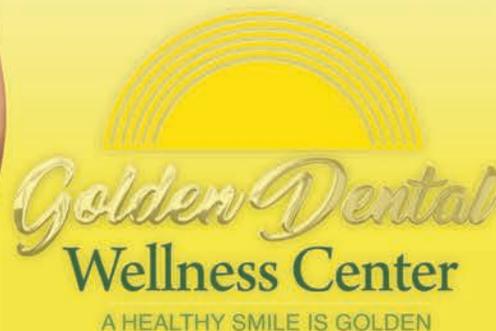
Dental implantologist, Dr. Blum, demonstrates working with a patient while using the **DentAirVac**, an oral aerosol evacuation device to prevent the spreading of droplets in the air.

- ◆ Integrative Holistic Dental Care
- ◆ SDS/Swiss BioHealth Practitioners
- ◆ General and Specialty Dentists
- ◆ Biocompatible Materials
- ◆ Modified SMART Mercury Removal
- ◆ Patient-centered, Relationship Based

444 Community Dr, Ste #204, Manhasset, NY 11030

(516) 627-8400

Monday 10-4, Tuesday 10-5, Wed 10-7, Thurs 10-5, Two Saturdays per month



COUNSELING / THERAPY



Ed Regensburg, LCAT

CREATIVE SANCTUARY with ED REGENSBURG, LCAT
Clinical Art Psychotherapist
Tele-Health Psychotherapy and Wellness Workshops
creativesanctuary.com

37 Willoughby Path
East Northport, NY 11731
o: 631-493-0933
m: 516-652-4361

Bridging the worlds of psychology, art and the science of quantum physics, I provide compassionate and effective psychotherapy for you, and Wellness Workshops for organizations utilizing special techniques of mindfulness and imagery developed over 40 years that connect you to your creative, spiritual self.

Reducing anxiety / alleviating depression, requires accurate identification of issues, seamlessly integrated with analytic understanding in order to find inner control of the root emotions that cause moods and behaviors.

Understanding you fully, I will help you identify the forces creating conflict and resolve them, completely.



Jackie Major, LCSW

Licensed Therapist & Relationship Expert
Jackie Major is pleased to offer

Weekly Interactive Groups!

Improve your ability to relate to others.
 Become more of your true self.
 Transform codependent patterns.
 Practice being in the moment...
where real life happens!

Services Provided:
Individual & Couples Therapy
Interactive Group Therapy

Workshops Offered Include:
 Manifesting Abundance
 Breaking Codependency
 The Art of Intimacy
 Healing the Inner Child

Jackie Major, LCSW

Offices in Port Jefferson & Huntington Station

Information about Appointments, Groups & Workshops can be found at www.jackiemajor.com
tel. 631-291-5800
email: jackiemajor@optonline.net



Dr. Jennifer Howard

Are you ready to live the life you've always dreamed of?

- Winner of 12 awards, including 2013 Gold Nautilus Book Award

Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last, helps you step boldly into your next, deeper level of happiness, wholeness, transformation and success. The distillation of Dr. Howard's **20-plus years of experience as a licensed psychotherapist, relationship expert, energy healer, and spiritual teacher**, this "workshop in a book" is the missing "how to" for getting unstuck and moving past your problems into a richer, happier more authentic and meaningful life. Why settle for average when the potential to live an amazing life is inside you, right now.

YourUltimateLifePlan.com

Dr. Jennifer believes it's your birthright to

- Achieve success
- Find & nourish creativity
- Create healthy relationships
- Heal limiting belief systems
- Move through fears
- Set and reach goals
- Attain physical health
- Embrace self-acceptance
- Live from your true self
- Move past depression/anxiety

Creations Readers: FREE Meditation:
AskDrJenniferHoward.com/Creations
FREE MP3 ~ Abundance Meditation
FREE Virtual Meditation Room
[Facebook.com/DrJenniferfanpage](https://www.facebook.com/DrJenniferfanpage)
[Twitter.com/DrJennifer](https://twitter.com/DrJennifer)

Expert on **numerous national network television shows, Huffington Post blogger**, also host of her award nominated **radio talk show, A Conscious Life.**
DrJenniferHoward.tv/radio

Offering:
Psychotherapy
Business & Life Coaching
NonDual Kabbalistic Healing®
Integrated Energy Healing
Psycho/Spiritual Classes
Guided Meditations
Medical Intuitive
Hypnotherapy
Sedona
EFT

Offices in S. Huntington and NYC
631-424-1691 / 212-580-9402
Phone & Skype
Events: DrJenniferHoward.com/events.asp

HOLISTIC HEALTH

LLYNN' NEWMAN, MS, CN
TAKING CHARGE OF YOUR LIFE

An in-depth nutritional & herbal approach to the rebuilding of health for adults & children. Over 30 yrs experience/Professor/NYS Lic. Nutrition has been clinically shown for Building & Strengthening the Immune System, Especially Now! Additionally, it's important in the treatment of stress reduction and prevention of:

- Cardiovascular • Allergies • Diabetes
- Weight Mgmt • Fatigue/EBV • Cancer
- Eating/GI Disorders • Detox • Candida
- Celiac • ADD/ADHD • AUTISM
- Hormone • Arthritis • Osteoporosis
- Critical Care Support* • Biochemical Analysis and so much more...



Lynn' Newman

Herbology extends back thousands of years. As an experienced Herbalist, I work with herbs and the individual to assist in attaining harmony for strengthening, toning and supporting your life with health! Naturally, gently and simply.

If you have a medical problem, I can consult your physician. Today much health improvement takes real work on your part and the daily care of focusing more on each individual's personal health education and prevention.

Awareness is vital to health! Let me help you create new plans for your health and life and give birth to your new self.

LLYNN' NEWMAN, M.S. C.N.

NYS Lic./Certified Nutritionist
Certified Herbalist/Iridologist
Wholistic Counselor/Educator
Health Coach/Certified Reiki Practitioner
Neuro Linguistic Techniques Practitioner
Over 30 Years Experience
(516) 674-4868

Office in Glen Head
Gift Certificates/Easy Payment Plans
Package Deals Available

www.newmannutrition.com

ACUPUNCTURE

Anthony Cerabino B.M., LMT, M.S., L.Ac is the Founder and Director of **Healthcare Wellness Center.**

We specialize in treating patients on an individualized basis using a COMBINATION of healing modalities:

- Acupuncture
- Medical Massage,
- Herbal Medicine

- Vitamin/Mineral Supplementation
- Aromatherapy
- Reiki
- NAET

NAET (Nambudripad's Allergy Elimination Technique), is a medicine-free technique that retrains the body to accept the allergen.

Acupuncture commonly treats: All Pain, Back and Neck Pain, Vertigo, Headaches,

Muscle Strain/Sprain, Stress/Anxiety, Any Addiction, Migraines, Neurological Disorders, Digestive Disorders, and Allergies.

We accept most insurance.

HEALTHCARE WELLNESS CENTER
85 W. Main Street, Suite 302
Bay Shore, NY 11706
631-665-1666
www.healthcarewellness.org



Anthony Cerabino
B.M., LMT, M.S., L.Ac

In Pain? Stressed out? Tired?
 Anxious? Depressed?
 Get Relief The Natural Way –
 at **Relief Wellness Center**

Acupuncture is a 5,000-year-old system of medicine treating everything from the common cold to chronic disease.
93% of 89,000 patients reported successful treatment for musculoskeletal pain with acupuncture (American Specialty Health 2016).

Thousands of studies have shown the efficacy of acupuncture treatment for:

- addiction
- anxiety / stress & depression
- allergies
- asthma
- autoimmune disease
- back pain
- cardiovascular diseases
- chronic fatigue
- diabetes & metabolic syndrome
- fibromyalgia
- gastrointestinal issues
- headaches / migraines
- menstrual / menopausal issues

- neurological issues
- respiratory conditions

NYSHIP, EMPIRE, CIGNA, NO-FAULT & more cover acupuncture and some even massage.

Peg Duignan MS LAc LMT
Relief Wellness Center
10 Lawrence Ave, Suite 2
Smithtown, NY 11787
www.ReliefWellnessCenter.com
Office: 631-265-3600
Text: 631-786-5429



Peg Duignan MS LAc LMT

HEALING / BODYWORK

PATRICIA BONO –
Helping People and Animals

Traditional Usui, Karuna Reiki Master –
 Practitioner & Teacher
 Private Sessions & Distance Healing.
 Certification Classes Offered.
 Therapeutic Touch Practitioner
 Shaman - Working With Native American
 Intuitive Ways.

