

# 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

**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**

**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

**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**



**Patricia Bono**



**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 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**



**Dr. Natalie Krasnyansky**

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

- 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



**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. 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!

## 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)

Deep Trauma Release, Homeopathy, Flower Essences, Emotion Code, Tuning Forks and more. Specializing in PTSD, Trauma, Spectrum Disorders, Allergies, Anxiety, Depression, Weight Management, Chronic Fatigue, Fibromyalgia, Arthritis, specialty Testing for Food Sensitivities, Salivary Hormone Profiles, Neurotransmitter Panels, Heavy Metal Analysis and more.

**Telemedicine services available**  
**516-356-8904**  
**drmari@carepluswholistic.com**  
**www.magnoliahealth-wellness.com**



### 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...

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**  
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**www.newmannutrition.com**



Llynn' Newman

## LIFE COACHING

### Are You Ready to Transform Your Life?

Making a significant life change can be more difficult than you think. Old habits and patterns can get in the way. A Life Coach can give you the extra support to make that big change so you can experience more joy, confidence, and inner peace.

### Big changes a Life Coach can help with:

- Recently retired, now what?
- Career changes
- Relationships
- Work / life balance
- Self-confidence
- Aligning with your purpose
- Letting go of limiting beliefs

**I am Linda Mazza. I have over 25 years of life coaching experience.**

**Book a discovery call at [lindamazza.com](http://lindamazza.com)**



Linda Mazza

**OTOA Creative Life Practice (CLP)™**  
**LIFE COACHING** with OTOA CLP  
Master Teacher & Life Coach,  
Gia Forakis

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Creative Life Practice is the practice of creating your life using the creative process.

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You do not need to be an artist to have a creative life practice.

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"Gia is an intuitive, insightful, and generous coach and teacher, and an authentic creative spirit." -S. Shayne

### OTOA CLP Life Coaching:

- Untangles obstacles, identifies goals, invigorates a sense of purpose, possibility, confidence, and abundance, within a safe, non-judgmental, and compassionate environment.
- Offers support, context, clarity, and encouragement for a more unified sense of self.
- Introduces tools and principles for change and transformation.
- Guides clients to re-imagine and re-create their professional, personal, and creative lives comprehensively, and confidentially

**Set up a free 20-min. phone consultation** and see if OTOA CLP is a good fit for you.

**Format:** Zoom

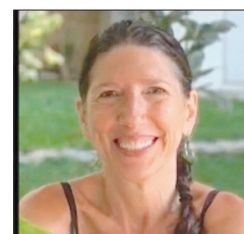
**Pricing:** One-hour sessions are offered on a sliding scale.

**Contact:** [OTOA.info@gmail.com](mailto:OTOA.info@gmail.com)  
Please type "Coaching" in the Subject Header of your email.

**www.1Thought1Action.com**

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*Gia brings 17 years of teaching & coaching experience to her OTOA CLP practice. She holds a BFA from New York University and an MFA from Yale University--where she founded and developed the OTOA technique: Re-Envisioning the Creative Process One Thought & One Action at a Time*



Gia Forakis

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