

HOLISTIC DENTISTRY



Linda Golden, DDS

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 Trujillo, Licensed Aesthetician, Certified Dental Assistant, and Phlebotomist.

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



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



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!

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

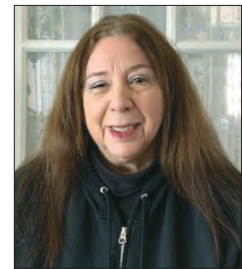
ASTROLOGY

Astrology shares valuable insights into your life that will resonate with your unique Astrological personality. Hidden in the planets are messages to wake up your soul by tapping into your true self.

- Natal Astrology Readings
- Astrology Transit Readings
- Astrology Chart Comparison
- Astrology Classes
- Past Life Regression Therapy
- Reiki
- Metaphysics

Understanding your Life Path through Astrology, along with knowing the timing in your chart. Also learn about any blocks in the chart to allow you to go forward to achieve success.

To schedule an appointment:
Rev. MaryAnn Dellinger
631 875 7235
CelestialsRealm@gmail.com
www.maryanndellinger.com



Rev. MaryAnn Dellinger

GREEN LIVING & DESIGN

Vastu Shastra or the "science of architecture," an ancient practice from India, provides guidance on how to look at our homes as extensions of our bodies, minds, and hearts. Although Feng Shui is better known, Vastu Shastra predates it by 1,500 years.

Living spaces are examined and adjusted to connect us to the divine or nature. Importance is placed on life-force energy or *prana* and the five elements (water, fire, earth, air & space) are used to inform the placement of objects or rooms. Once completed, a person experiences mental and physical ease and flow.

Let **Sushma Gupta** create a living space of calmness and beauty, and shift the energy of your home to attract health, abundance (including money) and wellbeing.

Call 631 933-2671,
gsushma822@gmail.com



Sushma Gupta

COUNSELING / THERAPY

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:
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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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Dr. Jennifer Howard

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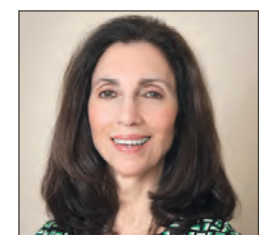
Services Provided:
Individual & Couples Therapy
Interactive Group Therapy

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
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email: jackiemajor@optonline.net



Jackie Major, LCSW

HEALING / BODYWORK



Patricia Bono

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Workshops Offered –

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Member – Associated Bodywork
and Massage Professionals

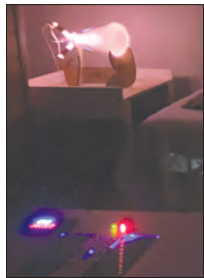
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“Cold Atmospheric Plasmas (CAP’s) can
enhance neural cell differentiation into
neurons both in vitro and in vivo, which
is of great interest for medical treatment
of neurodegenerative diseases like
Alzheimer’s disease and traumatic injuries
of the central nervous system. CAP’s
represent a promising method for the
future of neurological disease therapy.”

May improve many health issues, including:

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- Longevity & Rejuvenation
- Reduction of Degenerative Disease
- Digestive Distress

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**Christine Jamsky
631-312-1459**

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
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System, Especially Now! Additionally,
it’s important in the treatment of stress
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- 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...



Llynn´ 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
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Health Coach/Certified Reiki Practitioner
Neuro Linguistic Techniques Practitioner
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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 *Adio*, 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**

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