Tarot/Psychic/Medium –
 Readings in Person or By Phone.
 Available for parties, private,
 business, corporate.

Animal Communicator/Psychic –

In Person or By Phone.
 Working with animals both here or having
 passed over.

Past Life Regression Therapy

Dream Interpretation

Ordained Interfaith Minister

Workshops Offered –

Animal Communication, Native American
 Intuitive Ways/Medicine Wheel

Member – Associated Bodywork
 and Massage Professionals

Featured in *Newsday*, Cable TV
 and Radio Talk Shows

For information or an appointment call:

Patricia Bono
(516) 922 7574

www.patriciabono.com

E-Mail: speaks2spirits@gmail.com



Patricia Bono

HOLISTIC VETERINARIAN

The Most Famous Veterinarian in the World, Doc is the recipient of the first Presidential Award ever given in veterinary medicine in America.

We are proud to say Doc is, and has been, a practicing veterinary doctor and surgeon for over 51 years. At the same time, he is also a nutritionist who makes the #1 rated food for pets on earth. His half-century of work preventing diseases of all kinds has made him internationally renowned.

Doc was one of the first three doctors to arrive at the Avianca Airline crash in Cove Neck, NY (Jan. 1990) that led to the most

successful aircraft rescue in the history of worldwide aviation.

Using Doc's PREVENTION-PARADIGM he has not had a case of cancer, heart disease or diabetes in over twenty years in his patients across America.

Doc is the doctor on **Shark Tank** and CEO of **Cornucopia Organic Food for Pets**. He is an accomplished teacher and lecturer as well as the author of the book, **COMPASSION FOR PETS** and the composer and performer of *Adia*, which he has gifted the world and sang at the Vatican. Out of an estimated 3 million doctors practicing

medicine in the U.S., Doc is the only one who makes food to prevent disease.

R. Geoffrey Broderick, DVM

The Animal Clinic at Southdown
229 Wall St., Huntington N.Y. 11743

Cornucopiapetfoods.com
doc@cornucopiapetfoods.com
www.soundcloud.com/
DrGeoffreyBroderick
(631)-427-7321 or (631)-427-7479

Listen to: www.w4wn.com
All God's Children
 Thursdays, Noon – 1PM EST



R. Geoffrey Broderick, DVM

Visit creationsmagazine.com regularly for New Articles



Batool F. Rizvi D.D.S., P.C.

Dr. Batool Rizvi strives to keep her patients smiling from the inside out. She believes in a holistic approach to health care. Dr. Rizvi offers her Dental services with an integrative and systemic philosophy in mind. She is one of the few doctors placing metal-free Zirconia Implants, and safely removing mercury fillings using the Huggins Protocol.

Dr. Rizvi earned her DDS from New York University and completed a fellowship in Oral and Maxillofacial surgery at the

Montefiore Medical Center of the Albert Einstein College, as well as an Implantology Fellowship from Columbia University.

Dr. Rizvi offers a full range of Dental services treating both adults and children. Her gentle touch, excellent listening skills and thorough explanations keep her patients smiling, happy and healthy.

- Metal Free Braces – Clear Aligner Therapy
- Metal Free Zirconia Implant Placement
- SMART Certified Safe Mercury Removal

- Ozone Therapy
- Mercury Free and BPA Free Composite Fillings
- Non-Surgical Periodontal Treatments with Scientifically Proven Results
- Free Consult for 2nd Opinion of Proposed Treatment

Dr. Batool Rizvi
In association with Dr. Norman Bressack
1692 Newbridge Road
N. Bellmore, NY 11710
516-221-7447



Jeffrey Etes, DMD, NMD, IBDM

Jeffrey Etes, DMD, NMD, IBDM is an Ivy League educated endodontic dental specialist with formal university residency training that encompasses an extensive oral surgical expertise including all aspects of dental implantology. Dr. Jeff, as his cherished long-time adult patients and his pediatric patients call him, has a dual board certification in Naturopathic and Integrative medicine.

Dr. Jeff created **Integrative Dental Specialists** to provide the absolute best comprehensive dental care available

today. The office uses the latest technology and proprietary dental and healing techniques available in cosmetic biomimetic reconstructive, rejuvenation, and restorative dentistry. There is always an emphasis on biocompatible and holistic dentistry to create a very natural and beautiful smile you can be confident with and proud of. Dr. Jeff has achieved a highly professional, relaxed, caring, and pain-free environment for his patients with sedation dentistry available if required. The entire team looks forward to meeting you and exceeding your expectations.

Dr. Jeffrey Etes
Integrative Dental Specialists
of Long Island
245 Hillside Avenue
Williston Park, NY 11596
516-253-1800

Integrative Dental Specialists of Manhattan
120 East 56th Street
12th Floor
New York, NY 10022
212-973-9425
www.intergrativedentalNY.com



Nature's Dental

What is made by nature is always better than what is artificially made. At **Nature's Dental** the conservation of your natural tooth structure — the **Biomimetic approach** — is at the core of our practice philosophy!

We practice holistic methods of saving your teeth and optimizing your overall health by letting the body's natural healing mechanisms take their course.

By applying Biomimetic Technology to restoring even badly decayed teeth, we eliminate most aggressive crown preparations and destructive root canal treatments by up to 90%.

A beautiful smile is part of a healthy, integrated self. We take great care in looking at your dental needs as a part of your total wellbeing.

Meet our holistic doctors, who are dedicated to minimally invasive dental practices: **Dr. Olga Isaeva** and **Dr. Diana Kopach**.

Nature's Dental
NaturesDental.net
50 Broadway, Greenlawn, NY 11740
631 316-1816



Dr. Natalie Krasnyansky

Dr. Natalie Krasnyansky
Essential Dental of Roslyn
70 Glen Cove Rd
Roslyn, NY 11577
516 621-2430
www.HolisticDentistryNY.com

Now participating with Cigna Dental Plan

Many people dread their scheduled visits to the dental office. Fear no more, thanks to pain-free Laser Dentistry.

Dr. Krasnyansky has dedicated her professional career to turning ordinary smiles into Picture Perfect Smiles by offering a wide variety of no pain restorative and cosmetic dental services with a holistic approach for you and your family. A beautiful and healthy smile, as well as the condition of our teeth and gums, plays a vital role in our overall health and well-being.

(see ad page 3 for special offer)

- Complete Smile Makeovers in a Gentle Environment Utilizing All-Porcelain Restorations
- Non-Mercury Restorations
- Invisaligns
- Non-Surgical Laser Assisted Periodontal Therapy
- Bio-compatibility Testing
- Digital X-Rays 90% Less Radiation
- Zoom! Whitening
- Dental Implants



Dr. Kilimitzoglou

Jimmy Kilimitzoglou, DDS, DABOI, MAGD, FICOI, FAAID, FDOCS e.s.i. Healthy Dentistry
42 Terry Road
Smithtown, NY 11787
(631) 979-7991
www.esihealthydentistry.com

Dr. Kilimitzoglou is a Master of the Academy of General Dentistry and a Diplomat of the American Board of Oral Implantology. He is one of 300 dentists in the world with these credentials.

Services we offer include:

- No-BPA & No-Mercury Fillings
- Ozone Therapy
- No- Metal Zirconia Bridges
- Laser Fillings and Gum Treatment
- Holistic Root Canal Therapy
- No-Metal CEREC Single Visit Crowns
- 3-D Digital Jawbone Bone Scan
- Invisalign—no metal orthodontics.

Some patients associate visiting the dentist with thoughts of pain and discomfort. To ensure that the patient experience is

as relaxed and comfortable as possible, Dr. Kilimitzoglou offers **sedation dentistry**. Combining this with our excellent patient care, going to the dentist can be an easy, anxiety-free experience.

Dr. Kilimitzoglou knows that both comfort and appearance are important when it comes to oral health. Dental implants act as replacement teeth, providing functional and cosmetic benefits for patients who have lost teeth. We hope to see you at our beautiful facility soon!

