

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.

We accept most insurance.

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

ASTROLOGY



Loretta Ames

My Stars Astrology – Loretta Ames

I have been an astrologer since 1991. Astrology gives the timing of your life, and can also give you what your soul purpose is for this lifetime.

A typical reading includes a *natal* chart with explanations, and a *transiting* chart and *solar return* chart to determine future happenings for the next six months to one year. I spend about three hours prior to your reading, and normally a good hour or more at your consultation.

I explain your life purpose and what you are here to achieve. You receive a 30 - 35 page booklet – all about you, at our meeting. My clients tell me that the consultation experience is what sets me apart from other psychics and astrologers.

www.MyStarsAstrology.net

COUNSELING / THERAPY



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

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
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

CREATIONS MAGAZINE Delivered to Your Door – SUBSCRIBE Today! creationsmagazine.com

FOREST BATHING

Ruth Trujillo-Pertew, LCSW & Forest Bathing Facilitator North Shore Forest Therapy

*The forest knows where you are.
You must let it find you.*

- David Wagoner

Forest Bathing or *Shinrin Yoku* is a scientifically proven technique to reduce stress, lower blood pressure, and increase many of the body's healing abilities. I have over 10 years of experience as a

psychotherapist and I use Forest Bathing as a stand-alone practice thus letting the forest facilitate insight. A Forest Bathing session consists of a two-hour healing immersion in the forest where you will be guided to connect with nature, with your felt senses and your intuition.

Offerings:

- One on one Forest Bathing
- Group Forest Bathing
- Consultations in Nature: coaching sessions to clarify your path

The goal is to empower you on your journey so you can realize how truly amazing you are right now.

North Shore Forest Therapy
www.theforestspeaks.com
516-974-8808
ruth.pertew@gmail.com



Ruth Trujillo-Pertew

HOLISTIC DENTISTRY

Jeffrey Etess, 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 Etess
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



Jeffrey Etess, DMD, NMD, IBDM

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!



Dr. Kilimitzoglou

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. Natalie Krasnyansky

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
www.Holisticdds.com



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

HOLISTIC DENTISTRY, continued



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

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

HOLISTIC HEALTH

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



Lynn Newman

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...

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

HOLISTIC VETERINARIAN



R. Geoffrey Broderick, DVM

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**

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

Listen to: *All God’s Children* podcast
iheartradio.com Archives

HEALING / BODYWORK



Patricia Bono

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**