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CREATIONS

MAGAZINE

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October - November 2024
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CHOICE IS KEY

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over being right,
and you'll be right
every time.*

~ Richard Carlson

The October / November "Transitions" Issue

- Cell Healing = Self-Healing
- Who Will Win the Election
- Rewriting Your Programs
- What You Get, When You Don't Get
What You Want

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You Are What You Eat

by Jimmy Kilimitzoglou, DDS

Habits can help you or destroy you. What you eat can cure you or kill you.

I recently came back from a humanitarian mission at Lomé, Togo in West Africa. It was a short trip; 48 hours in country. I treated 30 patients between the ages of 4 and 84, performed 20 extractions of hopeless teeth, 17 fillings and treated 6 infections. It was life changing. What I learned is that habits and diet manifest the pattern of disease. Soda, candy, processed food and junk food are available but it is extremely expensive. Most people are poor and cannot afford it. They eat rice, chicken, fish, local farm-grown vegetables which are readily available, fresh, organic, sustainable and, might I add, delicious.

There is no diabetes, obesity, alcoholism or substance abuse. The pattern of decay was so different than anything I have seen. Front teeth were rarely affected. Oral hygiene was fair to poor. Back molars which are difficult to clean would trap food, decay, break and then caused pain. Some patients were in pain for two years. It was so rewarding to help these people who were in poverty and had no access to care.

I have been to Pine Ridge, South Dakota multiple times on outreach missions. It is the poorest Native American reservation in the nation. Organic foods are available but too expensive. There is a government funded warehouse that carries essentials for the residents. These commodities are: soda, junk foods, processed white bread, highly processed cheese, canned vegetables and meat. Even though it is a "dry reservation" there is alcohol available. Drugs are rampant. They are at the top of the list for obesity, diabetes, cirrhosis, alcoholism and drug abuse. Traditionally, they would eat only what they would hunt or gather and they had none of these diseases. The pattern of tooth decay: cavities on all teeth. You see, carbohydrates like starches and sugars, when left on teeth and not washed or brushed away will cause cavities. Proteins and fats will not.

The key is oral hygiene and frequency of consumption. If there is time between meals, your tongue, lips and saliva will work together to clean, buffer and stabilize the oral cavity. When you give a child a sip cup with milk or juice, they bathe their teeth with sugar and they get bottle rot on the front upper teeth as the lower teeth are protected by the tongue. When someone succumbs to methamphetamines, all they care about is getting high. They crave junk food and don't think about brushing. They end up with "meth mouth." Every tooth in the mouth is ravaged by decay.

When these cavities become painful, people avoid healthy foods because they are hard, crunchy or chewy so they resort to soft, mushy, processed food that are not nutrient dense. That, in turn affects overall health and leads to disease.

Picture a small, remote village in a third world country. The water is balanced with electrolytes and minerals. People eat once or twice per day whatever is available: if you can peel it, hunt it, catch it, grow it ... you eat it. Unbeknownst to them, they are doing intermittent fasting, they eat organic meat, super foods and nutrient dense vegetables. Their teeth are strong and highly mineralized. Their bones are dense and their hearts are strong. No cavities. No disease. No infections. It's all about your habits and what you eat.



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The Benefits of Quitting Vaping

by Albert R. O'Connell III, LCSW
"The Beach Hypnotist"

Vaping has become increasingly popular in recent years, especially among the younger demographics. While it is often marketed as a safer alternative to smoking, growing evidence suggests that vaping carries its own set of health risks.

If you're considering quitting vaping, you'll be pleased to know that the benefits are both immediate and long-lasting.

One of the most significant benefits of quitting vaping is **improved lung health**. Many former vapers report easier breathing and increased lung capacity within weeks of quitting. By eliminating vaping, you reduce inflammation in the lungs and allow your respiratory system to heal, leading to better overall lung function.

Vaping has been linked to an increased risk of cardiovascular issues, including heart disease and hypertension. Quitting vaping can significantly reduce these risks, promoting better heart health and reducing the likelihood of heart-related complications.

Nicotine and other chemicals in vape products can dull your sense of taste and smell. After quitting, many people experience a heightened sensitivity to flavors and aromas, making meals more enjoyable and enhancing their overall sensory experience.

Vaping can lead to various dental problems, including gum disease, tooth decay, and bad breath. Quitting vaping can improve your oral hygiene, leading to fresher breath, healthier gums, and a brighter smile.

The cost of vape products can add up

quickly. By quitting vaping, you can save a significant amount of money that can be redirected towards more meaningful and beneficial experiences or investments.

Vape products contain a variety of harmful chemicals and toxins. Quitting vaping reduces your exposure to these substances, lowering your risk of developing serious health issues in the future.

Nicotine and other chemicals in vape products can negatively impact your physical fitness and endurance. Quitting vaping can lead to improved

stamina, allowing you to engage in physical activities with greater ease and enjoyment.

Vaping often involves nicotine, which is highly addictive. By quitting, you reduce the risk of developing a dependence on nicotine and other substances, leading to better mental clarity and cognitive function.

In summary, the benefits of quitting vaping are extensive and impactful. From improved lung and cardiovascular health to financial savings and better personal relationships, the positive effects are undeniable. If you're considering quitting vaping, take the first step today and experience the numerous benefits for yourself.