Golden Dental Wellness Center
A Healthy Smile is Golden

You will experience a "patient-first" focus at GDWC, developing a partnership with your dental team; one where you're listened to, heard, and offered choices that help you to achieve your health goals. Discovering root causes of oral disease helps you become proactive in preventing

future problems, rather than reactive in just treating problems as they arise.

- Integrative Holistic Dental Office
- SDS/Swiss BioHealth Practitioners
- General and Specialty Dentists
- Biocompatible Materials
- Modified SMART Mercury Removal
- Patient-centered, Relationship Based

Holistic Aesthetics Skin Care Center
Liz Trujilo, Licensed Aesthetician, Certified Dental Assistant, and Phlebotomist.

Golden Dental Wellness Center
444 Community Drive, Ste #204
Manhasset, NY 11030
(516) 627-8400



Linda Golden, DDS

You Never Ask the Meaning of Life When You're In Love Falling In Love With All of Life

by Brenda Shoshanna
New York City

Most of us do not see the connection between Zen practice and love. But *Zen is the practice of being in love with all of life, becoming one with it, no separation.* We look for meaning everywhere, find it briefly and then it leaves. A sense of hollowness arises and this search can continue endlessly.

The search itself leaves us more and more confused, especially during difficult times. Searching outside for what we crave actually takes us away from that which we long for the most. We are moving far away from home.

But when we are in love, we stop asking for the meaning of life, and stop searching for it all over. Our sense of oneness and completion is here. We feel in tune with all of life.

When we are in love not only is there a deep connection with life, we stop judging and rejecting it. Instead a feeling arises of just oneness with ourselves and others.

This fills our life with meaning and is the experience we have been longing for.

It makes each moment whole.

Zen is the practice of experiencing this every moment, with whatever appears in our life.

Brenda Eshin Shoshanna
Podcast; Zen Wisdom for Your Everyday Life
Each week I take a new look at daily issues and problems. When looked at from the Zen point of view, these problems turn into koans. Not only do we then find unexpected solutions, but become able to thoroughly enjoy our lives. And our problems.

www.zenwisdomtoday.com
Come, listen in and join our community.

(212) 288-0028
brendashoshanna@gmail.com



Have Creations Magazine Mailed to Your Home

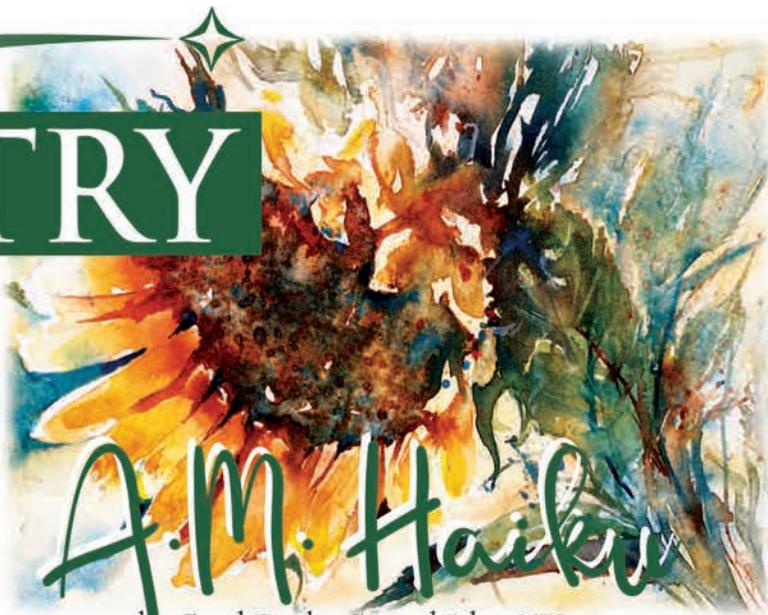
Subscribe Today!

One Year \$19 | Two Years \$29

www.creationsmagazine.com

631 424-3594

POETRY



A.M. Haiku

by Carol Purdy, Central Islip, NY

The sun invites me
to come outside and live now!
How can I refuse?

Weary

by Ben Calderone
Levittown, NY

Right Now
I Need
Some Quiet
A Moment
Of My Own
Alone
So I Can
Think
So I Can
Refresh
Myself
Let Me Be
Just For
Awhile.

I Must Shut My Eyes

by Alexandra Tory, Bellmore, NY

I must shut my eyes from time to time
To keep out the world and ease my mind
And breathe without the weight of demands
That knot my thought and tie my hands
I must shut my eyes to see myself
Whole and here not someplace else
But still and calm in control and self-paced
Not pulled by the future in a frenzied haste
I must shut my eyes from time to time
To keep out the world and ease my mind

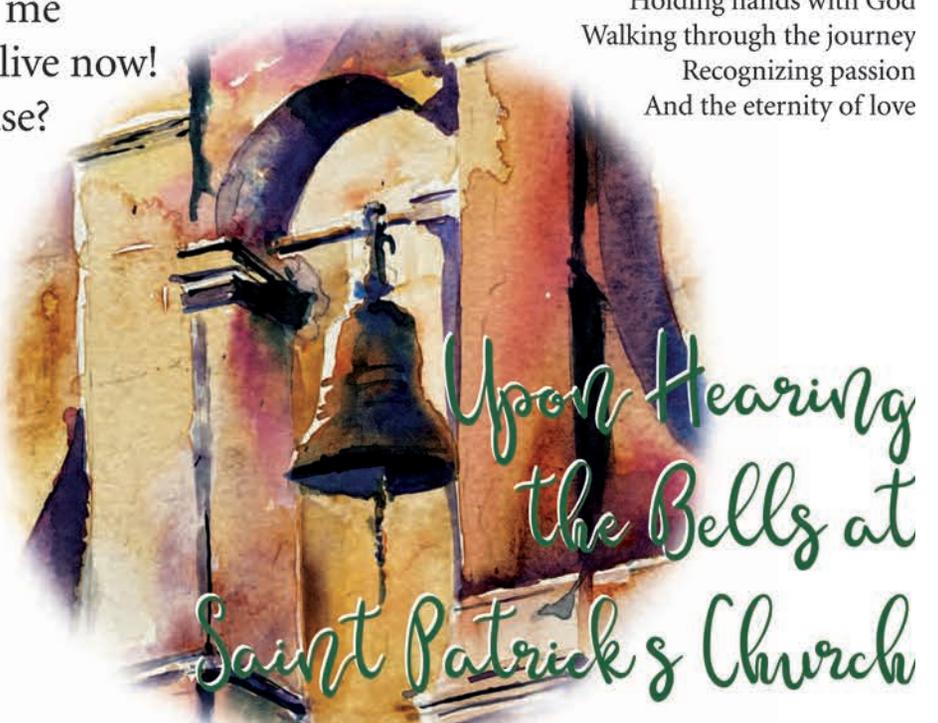
Building
a Bridge

by Bruce Levine, Middle Island, NY

In loving memory of my wife, Lydia Franklin

Building a bridge
From here to reality
Crossing the path
Of the unknown

Holding hands with God
Walking through the journey
Recognizing passion
And the eternity of love



Upon Hearing
the Bells at
Saint Patrick's Church

by Eric Noel Perez, Bay Shore, NY

Watercolors
by

Jan Guarino

w: JanGuarinoFineArt.com
On Line Classes | Workshops
Pet & Child Commissions
631-368-4800

There is a jug containing
the most precious water
with a crack at the base
where the liquid leaks.

And no glue can you make
which can seal the tiny break,
no prayer you can pray,
no words a preacher speaks.

For this jug was made to be broken,
though forged in beauty by the Potter's hands.
And since day one the truth has been spoken
that nothing can stop time's slow-slipping sands.

Therefore, laugh much, love from your core,
and see what a waste it is to quibble,
for you may have years, or but a few days more,
so drink your fill, friend, before the last dribble.

