

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

COUNSELING / THERAPY

Josefina E Calí LMHC

Psychotherapist
Mental Health Counselor
Human Resources Consultant

President and Founder of AVINOMN Inc.
www.avinomn.com

- Adolescents and Adults
- Family and Couples Therapy
- Anxiety and Depression
- Co-dependency Treatment
- Communication problems
- Vocational / Professional Guidance

I offer an integrative and personalized approach to solve problems and identify, in each situation, the most appropriate strategies to improve mental and emotional health.

- Over 44 years of experience
- Spanish, English and Italian are spoken.
- Several Medical Insurances accepted

Office located in Midtown, New York City

Online Services also provided
212-245-8878



Josefina E Calí LMHC

Licensed Therapist & Relationship Expert
Jackie Major is pleased to offer

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Improve your ability to relate to others.
Become more of your true self.
Transform codependent patterns.
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where real life happens!

Services Provided:
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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

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Animal Communication, Native American
Intuitive Ways/Medicine Wheel

Member – Associated Bodywork
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Featured in *Newsday*, Cable TV
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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

If you feel like you are running on empty,
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Top Ten Benefits:

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- Improved Digestion
- Joy
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- 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,
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AcousticTherapeutix.com



Susan Finley
Sound Practitioner

HOLISTIC DENTISTRY



Dr. Natalie Krasnyansky

Dr. Natalie Krasnyansky
Essential Dental of Roslyn
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Roslyn, NY 11577
516 621-2430
www.HolisticDentistryNY.com

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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!



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

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- 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



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
www.intergrativedentalNY.com



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
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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.

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Llynn' Newman

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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Magnolia
HEALTH & WELLNESS, INC.

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?

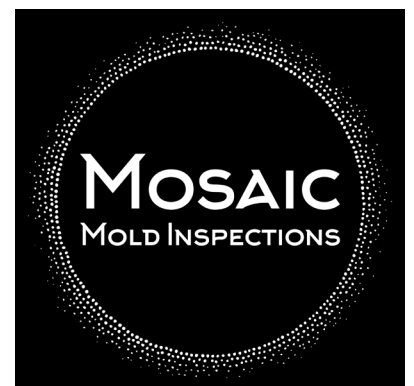
Mold can cause or amplify many symptoms including:

- 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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