

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

Jenny H. Wang O.M.D, M.S.,LAc.
Advanced Acupuncture Wellness

A unique combination as both a Physician, and Chinese Medicine Practitioner, 30+ years exp., offering Herbal Medicine treatments.

We treat many conditions including:

- Anxiety
- Arthritis
- Asthma

- Chronic Fatigue
- Digestive issues
- Facial palsy
- Infertility
- Irritable Bowel Syndrome
- Low back pain
- Menopause
- Menstrual irregularities
- Migraine
- Neurological issues
- Sciatica
- Shoulder pain

Two Locations:
285 Sills Road BLDG 4C
East Patchogue, NY 11772
631.328.1382
www.drwangacupuncture.com

408 Breton Way, Glen Cove, NY 11542
516.675.6659
Email: aanhc1@gmail.com

We accept most insurance



Jenny H. Wang O.M.D, M.S.,LAc.

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
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Peg Duignan MS LAc LMT

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Patricia Bono

HOLISTIC DENTISTRY



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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- Modified SMART Mercury Removal
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Golden Dental Wellness Center
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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.

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- No- Metal Zirconia Bridges
- Laser Fillings and Gum Treatment
- Holistic Root Canal Therapy
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- 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
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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
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of Long Island
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Looking Ahead: The April-May Spring / Women's Issue

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Llynn' Newman

LIFE COACHING

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

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

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- 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

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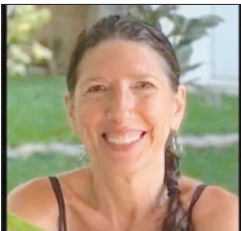
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Contact: OTOA.info@gmail.com
Please type "Coaching" in the Subject Header of your email.

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

Discover pursuits that bring joy to your heart and spark your excitement. You'll be guided in the direction of your passion. You will fill with zeal, burst with creative energy and feel driven to push yourself to new heights of expression and accomplishment.

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

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