*The Beach Hypnotist is conducting a "Quit Vaping For Life" program at The Ed & Phyllis Davis Wellness Institute at Stony Brook Southampton Hospital, Southampton on **October 15, 2024 at 4:30 PM**. This is both a live program at the Institute and participants may also join via Zoom. For information on this and other programs call **631-903-0910** or visit the website at **TheHamptonsMethod.com***

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Up Next:
The December / January 2025 Holidays Issue

*Promote Peace & Goodwill
Radiate the Spirit of the Holiday Season*

**ADS DUE November 9th
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TALKING OUR WALK

*A man with outward courage dares to die;
a man with inner courage dares to live.*

– Sun Tzu

Welcome to our October / November Autumn Issue: Change is good! Cycles, Transitions, Death and Healing.

When the time comes for us to address the transition to our later years, we can reframe our experiences of aging. Kamla Kapur asserts, *Choice is Key. We can either think “old age sucks and then we die,” or trust we can and must reinvent ourselves with our choices in the time we have left.* Quoting Robert Browning, “the best is yet to be.”

Building upon this theme, Taylor Mari suggests to Create Yourself Anew.

Life’s experiences grow within us a capacity to expand or contract; to become a vessel for more joy or more pain. By staying open, and prying oneself open again as needed, we claim the love and blessings of the universe. Again, it’s our choice.

Cell biologist, Bruce Lipton explains that a key to self-empowerment and the start to personal and planetary transformation, is to *Rewrite Your Programs. One of my*



major points is the myth that your genetics rule your destiny. This is not true. I feel most illnesses do not run in families, but attitudes and the perceptions of the environment absolutely do. We can choose to be the creator of our reality, rather than a victim of perceived circumstances.

Alan Cohen tells us *Who Will Win the Election*. Not to worry, no political commentary here. Alan explains, *The real election is not between two people, but between two states of consciousness.*

Peace ALL-ways,

Neil & Andrea

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Choice is Key

by Kamla K. Kapur

We are our choices.

- Jean Paul Sartre

To empower ourselves in the new, unknown country of aging, which each of us navigates without a map, we need only begin with one assumption, one psychological/spiritual fact: the way we look at something transforms it. Psychology has long known what Quantum Physics makes evident: "Whatever it is that we are observing can have a determinable momentum, and it can have a determinable position, but of these two properties we must choose, for any given moment, which one we wish to bring into focus. This means, in reference to moving particles that we can never see the way they really are, but only the way we choose to see them."

When we make a choice, the chosen comes into focus and everything else drops away. The energies of the universe, too, come to our aid to help us fulfill our intentions. Making choices, putting our goals and intentions in focus, has a lot of power. By choosing we create our truth and our destiny. The sages of all times, especially from the East, have known this for millennia. Rumi said, "You held the blue glass before your eye: for that reason, the world seemed blue to you. Don't be blind; know this blueness comes from you."

There are ways of thinking and living that reframe our experiences of aging. We can either think "old age sucks and then we die," or trust we can and must reinvent ourselves with our choices in the time we have left. I am optimistic about our ability to choose to create a more positive experience of aging; that even and especially now, when we have been given the boon of slowing down, we can engage

with the deep psychic work which is the purpose of our lives, and which we have long postponed due to youthful busyness. We can now introspect, self-examine, become mindful and aware, turn from habitual unhappiness to a healthier and happier way of being. For this we must plumb our psychic resources, know and trust we have them, discover new ways of being, and trust, in Robert Browning's phrase, "the best is yet to be."

Several years ago I was deeply unhappy about aging, my diminished stamina, about nearing the end without having fulfilled many of my dreams. As I sat at rock bottom one day, I asked myself what I wanted, and the answer came clear as a bell: "I want to be happy!" The answer led to the resolution: "I want to do what it takes to be happy." I had made my choice. Each of us is blessed with an innate sense of what it takes to be happy, if we would but clear away the psychic baggage, the perspective errors that obscures it, listen to the subtle messages sent to us in our waking and sleeping life by our bodies, hearts, minds, souls, and to the many guides of this planet who tell us over and over, the methods and angles of perception to employ to ease our travails. They remind us, forgetful as we are, of that miniscule gesture of turning towards the light as we progress on our darkling journey to old age ✨

Kamla K. Kapur was born and raised in India and studied in the United States. An award-winning playwright, poet, and author of several books including her latest, *The Privilege of Aging: Savoring the Fullness of Life* (July 2024, Park Street Press), her writing has been featured in anthologies and journals such as *Parabola* and *The Sun*. A former literature professor at Grossmont College, she and her husband divide their time between the remote Indian Himalayas and San Diego, California. More at www.kamlakkapur.com.

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# In the Shadow of the Seasons, Create Yourself Anew

by Taylor Mari

The theatre of Autumn is upon us, ushering in new colors, a slower pace and the silent drift of leaves' gentle descent back to our Mother, Earth. A cozy respite from the blooming activity of summer, September sets its fine stage. We spectate and reflect on natural cycles - both those of nature, and of ourselves. Nature's yearly performance invites us to reflect in reverence; honoring the higher order of life's unpredictability with profound awareness.

A reminder that no suffering is eternal, these cycles guide us with faith, that all which is lost will return again, renewed.

No creature is born free of their unique role in this cosmic symphony. Each of us are born to pave a unique path. Walking along, we aim to liberate ourselves from the uncertainty of this chaotic order.

