

# 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**



**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**  
**Office: 631-265-3600**  
**Text: 631-786-5429**

## 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



**Kristin Minuto**

**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**  
**Email: innerlightguidance21@gmail.com**  
**(516) 398-6576**



**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

**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 –**  
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Working with animals both here or having  
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**Ordained Interfaith Minister**

**Workshops Offered –**  
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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](mailto:speaks2spirits@gmail.com)**



**Patricia Bono**

## HOLISTIC DENTISTRY

**Dr. Natalie Krasnyansky  
Essential Dental of Roslyn  
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516 621-2430**

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Fear no more, thanks to pain-free  
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professional career to turning ordinary  
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offering a wide variety of no pain  
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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  
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Periodontal Therapy
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- 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  
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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.**

**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  
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Discovering root causes of oral disease  
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**Golden Dental Wellness Center  
444 Community Drive, Ste #204  
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(516) 627-8400**



**Linda Golden, DDS**

**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
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- No- Metal Zirconia Bridges
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- 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**

## HOLISTIC DENTISTRY, continued



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  
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## HOLISTIC HEALTH



Mitchell Kurk, Md

### MITCHELL KURK, MD

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A powerful IV drip of Vitamins, Minerals and Antioxidants delivered directly into the bloodstream.

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- Depression – Low Energy
- Detox – Cleans the Body
- Flu – Cold
- Migraines – Headaches
- Acute Viral Illnesses and Infections

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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**  
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## 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  
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Author: *Parenting from Your Soul*  
Certified: Emotion Code, Animal Reiki

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**Georgeann Dau Ph.D. Sc.D., N.D.**

With degrees in Transpersonal / Psychoanalysis, Spiritual Direction, and Naturopathic Medicine, Dr. Georgeann Dau combines the inner work necessary to move beyond the small mind of the ego to a place of higher consciousness.

She focuses on the inner wounding from our pre-talking experience bringing

acceptance and self-love into those areas that we might deem unlovable or unacceptable.

If you feel challenged in your life by repetitive attitudes, behaviors, choices and reactions rendering your life and relationships less than fulfilling and meaningful, *perhaps it's time for you to consider the psycho/spiritual journey.*

**Individual, Relationship and Group Work offered**  
**For further information:**  
**631-896-1613**  
**drgdau.com**



**Georgeann Dau**  
**Ph.D. Sc.D., N.D.**

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