

# RESOURCES FOR NATURAL LIVING

## ACUPUNCTURE



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

**NYSE, 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**



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**

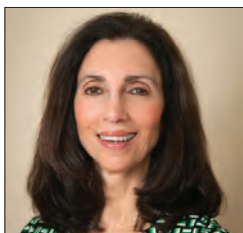
The Jupiter Neptune Conjunction in Pisces was exact on April 12th, 2022. This conjunction will bring in new energies, beliefs, and philosophies. Because Jupiter and Neptune are so big in terms of size, and Pisces is limitless – expect things on a big scale.

Your power will come from your truth. Travel, education, spirituality and compassion will expand. I can feel that life is speeding up. And, everyone I talk to said March and April were crazy for them! We are all dealing with the same energies, just in different areas of life.

Because of this, I have added **Your Future** to my services. The readings are 30 minutes and are based on the transits to your birth chart. You will receive your natal chart, and a transiting chart that tells where you can experience great personal growth. The price is \$75.00.

You can register for a reading via the website at **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**

## HEALING / BODYWORK



Susan Finley  
Sound Practitioner

If you feel like you are running on empty, can't take anymore, or give anymore, then it's time to fall in love with Sound Therapy!

Sound Therapy treatments include Acoustic Sound, PEMF, (Pulsed Electro-Magnetic Field) Infrared Heat & Tuning Forks with Aromatherapy.

**Top Ten Benefits:**

- Boosted Immunity
- Pain Reduction
- Increased Energy
- Increased Circulation
- Stress Reduction
- Deepened Sleep
- Improved Digestion
- Joy
- Sharpened Focus
- Weight Loss

Susan also offers **online Zoom classes** on creating your customized sound therapy self-care to keep your energy up and your stress down!

**To book a session or register for a class email AcousticTherapeutix@gmail.com**

**Acoustic Therapeutix**  
Located at Zemba Chiropractic Center  
430 W. Main Street, Babylon, NY 11702  
631-988-0613 AcousticTherapeutix.com

**Kristin Minuto** is a Reiki Master Practitioner, Meditation Instructor, Angel Card Reader, Intuitive Healer, and Health and Wellness Coach. Kristin specializes in helping her clients find balance and harmony in mind, body and spirit, creating an enhanced state of wellness.

**Services offered include:**

- Reiki healing
- Individual or group meditation sessions
- Angel card readings- in Person or by Phone/Zoom
- Wellness Coaching

**Member -**

IARP International Association of Reiki Professionals

IMMA International Mindfulness and Meditation Alliance

Services located in Cold Spring Harbor, NY

[www.namastecalm.net](http://www.namastecalm.net)

Email: [innerlightguidance21@gmail.com](mailto:innerlightguidance21@gmail.com)  
(516) 398-6576



**Kristin Minuto**

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

E-Mail: [speaks2spirits@gmail.com](mailto:speaks2spirits@gmail.com)



**Patricia Bono**

**HOLISTIC DENTISTRY**

**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**

**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**

**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.**

## 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



Dr. Natalie Krasnyansky

### 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

## 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](http://www.newmannutrition.com)

## SPIRITUAL HEALING & DEVELOPMENT

### Create a Space for Deep Inner Healing with Reiki

REIKI SESSIONS:

- Promote healing and reduction of pain
- Offer peace of mind and release of stress
- Transform and heal traumatic events
- Improve relationships
- Release blocked emotions
- Aid in manifestation of goals
- Increase Life Force Energy and overall wellness



Jeanmarie Wilson

It is difficult when we are weighed down by illness, anxiety, or fear. Any issue, whether emotional, physical, or repetitive life challenge, begins in your energy system and is typically triggered by painful emotional or physical experiences or trauma that does not resolve.

Reiki is a perfect tool to work on an energetic level to create alignment in your body and life, creating more confidence and peace, connecting with better decisions, and aligning with the healing energy that exists in all of us!

Sessions by Zoom or in person on a screened-in porch, weather permitting. Reiki Classes and Attunements are offered in person or online. Please visit [jeanmariewilson.com](http://jeanmariewilson.com) for articles on Reiki, and contact information.

### Jeanmarie Wilson 631 834-9503

[jeanmarie@jeanmariewilson.com](mailto:jeanmarie@jeanmariewilson.com)

M.S. Ed. School Counseling,  
Retired High School Counselor  
Usui Reiki Master  
Karuna Reiki Level I & II Practitioner  
Author: *Parenting from Your Soul*  
Certified: Emotion Code, Animal Reiki

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