Poetry is nearer to vital truth than history. – Plato

For the Long-term

by Rhonda Weiss, Leeds, NY

You promised

You told the woman sitting next to you at Radio City
(While in your military garb)
I'm going to marry that Rockette one day
Pointing to me
Without knowing my name or voice

Only to hear her say, "That's my daughter"

You promised

As we whizzed by in a red convertible
Me goading you past your law abiding nature
With a halo of auburn curls
Green thrill seeking eyes
And
A trigger temper

You blindly called spirited
And nicknamed me your firefly

You spread your chest like a peacock's tail
When your friends
Enviously joked
How did you land a beauty pageant contestant
Who walked the Atlantic City Boardwalk
Vying to be the next New York rep
In The Miss America Pageant

You promised

Even though you knew my family had a short life line

Till death do us part
And remained
Even as we stared at our cradle that remained bare
And there was just us two

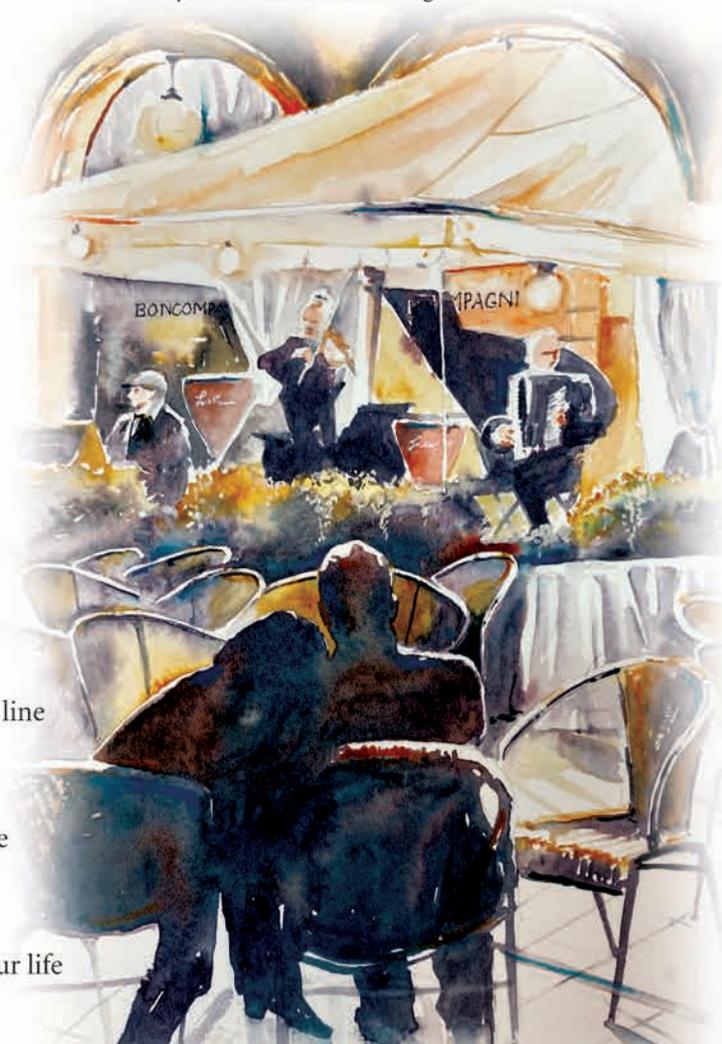
And you lit a candle by our bedside every night
And thanked God for bringing this firefly into your life

And

You promised you'd never leave me alone

I remember still when

You flinched
As catcalls followed me
As I approached you in shorts
Long and lean with 20 year old looking
Legs, backside and boobs
All unretouched
And laughed with me as I turned around
A 70 plus year old and faced the catcallers
Whose pants lost their lust
But yours remained strong



I remember
You promised
To never leave me alone
You'd always be by my side

You promised me
You promised me

Not this type of gift
A flag
Folded in a triangle of (red, white and blue)
Stars and stripes
Arriving on a box born by 6 strong men

A triangle that
Is hard not soft
And even when unfurled
Blankets with weight
Not warmth

You promised
You promised

And now

I promise you
I will take this pillow to bed with me each night
Place it on my heart
So that the rapid fire beats
Torture you into surrender
Until you
Make an about face
And return to my side

I've a halo of white curls
And red weary eyes
My temper is a whimper
And, I am too clear sighted
To be blinded

But, I'm still your "spirited" firefly

And I'll hold firm
Till you're by my side
Again

Boost Your Immunity With
Doctor's Biome

A doctor-formulated organic probiotic
drink in a vegetable-fruit juice.

Get **\$34.00 OFF*** each case of 24 bottles
Just enter the promo code **CREATIONS34** at check out.
Shop at **www.doctorsbiome.com**

15 scientifically-backed strains of patented probiotics
targeted to help replenish healthy bacteria in your gut.
Since 70% of your gut is connected to the immune system,
gut health is directly linked to a strong immunity.

Doctor's Biome™

BOOK REVIEWS

& PRODUCTS

BOOKS

CRYSTAL PROTECTION FROM 5G AND EMF POLLUTION

by Barbara Newerla
earthdancerbooks.com

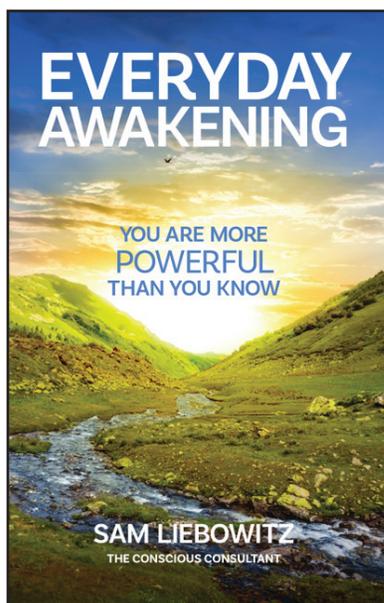
This small, yet highly informative guide, is a full-color pocket guide to using healing crystals to help you handle the effects of electromagnetic fields (EMF), cell phones, and Wi-Fi. From appliances, televisions, and computers to Wi-Fi, and 4G and 5G cellular networks, in our modern world we are surrounded by electromagnetic fields. We need to be aware of the increased exposure we are enduring every day and the sneaky consequences this exposure can cause to us and all living organisms.



Barbara Newerla explains what electromagnetic pollution is, including the potential effects of 5G technology, and how nature and humans alike are affected on different levels. Describing the symptoms of electromagnetic stress and how we can help reduce it, she explains what crystals can do to protect us, what they can't do, and how to use them safely. She explores in depth, the use of 5 essential anti-electromagnetic pollution crystals: tektite, smoky quartz, clear quartz, rose quartz, and black tourmaline, while also providing a directory of 35 healing crystals that can help support our bodies and minds when we're experiencing electromagnetic stress.

EVERYDAY AWAKENING

You Are More Powerful Than You Know
by Sam Liebowitz
TheConsciousConsultant.com



Sam Liebowitz is an empowering voice for this challenging time. His new book, *Everyday Awakening* is a compilation of 126 inspired, insightful and heart-centered essays from The Conscious Consultant website. Sam started his blog at TheConsciousConsultant.com as a way to share inspirational and uplifting messages every week with people around the world. This book is the culmination of over 5 years of his personal evolutionary journey. Sam believes deeply in his soul that we are all more powerful than we know and that we can change our lives for the better each and every day. New perspectives give rise to incredible clarity that challenge our existing paradigm and elevate our awareness, energy, and happiness. It's the perfect gift to bring positivity to anyone in your life.

This book is for those looking to:

- Incorporate more mindfulness in their daily lives
- Come back to center
- Shift to a more positive state of mind in just a few moments every day

- Gain a fresh perspective on life for better decision-making

Reviewed by Jan Goldstoff

RADICAL INTUITION: A Revolutionary Guide to Using Your Inner Power

by Kim Chestney
newworldlibrary.com

Throughout the ages, the most extraordinary human beings—from Einstein, DaVinci, and Joan of Arc to Steve Jobs, Oprah, and Stephen Hawking—have attested to one common factor as the secret to their life success: Intuition. In

Radical Intuition author Kim Chestney redefines intuition for the modern age and empowers readers to know and trust their intuition, so they can experience the extraordinary life they were born to live. “You and I are living on the tail end of centuries of psychological conditioning, taught that intellect and reason are the only viable ways to navigate reality,” writes Chestney.

