

RESOURCES FOR NATURAL LIVING

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

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



Peg Duignan MS LAc LMT

COUNSELING / THERAPY

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!*

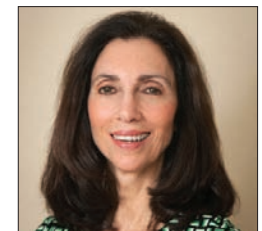
Services Provided:
Individual & Couples Therapy
Interactive Group Therapy

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



Jackie Major, LCSW

HEALING / BODYWORK

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 Electromagnetic 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 and in-person workshops & retreats on creating your customized sound therapy self-care practice 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
AcousticTherapeutix.com



Susan Finley
Sound Practitioner

PATRICIA BONO –
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Dream Interpretation

Ordained Interfaith Minister

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Animal Communication, Native American Intuitive Ways/Medicine Wheel

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For information or an appointment call:

Patricia Bono
(516) 922 7574

www.patriciabono.com

E-Mail: speaks2spirits@gmail.com



Patricia Bono

HOLISTIC DENTISTRY



Linda Golden, DDS

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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

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- SDS/Swiss BioHealth Practitioners
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- Biocompatible Materials
- Modified SMART Mercury Removal
- Patient-centered, Relationship Based

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



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!



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
www.Holisticdds.com



Jeffrey Etess, DMD, NMD, IBDM

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

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HOLISTIC HEALTH



Mariaehel Sammis, MSW ND, Naturopathic physician, offices in Northport, NY and Mount Dora, FL. 30 years experience utilizing a Functional and Integrative approach to health care for adults / children including Clinical Social Work, EMDR, NES Wellness System, Nutritional Response Testing (NRT)

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Mitchell Kurk, Md

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

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- Celiac • ADD/ADHD • AUTISM
- Hormone • Arthritis • Osteoporosis
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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.

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LLYNN' NEWMAN, M.S. C.N.

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Llynn' Newman

MOLD ASSESSMENT

Mosaic Mold Inspections, LLC Mike Steffens NYS Mold Assessor ACAC Certified Structural Mold Investigator

Do you have unexplained, chronic health issues? Could your indoor environment be making you sick?

Mold can cause or amplify many symptoms including:

- Asthma
- Sinus infections
- Brain fog
- Chronic Fatigue
- Skin rashes
- PANS / PANDAS
- Behavioral issues in children
- Depression / Anxiety
- Insomnia
- Headaches / Migraines
- CIRS

Having gone through mold illness in our own family, we understand the detrimental effects mold can have on your health and how difficult it can be to uncover, as it is often hidden. Through a thorough, top-to-bottom, visual inspection of the entire home, while also utilizing various tools and sampling techniques, we are committed to finding the source that may be affecting your health!

Contact us today for a free consultation!

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www.mosaicmold.com
mike@mosaicmold.com**



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