In certain seasons of life, we lose sight of our path. Compass shattered, we're off trail, disoriented from our purpose. Pain's primal scream wakes us in our darkest nights - the winters of our souls. Yet, by grace, even on the coldest day, the light of our universe never ceases to shine on its creations. A gift of duality, it warms us and invites all life to grow. In contrast, it casts dark shadows on our path. Only by braving these shady, dim crevasses of existence can we shine as our brightest selves.

These shadows represent the lesser-loved aspects of ourselves. Creating cycles of disruption and dysfunction in our lives, these shadows repel us away in fear, while also beckoning us near. They deliver an invitation to dig deeper into ourselves, an opportunity to excavate our deepest suffering.

They tempt us to live smaller lives than the ones in our dreams, desperate to keep us safe amongst familiar territory. Therein lies the hidden gift. Our shadows show

us where our fear resides, teaching us where to send more love. Our path shifts towards our highest self, if only we have the courage to answer its call.

Growing older, our comfort zone gets larger, while our dreams and audacity to hope for them grows smaller. Internalizing hardships along our journey can break us, if we allow them. We can either allow ourselves to be broken down, or to choose to be broken open.

For 40 years life broke me down. I was buried alive. Countless traumas brought me to rock-bottom, where I finally met the darkness of my shadow. I was forced to sit alongside, instead of running from, the brutal self-hatred that had characterized my existence since childhood. Exhausted from the marathon, I allowed light through the cracks where I had broken. Only then did the floodgates of my life open up. I bathed in a rebirth, and the deluge of childlike joy and enlightenment rained down on my life.

The shift from self-hate to self-love was palpable. It happened the instant I admitted the truth: I hated myself. I had nothing else to lose, and needed to grow. I humbled myself at the feet of my shadow, ending its path of devastation and sabotage in my life. I confronted my self-loathing, and received the greatest gift in return - my true self.

Life's experiences grow within us a capacity to expand or contract; To become a vessel for more joy or more pain. This choice represents the fundamental terror of the human existence. By staying open, and prying oneself open again as needed, we claim the love and blessings of the universe. This is our true, shared birthright.

Life had completely broken me... not down, but open. It's an act of bravery to let that light of love shine through you. This leap of faith will pay your soul dividends. As children of Mother Earth, the sun shines for us all. Only our inner narratives, informed by past circumstance, can convince us otherwise.

I started a new diet, a mental one. I spoke to myself as I would a young child. I shamelessly abandoned things that made me feel bad, and mercilessly pursued the things that made me feel good. Some days were easier than others. Day by day, I crawled out of the pit that life had thrown me into. My shadow cast the illusion that



it was too deep to escape, but the light I let through the crack proved otherwise. The sun came in, the fog lifted, and now the future is brighter than ever.

I share my story to give hope to everyone going through a change of season in their life. To those facing uncertainty and fear. This is the human condition and of this no one is spared. On life's journey, we are free to choose our own adventures, for better or for worse. Each moment is an opportunity to reset our course. Choosing to heal our shadows, we create ourselves anew, sharing our joy with others.

We are each a beacon. Joined together, we illuminate brightly, blinding humanity to its fears. Connected no longer by pain, but by inspired visions. As we heal together, so rises the consciousness on planet Earth. A Golden Age of humanity comes forth as individuals face their fear, extinguished in the light of love; Love first shared with ourselves, then spread to others, for the sake of the entire world.

It's the wisdom of our ages, not the sum of years within them, that allow us to make the most of our lives. The years make of us, so that we may make of them.

Take heart: Life is good and it's only getting better. ✨

**Taylor Mari** is a Self-Love Coach, EFT practitioner and Reiki healer, Youtuber & mother. Her journey overcoming C-PTSD after narcissistic abuse introduced her to many healing modalities around the globe. She shares her healing with the world, to help others find their way back to themselves. Join her Emotional Freedom Technique (EFT) healing livestreams free of charge by following Taylor Television on Youtube, and tuning into the livestream at 7PM on Thursdays.



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# What You Get When You Don't Get What You Want

by Stu Crum

When we don't get what we want, it can be easy to feel discouraged, frustrated, and defeated. We may question our abilities or feel like we aren't deserving of success. It's important to remember that setbacks and failures are not a reflection of our worth or potential, but they provide valuable opportunities for growth and self-discovery.

One fundamental outcome of experience is its ability to teach us resilience. In moments of disappointment, we are often faced with challenges and obstacles that test our perseverance. It is during these

times that we learn to adapt, to pick ourselves up, and to keep moving forward. Life is full of surprises, both good and bad. We all have wants and desires, things we wish for and hope to achieve. Yet sometimes, despite our best efforts, things don't go the way we planned. We face disappointment, rejection, and failure. It's in these moments that we often wonder, what do we get when we don't get what we want?



## Learning

Thirdly, when you don't get what you want, you learn valuable lessons. Failure is often seen as a negative outcome, but it is also a powerful teacher. By examining the reasons why things didn't work out as planned, you can gain insights that will help you in future endeavors. Mistakes and missteps are not signs of weakness, but opportunities for growth

and improvement.

## Opportunity

Finally, when you don't get what you want, you may discover new opportunities. Sometimes, a closed door can lead to an unexpected window of opportunity. When one path is blocked, another may open up that you never would have considered otherwise. Embracing uncertainty and being open to new possibilities can lead you down exciting and fulfilling paths you never imagined.

