RESOURCES FOR NATURAL LIVING

ACUPUNCTURE

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

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.

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HEALTHCARE WELLNESS CENTER
260 W. Main Street, Suite 13
Bay Shore, NY 11706
631-665-1666
www.healthcarewellness.org

SOMATIC MOVEMENT

Mandy Sau Yi Chan

Somatic Movement

Mandy Sau Yi Chan
Registered Somatic Movement Therapist
Certified Dynamic Embodiment Practitioner
Certified Pilates and 200-Hrs Yoga Teacher

Offers expertise in:
- Joint and Back Function
- Alignment and Posture Training
- Therapeutic Movement
- Balance and Core Training
- Surgery Rehabilitation from Injury
- Performance Training

Mandy has a deep, intuitive knowledge of the body's intricacies. With her sharp eye and informed touch, she is able to guide her students effectively toward deep, integrative movement. For anyone who seeks to understand how to move with ease and enduring strength, Mandy is the one to see!
~ A. Baumgarten, NYC

Sessions are offered in Manhattan NY
Email: Mandy@breathingheart.com
917.763.8618
www.breathingheart.com

COUNSELING / THERAPY

Julie Cohen, LCSW

Welcome Home

Would you like to have a more healing relationship with yourself, one that honors and supports the very best of you? In a safe and respectful setting, utilizing holistic and expressive modalities, you can develop skills that bring you into greater partnership with you and the important relationships in your life.

When you take time to develop your inner compass, greater clarity & happiness become readily available. Relationships that have been sticky can become fluid & satisfying. Whatever your personal issues, learning to understand & trust your own unique experience becomes the very heart of a life well-lived. This is both your birthright & blessing.

If you yearn to be seen in your life, to be listened to and respected for your personal journey with all of its pleasure & pain, you will have my complete attention.

Specialties include anxiety, trauma, low self-esteem, inner child healing, parenting, anger work & relationship issues.

Please visit
www.magicseedsliving.com
to learn more about therapy for Adults, Couples, Children and Teens.

Please call (516) 504-1881

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

Passionately dedicated to helping people experience deep and lasting transformation, a recognized thought leader on psychology and spirituality, **Dr. Jennifer believes it's your birthright to:**

- Achieve success
- Create lasting change
- 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
- Enhance performance

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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*

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

Are you a cancer Warrior ready to walk the path to mental, emotional and spiritual healing? Are you a loved one of a cancer Warrior looking to support their journey?

Develop your unique path to fearless living in treatment, recovery, remission and/or beyond! There's also a healing path unique to supporters of the Warrior!

Dr. Christine shares openly about her journey during her Mom's battle as a Breast cancer Warrior while facilitating programs and private sessions of powerful transformation. She leads journeys of healing as a Doctor of Metaphysical Healing, Best-Selling Author, Speaker and Counselor.

Christine Malenda, MhD
www.DrChristineMhD.com
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Christine Malenda, MhD

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Jackie Major, LCSW

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Natalie Edelman, LCSW

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Dr. Douglas Drobbin, DC

Dr. Douglas Drobbin, D.C.
1298 Newbridge Rd
North Bellmore, NY 11710
(SS Pkwy, Exit 25 S)
(516) 379-8500
drobbinchiropractic@gmail.com

Since 1980, Dr. Drobbin, as a primary care physician, has provided quality holistic and wellness care to the families of Long Island, from newborns to seniors.

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With a comprehensive approach we focus on the cause of disease, not solely the symptoms. You can be seen for any symptom, and you will get a natural solution or be referred to the proper professional.

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HOLISTIC DENTISTRY

Dr. Olga Isaeva DDS is a graduate of Louisiana State University School of Dentistry (2004) and has practiced as a General Dentist in North Carolina & Long Island, NY.

Her new practice—**Nature's Dental**—is primarily devoted to Biomimetics – Nature Mimicking Dentistry, as Dr. Olga (as she prefers to be called) strongly believes that Biomimetics is the future of all dental care. Dr. Olga considers that a truly beautiful smile starts with our healthy selves. Therefore, she takes special care to evaluate your dental needs as they relate to your overall wellbeing.

As a Level II Reiki Healer, **Dr. Olga** (with patient's permission) may incorporate Reiki healing sessions into your dental visit for ultimate and prolonged results.

In 2016, Dr. Olga graduated from American College of Integrative Medicine and Dentistry, recommitting herself to the art and science of Naturopathics and "Doctor Do No Harm" motto.

Nature's Dental
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631 316-1816

Olga Isaeva, DDS, NMD, IBDM

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UP NEXT: December-January "Holidays" Issue

Embrace the Spirit of the Holidays, Radiate Peace & Goodwill

ADS DUE November 5th

Article & Poetry Submissions Due October 15th

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