

RESOURCES FOR NATURAL LIVING

ACUPUNCTURE

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

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

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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

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
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Josefina E Calí LMHC

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For information or an appointment call:
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E-Mail: speaks2spirits@gmail.com



Patricia Bono

HOLISTIC DENTISTRY



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
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Dr. Natalie Krasnyansky

Dr. Natalie Krasnyansky
Essential Dental of Roslyn
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- 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!



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

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Learn to consciously respond in dialogue with spouse/friends/family as opposed to unconsciously reacting to an emotional trigger that fuels anger/rage causing bad behavior, disrespect and hurtful speech.

You are the expert of your own experience. My role is to help you make choices and decisions based on what is important to you. Confusion, lack of clarity and stability often blurs and distorts your lens. Leave the familiar for a while and let your senses and bodies stretch out like a welcomed season. Greet yourself, as you mount the hidden tide and travel inward.

Holly Paul, CPC ACC

Coach • Motivational Speaker
• Mentor • Trainer • Inspirational Leader
• Sales Champion
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Spirit of Excellence Award Recipient
In person or telephone sessions
516-474-6696
Serving young adults to elderly
15 years experience



Holly Paul, CPC ACC

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

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

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

"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.

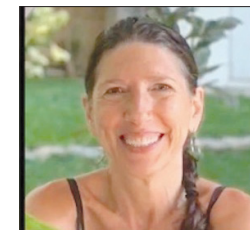
Format: Zoom

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

Contact: OTOA.info@gmail.com
Please type "Coaching" in the Subject Header of your email.

www.1Thought1Action.com

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

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

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Linda Mazza

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