## Make Lemonade

While it can be disappointing and frustrating to not get what you want, there are many valuable things to be gained from these experiences. Perspective, resilience, lessons, and opportunities are just a few of the gifts that come from facing setbacks and failures. So, remember, when life doesn't give you what you want, it may be giving you something even better in return. As the saying goes, when you are given lemons, make lemonade! ✨

*Stu Crum's college football heroics put him on the national radar as a model student-athlete. Tagged as a winner with a natural gift for leadership, he made his name internationally in key positions with Texaco, Shell Oil, Jiffy Lube, and Bridgestone, wrangling deals with the likes of activist investor Carl Icahn and other heavy hitters. Developing a simple, dynamic game plan that he calls intentional living, Crum lays out his playbook for success in faith, family, and business in his new book, **AIM FOR THE UPRIGHTS The Intentional Playbook for Success in Faith, Family, and Business** [www.stucrum.com](http://www.stucrum.com).*

## Perspective

Firstly, when you don't get what you want, you gain perspective. It's easy to get caught up in our desires and lose sight of the bigger picture. When things don't go our way, we are forced to take a step back and reevaluate our priorities. We learn to appreciate what we have, rather than focusing on what we lack. This perspective shift can lead to a greater sense of gratitude and contentment in life.

## Resilience

Secondly, when you don't get what you want, you develop resilience. Facing setbacks and failures can be disheartening, but they also provide an opportunity to build strength and resilience. Every time you encounter a disappointment, you have a choice: you can let it defeat you or you can use it as a stepping-stone to grow stronger. One of the greatest lessons I learned as a placekicker was to have a very short memory. If I missed a field goal, I would put that one time miss behind me and look forward to the next opportunity to kick a field goal. Resilience is a valuable trait that will serve you well in all areas of life, as it has served me as an athlete, father, husband, and businessman.

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# Nothing Tastes As Good As Feeling Fit!

**I**t has been over a decade, since I wrote about my Weight Loss Group. I am still in touch with the original members of the group, that were featured on the News 12 Long Island segment. They have kept the weight they lost off, all these years! Currently, I am leading a weekly group at New Horizon Counseling Center in Valley Stream. Some of the members have lost over 60 pounds! I am bringing this topic back to *Creations Magazine* so that more people can experience the wonderful feeling of being at their perfect weight.

**Creations Magazine: What is the basis of the program?**

**Juliette:** We use the book *A Course in Weight Loss* by Marianne Williamson, as our guide. It is a weight loss/management guide book that incorporates spirituality into the process. We lean on God to give us strength and fortitude to reach our goal.

**CM: How do the members handle the part about knowing what to eat and portions?**

**J:** We discuss calories, nutritious foods, exercise and social gatherings.

**CM: How do you use psychotherapy to assist the members?**

**J:** As a therapist, I know that the causes for overeating or binge eating usually come from childhood experiences or trauma. We do journaling exercises to get in touch with our unconscious imprints that effect how we eat. The members are often surprised by their memories.

**CM: How do the members get support, when they are not at a meeting?**

**J:** The members have become supporters of each other and friends. They speak and go walking or line dancing together.

**CM: What do they do, when they go off track?**

**J:** Well, you know the expression ... Falling off the wagon? It happens. Life is full of delicious temptations that revolve around food. We get right back on track.

**CM: Is weight an issue that many people want to work on?**

**J:** Yes, most people want to lose a little or a lot of weight. Current data from the Center for Disease Control indicates that 73% of American adults are overweight and 42% are obese. Adolescents and children are overweight at a rate of 16%, and obese at

a rate of 19%. So, more children are obese than overweight. I find this data shocking, and it rises every year.

**CM: Are most people aware of how obesity adversely affects their health?**

**J:** I find that many people are not well versed on calories, nutrition and effects of being overweight. People have become complacent with the hyperpalatable food that is popular today. The food industry knows the secret that salt, fat and sugar make a trio that stimulates the brain to become insatiable. Menus often contain ingredients like honey maple bacon, and over-the-top desserts. Social media promotes milkshakes with cake and candy. Delivery services bring anything at any time of day or night. Eating 24/7 is not part of the human design.

**CM: It sounds like lack of awareness, food availability and bad habits have created an obesity epidemic?**

**J:** Yes! Steven Covey, author of the book *The 7 Habits of Highly Effective People*, states our habits will define us. We become what we do. The time has come to wake up and use self-control to make choices for better health, so that we can feel good in



our bodies. I assure you ... Nothing tastes as good as feeling fit!

**Juliette Giorgio, LMSW, Social Worker / Psychotherapist. jewel0403@aol.com**

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# On the Science & Spirit of Self-Empowerment: Rewriting Your Programs

by Bruce Lipton, PhD

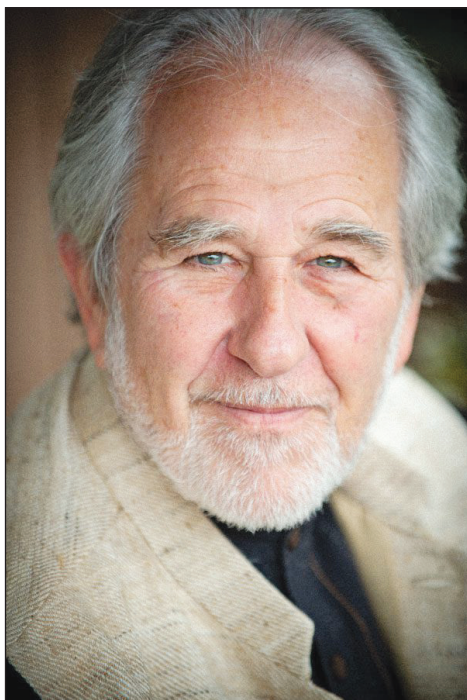
*Dr. Bruce Lipton, gave an electrifying workshop in NYC, on Saturday August 3, 2024 to a sold-out audience. The focus was the survival of humanity and the implications and transformation of early programming on our lives.*

