

## 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](http://www.healthcarewellness.org)



**Peg Duignan MS LAc LMT**

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](http://www.ReliefWellnessCenter.com)  
**Office: 631-265-3600**  
**Text: 631-786-5429**

## ASTROLOGY



**Loretta Ames**

**My Stars Astrology – Loretta Ames**

**Please join me for a Workshop and Luncheon on Saturday, April 9th from 2:00 to 3:30 pm.**

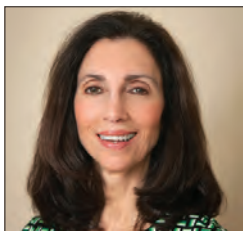
The Jupiter Neptune Conjunction in Pisces is exact on April 12th, 2022. This event has not happened in Pisces since 1856.

This conjunction will set things in motion for the next 12-14 years. It will bring in new energies, beliefs, and philosophies. Because Jupiter and Neptune are so big, in terms of size, and Pisces is limitless – expect things on a big scale. Your power will come from your truth. Travel, education, spirituality and compassion will expand.

You will receive your natal chart, and a transiting chart that tells where you can experience great personal growth. Class size is limited to 25 participants. Tickets are \$50.00 and include a \$17.00 Panera Gift Card for your meal.

**Registration is via EventBrite at [eventbrite.com](http://eventbrite.com).**  
[www.MyStarsAstrology.net](http://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](http://www.jackiemajor.com)  
**tel. 631-291-5800**  
**email: [jackiemajor@optonline.net](mailto:jackiemajor@optonline.net)**

## FOREST BATHING



**Ruth Trujillo-Pertew, LCSW**

**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](http://www.theforestspeaks.com)  
**516-974-8808**  
[ruth.pertew@gmail.com](mailto:ruth.pertew@gmail.com)

# HOLISTIC DENTISTRY

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

[www.HolisticDentistryNY.com](http://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**

**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**



**Linda Golden, DDS**

**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](http://www.intergrativedentalNY.com)**



**Jeffrey Etes, DMD, NMD, IBDM**

**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](http://www.Holisticdds.com)**



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

**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](http://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**



## HEALING / BODYWORK



**Cheryl Christie**  
MS, PT, ATC, CSCS

Cheri is the founder and director of ELITE Strength & Performance. A NYS licensed physical therapist with over 25 years of experience, Cheri specializes in JFB Myofascial Release to bring the body back to its natural alignment. This hands-on approach of MFR assists clients through the healing process and improves physical performance, allowing them to maintain the active lifestyle they love.

### Benefits of Myofascial Release

- Corrects muscle imbalances and improves muscle function
- Reduces pain
- Improves joint range of motion and overall flexibility
- Reduces adhesions and scar tissue (from surgeries or injuries)
- Relieves exercise related muscle soreness and joint stress
- Promotes healing and enhances circulation

- Improves warm-ups for active individuals
- Increases blood flow and tissue hydration

**ELITE Strength & Performance**  
In the beautiful  
**Heartland Business Center**  
250 Executive Drive – Unit X  
Edgewood, NY 11717  
631-747-8893



**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**

## 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**  
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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.

\*Can not be combined with any other discounts.