

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.

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Become more of your true self.
Transform codependent patterns.
Practice being in the moment...
where real life happens!

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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

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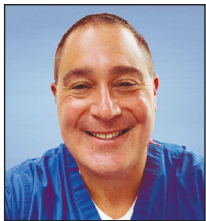
For information or an appointment call:

**Patricia Bono
(516) 922 7574**

www.patriciabono.com

E-Mail: speaks2spirits@gmail.com

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
New York, NY 10022
212-973-9425
www.intergrativedentalNY.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**

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: The October/November Autumn Issue

Change is good! Transitions, Cycles, Death & Healing

ADS DUE SEPTEMBER 10th

Article & Poetry submissions due August 15th

neil@creationsmagazine.com | 516 994-4545 text | 864 689-1089 | 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**
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Batool F. Rizvi D.D.S., P.C.

HOLISTIC HEALTH

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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.

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Certified Herbalist/Iridologist
Wholistic Counselor/Educator
Health Coach/Certified Reiki Practitioner
Neuro Linguistic Techniques Practitioner
Over 30 Years Experience
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www.newmannutrition.com



Llynn' Newman

12 PRINCIPLES OF SPIRITUAL INTELLIGENCE

Self-awareness: Knowing what I believe in and value, and what deeply motivates me.

Spontaneity: Living in and being responsive to the moment.

Being vision and value-led: Acting from principles and deep beliefs, and living accordingly.

Holism: Seeing larger patterns, relationships, and connections; having a sense of belonging.

Compassion: Having the quality of “feeling-with” and deep empathy.

Celebration of diversity: Valuing other people for their differences, not despite them.

Field independence: Standing against the crowd and having one's own convictions.

Humility: Having the sense of being a player in a larger drama, of one's true place in the world.

Tendency to ask fundamental “Why?” questions: Needing to understand things and get to the bottom of them.

Ability to reframe: Standing back from a situation or problem and seeing the bigger picture or wider context.

Positive use of adversity: Learning and growing from mistakes, setbacks, and suffering.

Sense of vocation: Feeling called upon to serve, to give something back.

— by **Danah Zohar**, author of *Rewiring The Corporate Brain*