Most people can agree that knowledge is power. But what I offer in my talks is knowledge of self which is “self empowerment.” This is how we become the creator of our reality, not a presumed victim. As a former biology professor, I begin my lectures with an understanding of how our cells are designed to interact with the environment. *One of my major points is the myth that your genetics rule your destiny. This is not true. I feel most illnesses do not run in families, but attitudes and the perceptions of the environment absolutely do.*

A garden is the height of environmental harmony. We came to this beautiful Earth and literally and figuratively made war on the garden. As a matter of fact, the mission of Western materialism was to rape and pillage its resources — overriding the peace and abundance of life. We need to cooperate with each other, the plants, the animals, the air, the water. We have to do this now. It must be our first step. NASA scientists have given us two decades or else: BOOM! We're out of here.

To clean up the planet and our lives we must deal with our personal psychology, because our thinking effects our biology (the inner environment) 100%. The brain is a computer that runs on the programs from the subconscious. People don't realize that only 5% of their life is coming from the creative conscious mind. 95% of our life experiences comes directly out of the hard drive programmed by other people — parents, family, community, etc.

The programming started 3 months before you were born. If I asked you, “What programs did you get before you were born?” You would say, “I don't know, I wasn't there.” Most of your programs were downloaded before you were conscious. Who you are and what your life is about, is a printout of those programs. Look at your life right at this moment. If you have to work hard for good health, an uplifting relationship, or a



satisfying job, those difficulties arise from programs that were installed before you were aware of them. When you see how you are struggling to achieve your desired goals, you will know what programs need changing.

**Let me briefly give you three ways to shift the programs.**

**Number one: Brain waves.** Up to seven



The movie, The Matrix, is called science fiction but I say it's a documentary, because the premise is that we are programmed. That is the scientific reality.

– Dr. Bruce Lipton



years old your brain was operating below conscious awareness called Theta waves – a hypnotic state, where you absorb everything around you. Therefore, if

you want to change your life use “self hypnosis.” By listening to self-help programs as you fall asleep the repeated exposure can lead to improved levels in all parts of your life.

**Number two involves the new age adage: “Fake it till you make it.”** If you're not a happy person say to yourself “I am happy.” After a while you won't have to say it anymore. You will wake up happy. The program has been installed without having to do anything else. “Repetition / habituation” is how you add programs after the age of seven. Now these approaches can take time and we have to evolve quickly. We have two decades to fix the entire world!

**Number three is a faster way called “energy psychology.”** This is a different modality than conventional talk therapy where you talk endlessly about programs. In my opinion going backwards — talking about your past is a waste of time. It is time to do something about the past and move forward! Energy psychology engages something called “super learning.” For example, a child under seven is a super learner. Back then you could experience something once and the rest of your life you have a program from that one experience.

After age 7 learning is a lot more difficult. This technique, which involves brain coherence exercises, can quickly reformat old programs. In my workshops I demonstrate the “whole brain posture” for hemispheric integration. Since the left hemisphere controls your right limbs and the right hemisphere controls the left, crossing your arms and ankles causes hemispheric integration. By making a positive statement with this super learning dynamic, just like that kid under seven, in 5 to 15 minutes of repeating that statement you can walk away from that exercise with a completely different program. This is a very basic outline to a proactive approach called PSYCH-K®, which has many practitioners around the country. There are about 25 other forms of energy psychology resources on my website: <https://bruce-lipton.com/resources>

What more can I say? I can lead you to water. I can't make you drink. But if I lead you there and you drink, you could possibly change your entire life. That's what it's all about! I hope this is a start to

personal and planetary transformation. ✨

*This article is derived from the lecture given by Bruce Lipton in New York City.*

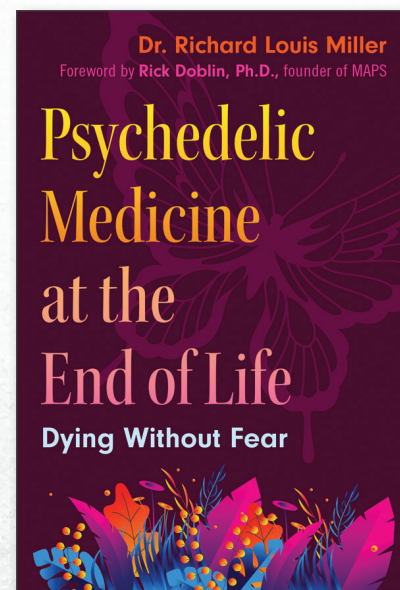
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**Bruce H. Lipton, PhD** is the author of *THE BIOLOGY OF BELIEF*, and a recognized authority and a leading voice in new biology. As a trained cell biologist at the University of Wisconsin's School of Medicine, he later performed pioneering studies at Stanford University. He is an honored presenter at many national and international conferences.

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# Who Will Win the Election

by Alan Cohen,  
Hawaii

**I**t's been a wild election year, and will likely continue to be so. Lots of people are fearful, distraught, and angry. The country appears to be divided into tribes, the rift between them growing deeper daily. Some marriages are tottering over political differences, and violence has broken out in certain sectors.