Each chapter of *Radical Intuition* offers readers insight and practices to develop their intuition through a step-by-step process. Chestney provides exercises, tools, and inspiration that bring intuition to life, including intuitive development practices, radical intuition tips, and insights from renowned thought leaders, artists, tech innovators, scientists, and Hollywood producers who are already leading the way with their extraordinary lives. “When you awaken your intuition, you

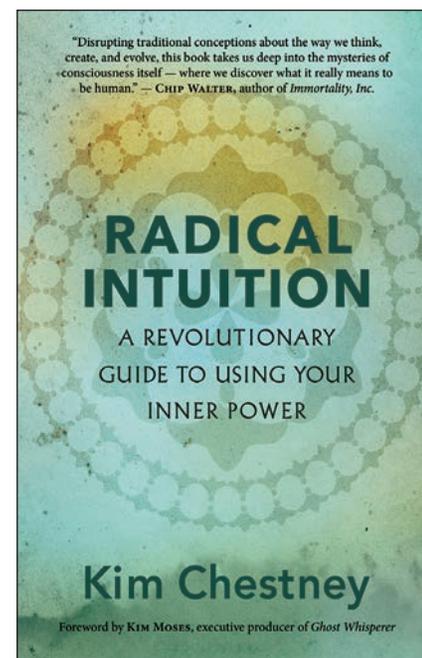
set in motion the greatest process of self-discovery. As you gain awareness of new truths and ways of experiencing the world, your perception of life naturally expands and evolves in tandem with your consciousness,” says Chestney. The ideas and practices offered in *Radical Intuition* are radical in the truest sense of the word. They challenge the fundamental nature of consciousness as we know it and invite readers to open their minds so they can discover a revolutionary new reality. Chestney adds, “To be true to yourself — this is the most revolutionary act.”

PRODUCTS

SATTVA VIDA
Energy Bites
sattvavida.com

Simple is better, and less is more. Whether you are “on the go” at work, school, working out or traveling, these energy bites will elevate your snacking to the next level. Discovered in an Ashram, the recipe was brought back to offer

everyone the opportunity to get energy from pure source. Sattva Vida means Pure Life (Sanskrit & Spanish). Sattvic foods are those that are pure essential, natural, energy containing, and clean. Made with natural ingredients that are vegan, gluten-free, no added sugar, and incredibly delicious. Price: 5-pack \$8 and 40 Count \$55. Flavors include: Off the Walnut, Key Lime Love, Cocoa Craze and Peanut Envy Energy Bites. Everyone is top shelf!



Self+ Supplements
Immunity+
selfsupplements.com

The manufacturer touts these supplements as “Safe Solutions to Help Boost Immunity”

The Self+ Supplements line consists of three different formulas, featuring trusted micronutrients and great flavors to help you achieve your optimal health objectives. Each serving can be easily dissolved into water with a portioned scooper and each product lasts a full 30 days! Products include:

1. Immunity +Brain - formula developed to sharpen your mind; features Alpha GPC and Açai Berry Extract, L-Theanine and L-Tyrosine, along with Vitamins B-6 and B-12
2. Immunity +Energy - formula developed to enhance your energy; features Echinacea and Organic Lion's Mane, Shiitake and Turkey Tail, along with Yerba Mate (energy without the jitters)
3. Immunity +Unwind - formula developed to help you relax; features Ashwagandha, L-Theanine and L-Tryptophan, Melatonin and Magnesium

CREATIONS MAGAZINE

is

100% Advertiser supported.

Please tell them you saw them here.

Our Pets Can Be Our Relationship Coaches

by Margit Gabriele Muller

Pets are well-known to be our best companions who chase away our loneliness and social isolation. But they can do so much more for us than we usually think or know. They can be our role model for better relationships as they follow their instinct and are not blinded by external influences. But how can they be our relationship coaches?

A study established a clear and unique link between pet owners' (Editors's note: we believe the term "guardian" is more appropriate) well-being and their social needs. Pet guardians, it concluded, are fulfilled to a greater extent through their dogs than through their human relations. Interestingly, the support the pets provided to their guardians didn't compete with the support from other relationships; they complemented them. Many dogs and cats sleep in our beds. Single people, especially, don't feel lonely with a dog in their bed as the dog provides them company and companionship. The co-sleeper feels closer to the dog and cat and the mutual bond gets stronger. Due to the amount of time the guardian and dog or cat stay together, the positive benefits of pets for humans increase even more such as excretion of "happy" and "love" hormones. Having a dog in bed gives a feeling of security and safety and prevents anxiety.

Often in our daily lives we are excited at the start of a new relationship, but this excitement quickly fades into the same boring routine, day in, day out. Our enthusiasm is gone, and what's left is a shell that does things because they must be done. So, what to do when our relationship gets sour? Let's learn from dogs—and I believe from all other animals, too. They show us what real enthusiasm is and how to preserve it. Animals' pure joy in doing things is unprecedented. Dogs and other pets should be our role models to bring back and infuse joy into everything we do and thus improve our partnerships. Our private lives, and even our work lives, will be so much better if we live our enthusiasm continuously instead of falling into the same old boring, frustrated patterns.



The Roman philosopher and statesman Seneca offers a clear conclusion when it comes to one of our biggest mistakes in life: Don't live in the past; don't live in the future; live now, in the present. So many of us focus on what we want to achieve that we forget to live now — until it is too late. And then our partners suffer. Animals don't make that mistake. They are the champions of living in the present. They care only about what is happening now. They don't plan for tomorrow or think about what they did yesterday. Dogs are a daily reminder to live in the present, because they take life as it comes. And so should we.

But it's not only dogs and cats that remind us to live in the present. Horses especially have the unique ability to bring us back into the present. They have a hypervigilant sense and can feel if we are not living in the moment. Horses can bring people into the here and now due to their authentic state of expression. Also, horses can have a hugely beneficial impact on our inner balance and wisdom. Nowadays so many people are out of balance. Interaction with a horse helps to heal us in a profound way and to balance our mind and body—even when someone doesn't realize he or she needs to be healed. This leads to true power and inner wisdom which is one of the pillars our relationships should be based on.

Life is not always about what we think we need for ourselves. Life can mean doing

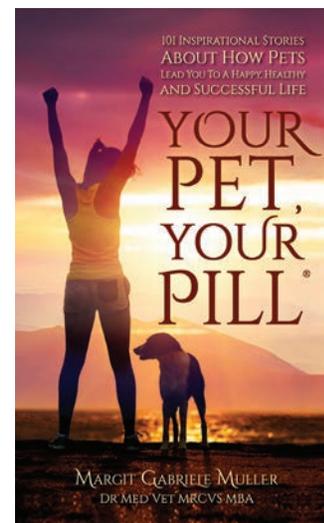
something for our partner because it's the right thing to do, even if the situation is so extreme that it almost breaks our heart. Life lets you make decisions in times when there are no choices left. It's not about right or wrong; it's about what you must do for yourself or your partner to help save him or her from a world of hurt.

We have the answers and solutions inside us. Our body and gut feelings tell us what is right or wrong. It warns us of danger, allows us to jump with joy and shows us the delights of love. Sadly, most people don't listen to their inner feelings, and they make bad decisions as a result.

In our modern world, only tangible, measurable things seem to count. We depend on technology and computers for everything, even our own decision making about the course of our lives.

Animals do this naturally and never doubt themselves. They follow what their inner voices tell them to do and they are always right.

Let's go back to our origins. Let's learn to once again trust our senses, our inner feelings, and our wisdom; our bodies will



not mislead us. Embrace your Sixth Sense, gut feeling, universal energy or whatever you wish to call it—and follow the path destined for you. Let's embrace what our pets can teach us as our relationship coaches—their life lessons will bring you in the perfect state for an enriching, profound and long-lasting relationships with your partner! ✨

Dr. Margit Gabriele Muller is author of Your Pet, Your Pill®: 101 Inspirational Stories About How Pets Lead You to a Happy, Healthy and Successful Life and its accompanying workbook. She is a Doctor of Veterinary Medicine, sought-after speaker and Certified Life Coach. Since 2001, Dr. Muller has been the Executive Director and Chief Veterinarian at the Abu Dhabi Falcon Hospital in the United Arab Emirates. A member of the Royal College of Veterinary Surgeons, UK, the Association of Avian Veterinarians, USA, and the Bavarian Chamber of Veterinarians, Germany, Dr. Muller is also the author of Practical Handbook of Falcon Husbandry and Medicine and Modern Veterinary Practice Management.

