

# 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

**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: aanhcl@gmail.com

We accept most insurance



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

## 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

**Albert R O'Connell III, LCSW, CASAC** is a practicing Psychotherapist/Hypnotherapist with over 30 years experience in the field of mental health. Founder of **The Hamptons Method**, a combination of strategic therapy, neuro-linguistic programming, hypnotherapy and brainwave entrainment.

Mr. O'Connell is available for individual, group and corporate sessions. He also hosts a monthly podcast "Transformation Tuesdays" in addition to group programs at Stony Brook Southampton Hospital's Ed & Phyllis Davis Wellness Institute.

Visit the website **TheHamptonsMethod.com** for a free streaming hypnosis audio program and for other information on programs and events. You may also call directly at **631-903-0910**, email **nlpnw@gmail.com**.



Albert R O'Connell III  
"The Beach Hypnotist"

## HEALING / BODYWORK



Patricia Bono

### **PATRICIA BONO – Helping People and Animals**

**Traditional Usui, Karuna Reiki Master –**  
Practitioner & Teacher  
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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](http://www.patriciabono.com)

**E-Mail: [speaks2spirits@gmail.com](mailto:speaks2spirits@gmail.com)**

## HOLISTIC DENTISTRY



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**

**Integrative Dental Specialists of Manhattan  
120 East 56th Street  
12th Floor  
New York, NY 10022  
212-973-9425  
[www.integrativedentalNY.com](http://www.integrativedentalNY.com)**



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](http://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!

## UP NEXT: August-September Back to School Issue

*Welcome the New School Year with Lessons and New Beginnings*

**ADS DUE JULY 10th**

*Article & Poetry submissions due June 15th*

[neil@creationsmagazine.com](mailto:neil@creationsmagazine.com) | 516 994-4545 text | 864 689-1089 | [creationsmagazine.com](http://creationsmagazine.com)

## HOLISTIC DENTISTRY

**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](http://www.Holisticdds.com)**



**Batool F. Rizvi D.D.S., P.C.**

## HOLISTIC HEALTH

### **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  
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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**  
**Package Deals Available**

**[www.newmannutrition.com](http://www.newmannutrition.com)**



**Llynn´ Newman**

## LIFE COACHING

### **LOVELIGHT COACHING**

Are you at that intersection ready to turn, yet unsure which way?

- Feeling unfulfilled
- Something is unsettling
- Confused where to begin

Separation • Divorce • Dating • Career Paths  
Abandonment • Attachments • Estrangement  
Step-parenting (Blended Families)  
Daily Routine Fatigue

I'm partnering to support you through significant change that helps you grow, develop and rewire your reality.

- Navigate your thoughts & emotions
- Define Your Needs
- Identify & Set Measurable Goals
- Discover Joyful Pursuits
- Restore Balance & Gain Clarity
- Break Destructive Behavior Patterns
- Set Personal Boundaries

**HOLLY PAUL CPC, ACC**  
**LIFE COACH • MENTOR**  
**516-474-6696**  
**Complimentary Discovery Call**

In Person / Telephone Sessions  
16 years of Service



**Holly Paul, CPC ACC**