I would like to take a very different approach to predicting who will win. The real election is not between two people, but between two irreconcilable states of consciousness. We are each choosing between fear and love, doubt and trust, illusions and truth. The ego tricks us into believing that our choices are material, while they are more fundamentally spiritual.

The idea that we elect leaders by casting votes in a booth is true only at the surface level of our lives. We more accurately vote with our consciousness. The leaders who get into office reflect the predominant state of mind of the masses. The laws of metaphysics supersede the laws of the nation. In the past few decades we have seen two elections in which

the winner lost the popular vote, but won the electoral college vote. On a spiritual level, the leaders perfectly represent the consciousness of the nation. Thomas Jefferson rightly noted, "The government you elect is the government you deserve."

If you are fearful, angry, or upset, you will elect a President who operates from fear, anger and upset. You can tinker with human-made laws, but you cannot override the rock-solid Law of Attraction. If you are connected to Spirit and recognize that God is running the universe, you will elect a President with integrity.

Every president is a mirror of the spiritual evolution or devolution of the nation. Your strongest vote to obtain leaders of good consciousness is to work on your own consciousness. Then you become a force for healing, and your vote goes far beyond that of one person. Mahatma Gandhi said, "The pure love of one person can offset the hatred of thousands." Margaret Mead echoed, "Never



underestimate the power of a small group of committed people to change the world. In fact, it is the only thing that ever has." If you are reading this, you are likely in that group that is a subset of the whole population, but whose influence extends far beyond that subset.

The only way to win the election is to achieve a state of mind that transcends the upset in which the masses are embroiled. George Bernard Shaw said, "Never wrestle with a pig. You both get dirty, and the pig likes it." If you stoop to the state of mind that motivates people to elect bad candidates, you are contributing to elect that candidate. Refuse to participate in those thoughts, and you are voting for a candidate with character.

Regardless of who gets into office, you and I must occupy the office of right thinking. Only those who think in alignment with Spirit change the

world for the better. A Course in Miracles tells us, "Seek not to change the world, but choose instead to change your mind about the world."

**I would therefore like to suggest some lessons from the Course as affirmations to guide us through this election season:**

- I could see peace instead of this.
- I am not a victim of the world I see.
- I am affected only by my thoughts.
- Heaven is the decision I must make.
- I place the future in the hands of God.

Whenever you affirm a true idea, you are voting in ways far more powerful than the button you press on election day. Those who remain at peace will win the election, and those who get upset will lose. No matter who gets into office, you and I are each in charge of our experience. We need to pay more attention to our mindset than our TV set. Let us vote on a daily basis by remaining in the light no matter where others choose to go. ✨

**Alan Cohen** is the author of many popular inspirational books, including the bestselling **A Course in Miracles Made Easy** and his new eye-opener **Of Course in Miracles**. Become a certified Holistic Life Coach through Alan's life-changing training program. For program information, Alan's books, video courses, retreats, YouTube channel, and free daily inspirational quotes, visit [www.alancohen.com](http://www.alancohen.com).

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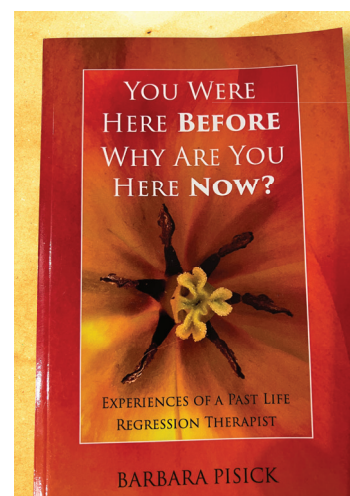


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# Cell Healing = Self-Healing

by Cathleen Beerkins

I have learned that each of us can do a great deal in our daily lives to promote self-healing. To heal, we must address all aspects of our being; physical, mental, emotional, and spiritual. Healing is about connecting and re-connecting all of these aspects.

Our bodies need to be cared for physically, yet we can only be as healthy as our cells are. We are made up of trillions of cells and we make a million cells per second. It is vital, therefore, that we understand what our cells need to support our wellbeing. After all, our cells do everything we do. They take in nutrients, carry out metabolic functions, and eliminate waste and toxins.

Learning to provide the body with the right nutrition is very challenging nowadays. We need to eat enough macronutrients; proteins, fats, carbohydrates, and good sugars (glycans) so the body can maintain optimal health. Eating a more natural nutrient dense diet is imperative, like organic fruits and vegetables, protein sources (meat, fish, or healthy alternatives) and good fats (avocados, nuts, seeds), are all essential.

We live in a very toxic world. Hence, we must allow our bodies time to detoxify regularly. I advise my clients to make time to detox their bodies at least once a year. There are many types of detox-cleanings and, if this is unfamiliar territory for you, it is perhaps wise to get the help of a professional/doctor; a Functional Medicine or Ayurvedic doctor, for example. I did my first cleaning with an Ayurvedic Doctor. It took 2 weeks and I have done it annually ever since. I am 63 and have never felt better. This version may be too extreme for some people; other slower or “kinder” versions work just as well. Many find intermittent fasting or drinking water with lemon or apple-cider vinegar in the mornings a helpful alternative.

Moving the body is an important self-care practice too. It is important to provide an opportunity for daily exercise. We are



all unique and this will be different for each person. Making sure our bodies get enough rest and stress reduction is also an important aspect of self-healing.