MARKETPLACE

ACUPUNCTURE

IN PAIN? STRESSED OUT? TIRED? ANXIOUS? DEPRESSED? Get Relief the Natural Way – at Relief Wellness Center. Acupuncture, Massage, and many other modalities. Peg Duignan, MS, LAc, LMT. 631-786-5429. (see ad p.7)

E.W. NATURAL HEALING ACUPUNCTURE P.C. – Henry Zhen-Hong Lee, NYS Licensed Acupuncturist, Herbologist, 40 years experience. Long Island (516-822-6722), Queens (718-445-8438) and Manhattan (646-220-5388) locations. (see ad p.8)

AESTHETICS

HOLISTIC AESTHETICS – Med Spa. Fibroblast Skin Tightening for perfect skin rejuvenation. Non-surgical. Free consultation. 444 Community Drive, Ste. 203, Manhasset, NY 11030. 516-210-6693. holisticaestheticsny.com. (see ad p.14)

BAKERY

SUNFLOWER BAKE SHOP and CHOCOLATE SHOP We're Allergen-Friendly, and Kosher too! Peanut and Sesame Free. Vegan options available. NEW: 18 varieties of dipped and drizzled pretzels. 346 Hempstead Ave, W. Hempstead. 516-486-2253. (see ad p.13)

COUNSELING/THERAPY

PAST LIFE REGRESSION THERAPY by well-known agency director and author. Certified by Brian Weiss. Watch television feature on website: www.SunriseCounselingCenter.com. Also see popular new book at SeekingSoul.com and see Richard Scheinberg on Facebook. Bay Shore. (631) 666-1615.

PAUL STEIN, PH.D | Epochal Individuation Analysis | A "Call to Awaken" | Jung's et al Archetypal Holistic Approach | 646-709-8634 <https://dreamsphd.com/> <https://www.youtube.com/watch?v=ssuDqtUckEw> <https://www.youtube.com/watch?v=nl-Ko-d29X4>.

REGRESSION AND PAST LIFE THERAPY with Frank Nichols, LCSW. Professional and empathetic service. Call: 631-896-6352. (see ad p.24)

GROUPS/CLASSES

TRAIN TO LEAD TRANSFORMATIONAL WORKSHOPS IN LOUISE HAY'S PHILOSOPHY Tampa, FL - June 12 – 19. All materials provided. Authorized by Hay House, Inc., Details: hyltraining.com/florida or call 713-201-2020.

TRAIN TO BECOME AN INTERFAITH

MINISTER – All Faiths Seminary International. Accepting Applicants for the Fall. Info Call: 212-866-3795. 1-Yr & 2-Yr Programs Available. Correspondence Students Welcome. Classes Held at: The MAKOR Center, 109 E 39th Street, NYC. Infoallfaithsseminary.org@gmail.com; allfaithsseminary.org. Rabbi Joseph Gelberman, Founder, Rabbi Stuart Paris, President. (see ad p.3)

SUPPORT GROUP/BOOK DISCUSSION

based on Dr. Thomas Cowan and Sally Fallon Morell's book, "The Contagion Myth". For supporters of their work who are looking for like-minded people during this challenging time, call Ann 516 597-5903.

HEALING/BODYWORK

BRING HARMONY, BALANCE AND PEACE INTO YOUR LIFE

Shamanic Healings and Readings, Reiki Classes (all levels), Crystal Workshops and an array of beautiful healing Crystals and Shamanic Tools offered at The Sacred Stone in Bohemia. Shamanic Drumming 1st Sunday of each month, & Reiki/Crystal Healing Circle the 3rd Sunday, 7-10PM. 631-241-3578.

BRAIN SPA! CUSTOMIZED SOUND & LIGHT TREATMENTS

to melt away your stress, increase brain oxygenation, deepen your ability to relax & improve emotional balance. For a free 15-minute consultation call Sue Z. at 631 988-0613. AcousticTherapeutix.com. (see ad p.9).

SHAMANIC ENERGY MEDICINE HEALING SESSIONS

Personal Sessions, Full Moon Fire Ceremonies, Shamanic Reiki Circles, Munay-Ki, Reiki Training, Massapequa and Babylon. Thelma Condra, Shaman and Reiki Master teacher www.energyhealingsessions.com, 516-455-1104. Currently on Zoom.

HOLISTIC DENTISTRY

NORMAN BRESSACK, DDS, PC /

DR. BATOOL RIZVI –1692 Newbridge Road, N. Bellmore, NY 11710. 516-221-7447. (see ad p.27)

ESSENTIAL DENTAL OF ROSLYN – Natalie Krasnyansky, D.D.S., 70 Glen Cove Road, Roslyn Heights, NY 11577, 516-621-2430. (see ad p.3)

NATURE'S DENTAL, 50 Broadway, Greenlawn, NY. 631-316-1816.

e.s.i. HEALTHY DENTISTRY 43 Terry Road, Smithtown, NY 11787. 631-979-7991. (see ad p.2)

INTEGRATIVE DENTAL SPECIALISTS Dr. Jeffrey Etes, DMD, NMD, IBDM. 245 Hillside Ave, Williston Park, NY, 516-253-1800, and 120 E 56th St., NYC, 212-845-9740. integrativedentalNY.com. (see ad p.11)

GOLDEN DENTAL WELLNESS CENTER

444 Community Dr., Ste #204 Manhasset, NY 11030 516-627-8400 (see ad p.15)

METAPHYSICAL STORES

DREAMS EAST – Futons, Incense, Candles, Books, Music, Footwear, Psychic Readings & much more! 359 Sea Cliff Ave., Sea Cliff, NY. 516-656-4790. dreamseast.com. (see ad p.10)

MUSIC

"MY COUNTRY" ALBUM! Old style country music with some new "awakened" themes. Original tunes by *Creations Magazine's* own Andrea Randa (Garvey). Purchase at andrearandamusic.com, iTunes or CD Baby and stream on all platforms (Spotify, Apple Music, etc.)

SYLPH CHAMBER MUSIC: THE CRYSTAL BOWL EXPERIENCE CD

\$12 now available at: <https://www.sylph-chambermusic.com/the-crystal-bowl-experience-ep>. Ann Zalkind: piano, Nadine Scharman: flute, Andrea Randa: crystal singing bowls/vocals. Experience the healing and meditative qualities of the crystal bowls with selections of Baroque, Classical, Jazz, Original and World Music. Visit: www.sylph-chambermusic.com or FB: <https://www.facebook.com/Sylph-Chamber-Music-111903947118476>.

PET FOOD

PREVENTATIVE NUTRITION FOR YOUR DOGS AND CATS

– Cornucopia Pet Foods is rated the #1 food for pets in the world. Made by world-renowned veterinarian and nutritionist, Dr. R. Geoffrey Broderick. Available online cornucopiapetfoods.com or call Doc: 631-427-7479. (see ad back cover)

PSYCHIC/SPIRITUAL

PSYCHIC PALM / TAROT / MEDIUM

READINGS BY RONI TODD – Over 45 years experience. Roni can help with life's challenges using clairvoyance, spiritual communication, & psychic insights. Relationship expert. New York's #1 Palm & Tarot Reader, now at 2 Long Island locations. Available for private & phone readings. 516 889-3732, www.ronitoddspsychic.com.

SPIRITUAL EVENTS

LOCAL AND GLOBAL CONSCIOUS EVENTS

Classes, Workshops, Retreats, Fairs, Summits, Gatherings. Yoga, Shamanic, Q-Gong, Dolphins/Whales and so much more! SpiritualEvents.com.

SPIRITUAL SINGLES

MEET YOUR DIVINE COMPLEMENT on the Oldest, Largest, Exclusively Spiritual Dating Site. Increase your Pool of Conscious Singles. Our Members are Amazing! SpiritualSingles.com.

YOGA

INNER SPIRIT YOGA CENTER – LIVE

CLASSES NOW AVAILABLE! plus Virtual Classes (Facebook) Authentic Yoga practice, beginner to advanced. Vinyasa Flow, Hatha, Gentle, Yin Yoga, Meditation, Belly Dance & more. 24 Vernon Valley Rd., E. Northport, NY 11731. (631) 262-9642, innerspiritryoga.com. <https://www.facebook.com/groups/ISYConline/>

REVOLUTION YOGA ONLINE Full Schedule 7 Days a Week - All Levels of Classes, Restorative, Meditation, Pre/ Post-natal, Mom & Me, Teen, Kids-party/camp/ classes, Live Zoom Classes and Full Class Archive. Online Teacher Trainings and Courses. 7 N. Village Ave., Rockville Centre, NY 11750. 516-619-6421. revolutionyogaspace.com.