Our cells are similarly affected by our mental and emotional state. Our thoughts are powerful. The science of Quantum Physics is showing us that what we focus on expands. We are energy and have an energetic field. This field vibrates at a certain rate depending on what we think. This field will influence the health of our cells. Our thoughts can be high frequency, (positive) or low frequency, (negative). We each have constant self-talk patterns. The negative ones are often linked with limiting beliefs in our sub-conscious state and are often unconscious, driving our creations and most importantly, the health of our being. I have learned that in order to create a healthy body we must believe it is possible. The thought that you can heal is as powerful as the thought that you are ill. We must learn to see ourselves healthy and trust our bodies.

Emotions are powerful! They are messages that let us know how we are navigating through our life stories at a particular time. The problem is most of us don't understand what emotions are and we can become stuck in them. We humans have been functioning on a survival-based system for too long. A system that is primed for anything dangerous. Emotions like fear, guilt, shame, and rejection can often become our reality. It is important to realize

that emotions are telling us something and we must learn to release them, and instead focus on the emotions we would like to experience, like joy, love, and peace. It is important not to ignore emotions as these messages are there for a reason. Allowing time to process, digest and release them is a necessity in self-healing.

The last component of self-healing is our spiritual connection. We are spiritual beings having a temporary human experience in the body. We are living in a forever changing, chaotic world with the illusion that we are all separate. However, science is showing us that we are all connected, and we are connected to a field of energy. Some call this field Source, God, our Higher Self, or the Universal Field. It does not matter what we call it, what matters is understanding that we're all connected and fractal forms of it. Connecting to it is like connecting to our own battery source. When connected we become vibrant and feel whole. There are many ways to connect to this field, like prayer, meditation, and breathing to name but a few. These too are important practices for self-healing.

Another way to connect to this field is through mother earth. Grounding our energetic field into our bodies is necessary. I encourage my clients to regularly walk in nature – barefoot, if possible. This brings balance and harmony into our systems. Grounding has been shown to improve sleep and reduce stress.

Self-healing is very powerful. Once we realize that we can participate in our healing process and take responsibility for it, we will accelerate our journey to becoming healed. Learning to nurture all aspects of ourselves is essential. In essence the base of self-healing is self-care, and this is only possible through self-love. Learning to love oneself is the base of our human journey! ✨

*Cathleen Beerkins is the founder of A Wellness Revolution and a pioneer in the space of holistic healing. She teaches students and clients how to work with the new sciences to heal their bodies, expand their consciousness, and create the lives they truly desire. Learn more about Cathleen at [www.awellnessrevolution.com](http://www.awellnessrevolution.com)*

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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 authentic creative spirit.” -S. Shayne

**OTOA CLP Life Coaching:**

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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

**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.IThought1Action.com](http://www.IThought1Action.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*





# POETRY

## Autumn

by Paula Curci, Long Beach, NY  
Nassau County Poet Laureate Emerita (2022-2024)

In the awakening of the Equinox  
the Autumn spirit embraces us –  
from the fresh scent of newness found in the September air  
to the last swish heard, from the swing of falling maple tree leaves.  
We are touched each morning  
by everything that is moving –  
from the extra cars on the road,  
the children giggling at the school bus stop,  
to the coffee brewed at 6am.  
All on the go –  
ready for Autumn's new beginnings.  
Ready for life to embrace us,  
to the awakening of our Autumn spirit.

Watercolors by  
Jan Guarino  
JanGuarinoFineArt.com

## Autumn Reflection

by Patricia Soper, Patchogue, NY

As I close the blinds to early darkness  
falling leaves mirror this season of my life  
remind me it is time for letting go.  
As chill coaxes branch to loosen her grip  
on what she birthed in Spring  
my gathering years sculpt my future.  
As time and energy diminish  
I deepen in Silence, Stillness, Simplicity  
release negativity, noise, nonsense  
low-vibration people, places, events  
that do not embody Life, Light, or Love.  
Crone, her name meaning Crown,  
is Goddess archetype of Autumn, aging, and waning Moon.  
She is keeper of Wisdom, holds the secrets of life and death  
stirs her cauldron, divines what to keep and what to toss to fire.  
She is freedom, surrender, discernment  
doorway to intuition and highest realm of Truth.

## SPIRITUAL ARCHEOLOGIST

by Elaine P. Morgan, Warrenton, VA

I dug into the soil  
and searched for years,  
a seeker digging deeper  
and deeper  
searching for God in silence.  
Suddenly, a bright light  
surrounded a treasure:  
Genesis in an excavation.  
Did I find You  
or did You find me?

## Until Next Year

by James White, Long Beach, NY

The sun begins to run  
Past our usual meeting place  
In blue skies above searing sand,  
Where gulls come before they go.

The calendar's regret brightens  
And cools my tawny brown skin while  
The sun begins to run  
Past our usual meeting place.

Tilted, turning and revolving  
Autumn's colorful approach,  
A windy hum of soft footsteps  
Packs up bags and folds beach chairs as  
The sun begins to run.

## When You Become Love

by David Frieman, Huntington Station, NY

When you become love you will  
understand the connections  
between the stars, the truth  
and the falling of the leaves.  
Life is blessed with growth by the life-  
touching wind, the life-warming sun  
and the life-sustaining rain.

Peace is the absence of dominance.  
As an apple tree does not eat its own  
hanging fruit,  
All life exists to support and  
strengthen community.  
We are the Universe; a mixture of  
stardust, water, heavy metals and  
consciousness.  
We are never truly lost on our journey,  
Only navigating life's many detours.