Regression and Past Life Therapy With Frank Nichols, LCSW

Professional and Empathetic Service
Frank Nichols, LCSW has over twenty five years of clinical experience and has trained with Dr. Brian Weiss author of *Many Lives, Many Masters*



Frank Nichols, LCSW is a Social Worker, Therapist and Speaker practicing in Northport Long Island

For Information call
631 896-6352



Offices Available for Rent

HUNTINGTON VILLAGE: 75 PROSPECT ST. COVID RENT SPECIAL

- Private 40 car parking lot one block from Main St.
- All office spaces approx. 175-200 sq ft
- Shared space Thurs-Sun. \$400/MO
- Single space offices avail w large window
- Double office avail w interior door, 2 large windows, 400 sq ft
- Ideal for any small business

Call Marie: **516-457-5031**

CONQUER THE COLD



Get a FREE Home Energy Audit Today!

A \$400 Value! Paid for by 

Long Island Green Homes can help you save as much as \$700 per year.

Call us at **800-567-2850** or visit longislandgreenhomes.org. We will schedule your **FREE** home energy audit that assesses your home's energy efficiency and details ways to save you money.

Long Island Green Homes is a non-profit collaborative project of Long Island towns, organizations, and Molloy College that is helping Long Islanders improve their homes and make Long Island more sustainable.

All energy auditors in our program are Long Island-based and certified by the Building Performance Institute.

Join thousands of Long Islanders who have already lowered their energy bills.

PSEG Long Island is providing free home energy audits.

Every single Long Island homeowner can participate.



800-567-2850
LONG ISLAND GREEN HOMES
longislandgreenhomes.org

How One Resilient Kicker Learned There Was More to Life Than the NFL

by Sean Conley
Pittsburgh, PA

Professional sports aren't about moderation. They're about pushing your body to the extreme to achieve great things.

Even as a young boy I felt that need to go beyond my limits and get better and better. My goal was to be a placekicker on an NFL team, a position that is as hard as any other but also has a unique set of pressures: as a kicker, you act alone. Scoring — or not — is all up to you.

Growing up in Erie, Pennsylvania, I played multiple sports: basketball, soccer, baseball, and my favorite, football. But I knew what I wanted. And by the time I entered college, I threw my training into overdrive; I was relentless. Whether on the field, in the weight room, running

stadium stairs or doing sprints, I refused to listen when my body begged me to stop. I showed it no mercy. I was obsessed.

But prioritizing a goal over my own physical safety was a dangerous game, and the more I pushed, the more pain I felt. So I fell into a routine of masking the agony: I popped giant ibuprofens and took muscle relaxants — anything to be able to keep training and improving. The concept of rest was a non-starter. I could not conceive of taking it easy. Moderation was the opposite of what I was going for. I was going for perfection.

And I achieved it, for a time. Right out of college, I signed with the Detroit Lions. Soon after that, I signed with the New York Jets. I thought I was on my way, but within three years my body was broken. Plagued by injuries, I was released from the Jets. At 25 my career was over, and my body felt like it was 75.

They say that hindsight is 20/20. Had I known what I do now, I may have been able to avoid the repetitive use injuries that ended my NFL years. But I didn't know how to train with any sense of moderation or balance. Too many athletes — especially in professional sports — don't learn these critical lessons and wind up having to give up on lifelong dreams. Some of us are lucky enough to heal and find a new way to thrive.

In my case, I went on a long journey of coming to terms with my injuries, repairing the physical and emotional damage, and finding that balance I'd lacked. *I've discovered that you don't need to hurt in order to move — and if you cultivate a lovely relationship with your own body, you can sustain health and well-being for longer.*

Here are three actions to take to harness the power of moderation, and create a relationship with your body based on compassion:

Respect Your Body

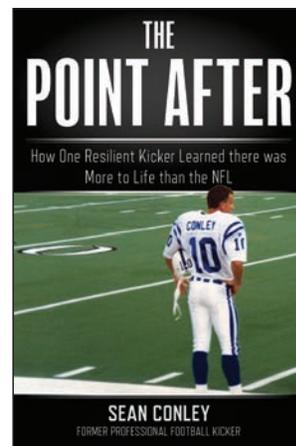
One of the key reasons I overtrained is that I did not respect my body. I didn't believe it had a voice or needs because it was *my* body — and should be doing what I wanted it to do. Chasing goals, we wind up exhausting our bodies because we're not respecting them. We drive our bodies too hard because we're terrified that we're not good enough to win — yet we become more and more addicted to competition.

Our bodies are not just tools or machines. They are remarkable, amazing organisms that can be both amazingly strong and extremely fragile. To become more in tune with them, practice replacing the negative thoughts you have towards them with thoughts of gratitude. Focus on being grateful for how your body takes care of you and allows you to move throughout the day. First thing in the morning or whenever you can, practice this Gratitude Mantra: *I am grateful for what my body can do.*

Listen to Your Body

Our bodies are always trying to communicate with us. They do so through the language of sensation — that discomfort you're feeling is a message, reminding us we need to take more care. But too often, we ignore what our bodies are trying to tell us. We may be too obsessed with competing or excellence, too insecure, too focused on our physical image or our conceptions of success. But we need to listen to our bodies, or they pay the price.

Create a healthy habit of listening to your body. When your body asks for rest, be



mindful of its need for rest, and answer its call. When you feel pain, back off. As you move or work out, focus on the sensations you're feeling until you understand what they're trying to say. Try repeating this promise to yourself every day: *I am listening to my body's needs.*

Breathe

Every day we average 23,000 breaths. But how many do we notice — how many are we actually aware we are taking? When we become aware of our breath, we become aware of the present moment. And it's when we are in the present moment, that we can consciously pay attention to what our body is telling us at that moment.

Make a commitment to spend at least five minutes of every day doing some breath work. It could be while you're meditating, practicing yoga, walking or jogging, or even doing the dishes. Quiet your thoughts as you focus on steady breathing. Pay attention to each breath in and each breath out. Say to yourself: *I am breathing in, and I am breathing out.* Concentrate on that stillness.

Yoga and meditation helped me enormously after I left the NFL. I had to be pushed into it — and I credit my wife, Karen, for that — but these practices worked wonders to heal my body as well as my mind. They **helped me create a relationship with my body based on love and awareness.** I understood when I was dishonoring my body, and how to slow down with compassion and respect. I'm still standing, still moving, and I now feel better than ever. ✨

*Ex-NFL kicker Sean Conley (Detroit Lions, Indianapolis Colts, New York Jets) suffered career-ending injuries from overtraining. He began practicing yoga as part of his rehabilitation, and soon embraced yoga's mindfulness, meditation, and philosophy as a new life direction. Now a yoga teacher himself, he owns Amazing Yoga in Pittsburgh, Pennsylvania with his wife. His new book is **The Point After: How One Resilient Kicker Learned There Was More to Life Than the NFL** (Lyons Press, 2020). Learn more at: seanconley.net.*

— NEW RELEASE —

Liberating Yourself from LYME

An Integrative and Intuitive Guide to Healing Lyme Disease

Vir McCoy & Kara Zahl



Learn to understand what your body is telling you and discover the optimum treatment path for your unique Lyme symptoms

ISBN 978-1-64411-155-0 • 288 pages • \$18.99

INNER TRADITIONS BEAR & COMPANY

Available at InnerTraditions.com and Wherever Books Are Sold

800-246-8648

We post new articles every week on creationsmagazine.com Please check in regularly!

HOLISTIC DENTAL & WELLNESS CENTER

DR. NORMAN BRESSACK

DR. BATOOL F. RIZVI



Batool F. Rizvi, D.D.S., P.C.

strives to keep her patients smiling from the inside out. She believes in a holistic approach to health care. Her gentle touch, excellent listening skills and thorough explanations keep her patients educated, happy and healthy.

Dr. Rizvi offers her Dental services with an integrative and systemic philosophy in mind. She is one of the few doctors placing metal-free Zirconia Implants, and safely removing mercury fillings using the Huggins Protocol.

Dr. Rizvi offers a full range of Dental services, treating both adults and children. In association with Dr. Norman Bressack, Dr. Rizvi provides all of Dr. Bressack's services as well as:

- **Metal Free Braces – Clear Aligner Therapy**
- **Metal Free Zirconia Implant Placement**
- **SMART Certified Safe Mercury Removal**



Norman Bressack, D.D.S., P.C.

has been dedicated to practicing healthy holistic dentistry for over 35 years. He is not only a mercury free dentist but also a “mercury safe” dentist, meaning that he uses safe removal protocols to ensure the protection of the patient, staff, environment and himself from exposure to mercury during the amalgam removal process.

Dr. Bressack's mission is to treat his patients in the most healthy, caring, compassionate, and holistic way possible. Most importantly, he wants his patients to feel warm, welcome and happier when they leave than when they came in.

- **Member of The International Academy of Oral Medicine & Toxicology**
- **Member of the International Association of Mercury-free Dentists**
- **Trained At The Huggins Diagnostic Center**

- Mercury Free & BPA Free Non-Toxic Composite Fillings
- Bio-Compatibility Testing
- 90% Less Radiation with Computer X-Ray Imaging
- Over 45 Years Experience Dedicated to our Patient's Needs
- Non-Surgical Periodontal Treatments with Scientifically Proven Results
- Metal Free Crowns & Cosmetic Dentistry
- Teeth Whitening
- Oral Pathology Screening with Velscope
- Tens Cam Treatments – Energetic Healing for Pain & Inflammation
- Ozone Therapy
- Free 15 min Consult for 2nd Opinion of Proposed Treatment
- Natural Bone Grafting with Stem Cells and PRF – Platelet Rich Fibrin

1692 Newbridge Rd., N. Bellmore, NY 11710 | 516-221-7447
www.Holisticdds.com | mercuryfreedoc@yahoo.com



HOLISTIC DENTAL & WELLNESS CENTER

MY "OLD" DOG PLAYS LIKE A TWO-YEAR-OLD AGAIN!

by **Dr R. Geoffrey Broderick**

Pet parents are in a state of extraordinary awe when they see the effects the full Cornucopia diet has on the lives of their pet children. These are people that are taking an unwavering and decisive stance against pet food poison by viewing their pets' diet as a paradigm to prevent disease, sickness, and a family member's beloved life cut too short by lethal chemicals, toxins, and by-products found in all the other "pet food" out there.

These are the people that make the big, consistent change — not just making Cornucopia a once or twice a month kind of meal. They've made Cornucopia the daily diet for their pets, allowing for incredible results like Ty the 13-year-old Border Collie as recounted by his parent:

As a six-month-old, Ty was struck by a vehicle, resulting in a damaged hip. Although he seemed to recover nicely, he didn't always put much weight on the hip, often running using only three legs. We were told that this would become worse as he got older, perhaps leading to arthritis and with it, the increased use of medication.

Of course as he got older, there was a decrease in overall energy level. He became less playful, less willing to go outside, and just ran around less. After all, a 13 year-old dog is an "old" dog, right?

About a year ago I began feeding Ty Phyto-Food and Super-Food as well as Cornucopia All-Natural Pet Food. At about nine months, we increased the ration. And the result?

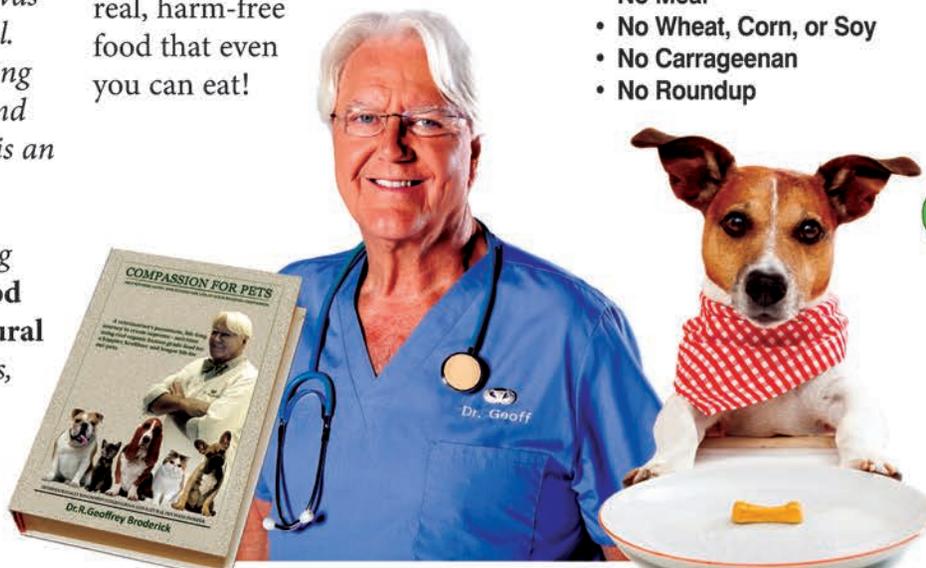
We have a different dog! He plays with his toys with gusto,

as if a two or three year old again. He has energy to burn, and is a lively and sometimes noisy (he loves to bark, as if to thank us!) presence in our lives. He runs at top speed, keeps a careful watch over our cattle, and his eyes and coat of fur look real nice. This is a far cry from the popular notion that 13 is "old" for a dog.

I believe that this is exactly what the doctor ordered, so to speak. I can now treat my dog with beautiful, non-toxic, nourishing supplements, just as I would my own self. What a concept! Our local vet says that this dog has the heart of an athlete, and I believe it. I now have the confidence, assurance, and above all, peace of mind that Ty will live to a ripe old age with a high quality of life.

I'm thankful for the products developed by Dr. Broderick. I recommend them highly to anyone reading this.

While this story may be your first exposure to Cornucopia's miraculous and life-changing benefits, it's something I see on a weekly basis. It's not so much a miracle in my eyes as it is the culmination of 52 years of intensive scientific discovery where every minute, every ounce of my energy has been dedicated to giving our pets a better, healthier life through real, harm-free food that even you can eat!



CORNUCOPIA IS THE GREATEST FOOD FOR PETS IN THE HISTORY OF THE WORLD

Dr. Broderick is a **Veterinary Nutritionist** with a proven track record spanning over fifty years. He knows what is best for your companion animal and is a teacher of how to safely prevent disease.

Did you know that almost all pets die from either cancer or diabetes?

At **Southdown Animal Hospital and Clinic**, in Huntington, NY, Dr. Broderick has NOT seen one case of either cancer or diabetes — for over 20 years — in his patients who follow his professional time-tested guidance, and eat a paradigm of Certified Organic Cornucopia Real Food for Pets!

Full of Protein and Healthy Fat from Certified Organic Human-Grade Real Food: Cornucopia Real Food for Pets is loaded with a variety of optimal biological value (usable) nutrient-dense proteins and fats from chicken, turkey, chicken liver, wild salmon and sardines, whole eggs, and much more.

He puts unconditional love and passion into his food, his patients, his practice, and this is his reason for being here at this time.

This is true information, freely given to you, as opposed to the nonprofessional misinformation sold to you at the pet food and pet product stores.

Dr. R. Geoffrey Broderick is the most famous veterinarian in the world. Doc," as he is known all over the world, makes and eats (both with his own hands) the HIGHEST HUMAN-GRADE CERTIFIED ORGANIC, GMO-free, gluten-free, antibiotic-free, free-range food for pets on Earth. Cornucopia is the only food for pets that bears the Harm-Free Seal, anywhere!

If you and your human-children are AFRAID to eat your pet's food, then why would you ever give it to your beloved pet-child? Think about it! There is no trade-off to unconditional love.

Why Cornucopia is the healthiest choice for your pets: It is above certified organic! Real Food! HUMAN GRADE.

- No Ground-up Euthanized Animals or Fetal Tissue
- No By-Products
- No Farmed Fish
- No GMOs
- No Antibiotics
- No Rendered Meats or Food Waste
- No Hormones, Pesticides or Herbicides
- No Artificial Sweeteners, Colors or Flavors
- No Preservatives
- No Gluten
- No Sugars
- No Meal
- No Wheat, Corn, or Soy
- No Carrageenan
- No Roundup
- No Aspartame, MSG or "Natural Flavors"
- No Animal Cruelty
- No Euthanasia Drugs or Drugs of Any Kind EVER in our Food!



Cornucopia™



AVAILABLE ONLINE OR CALL DOC DIRECT:

631-427-7479

www.cornucopiapetfoods.com

Hospital and Clinic 631-427-7321

229 Wall Street, Huntington, NY 11743

Listen to the Truth Every Thursday 11am EST

"All God's Children" www.w4wn.com