Only your heart can hear the poetry of  
The Universe – Open it up and listen ...

## What is it about a poem

by R.J. Andres, Queens, NY

that stepping into it  
so often unmask a self  
we had forgotten,  
that prods us to touch the insides  
of a place  
we thought was not there,  
or with metaphoric sleight-of-hand  
allows us to hear what cannot be said?

What is it about a poem  
where each verbal scheme  
impressed upon the page and read into the mind  
is like a stretch of greening forests, open fields and  
rolling hills  
suggesting there are places  
needing to be explored,  
and that we ought to succumb  
to the lure of whatever roads lead there?

Poetry is nearer to vital truth than history. – Plato



# CALENDARS

## ONGOING EVENTS

### MONDAYS

**SACRED MEDICINE WHEEL GROUP** for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, DrlreneSiegel.com. Now offered Online. (see ad p.7)

**TRANSMISSION MEDITATION** offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30pm. Call 516-791-1485 for more info and location in Valley Stream.

### TUESDAYS

**PSYCHIC PALM/TAROT/MEDIUM READINGS** by Roni Todd. Private Readings in Roni's Psychic Sanctuary. Tuesday or Wednesday by appointment only. Call 516-889-3732.

**TRANSFORMATION TUESDAYS** with Albert R. O'Connell, III, LCSW CASAC: **October 15**, 4:30 pm, Quit Vaping; **October 22**, 4:30 PM Weight Loss; **November 19** – Quit Smoking. NO FEE. For info call 631-903-0910 or visit: TheHamptonsMethod.com (see p.3).

### WEDNESDAYS

**TRANSFORMATION MEDITATION** An opportunity to serve humanity in a simple yet potent manner. By participating, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution. 7pm. Call 718-951-7295 for info and Bklyn location.

### THURSDAYS

**PSYCHIC PALM/TAROT READINGS** by Roni Todd at A Time for Karma, 14 S. Village Ave., RVC, NY. 1-6pm. (516) 889-3732.

### SATURDAYS

**GUIDED MEDITATION, TIBETAN BOWLS & GONG WASH WITH READINGS** See webpage for dates www.DRREIKI.net.

## SPECIAL EVENTS

### OCTOBER 18-19

**NEW LIFE EXPO FOR CONSCIOUS LIVING** – 60 Enlightening Speakers & Exhibitors, NYC. 516-897-0900. www.newlifeexpo.com (see ad page 8)

### OCTOBER 25

**HAUNTED HAPPENINGS WITH DANIEL AKNER** Check website for different location and details. eyesoflearning.org

### NOVEMBER 22

**LECTURE: ANGEL EYES DAWN MARIE** Levittown Hall, Hicksville, NY, Friday, 8:00-10 PM. Members: \$15.00. Non-members: \$20.00. eyesoflearning.org

### DECEMBER 14

**EYES OF LEARNING 37TH ANNUAL FALL FESTIVAL**. Readers, Vendors and Lectures, 11am – 5pm. eyesoflearning.org.

## UPCOMING EVENTS

**A BACH FLOWER CERTIFICATION PROGRAM** Conquer fears and worries. Our emotions impact our wellness and quality of life. Three-tiered training program leads to Bach Flower Certified Practitioner (BFCP) status. Enroll now for programs. Courses online with master teachers. CE's Available. Training practitioners worldwide since 1998. learnbachflowers.com.

**DIVINE FEMINE ACTIVATION-ANCIENT EGYPT SACRED TOUR** Immerse yourself into the mysteries of Ancient Egypt through a powerful retreat style and sightseeing sacred tour. February 15-28, 2025. A first-class experience where you are elevated into higher dimensions. Egypt Calls Your Soul into Alignment. Travel with Spiritual Master, KumariDevi-accelerate your spiritual awakening. Final payments due 12/1/24. www.kumarainstitute.com/egypt-spiritual-tour (see p.4)

# MARKETPLACE

## ACUPUNCTURE

**HEALTHCARE WELLNESS CENTER** – Medicine and Wisdom in Perfect Harmony. Anthony Cerabino, Founder, Licensed Acupuncturist and Massage Therapist. Healing modalities include: Acupuncture, Medical Massage, Herbal Medicine, Nutritional Counseling and Allergy Elimination (NAET). Most insurance accepted. 85 W. Main Street, Suite 302, Bay Shore, NY. 631-665-1666. www.healthcarewellness.org. (see ad p.2)

**E.W. NATURAL HEALING ACUPUNCTURE P.C.** – Henry Zhen-Hong Lee, NYS Licensed Acupuncturist, Herbologist, 40 years experience. Long Island (516-822-6722), Queens (718-445-8438) and Manhattan (646-220-5388) locations. (see ad p.10)

## ADDICTION

**HAVE YOU FOUND YOU ARE USING MORE SUBSTANCES THAN USUAL SINCE COVID?** You are not alone. The numbers of people managing their stress with the use/misuse of legal and illegal mood altering substances is skyrocketing. Call today to talk to someone. The Kenneth Peters Center for Recovery, Long Island's premier boutique program for the treatment of substance use disorder serving the Long Island community for thirty years. Syosset: 516-364-2220, Hauppauge: 631-273-2221, kenpeterscenter.com.

## BOOKS

**PSYCHEDELIC MEDICINE AT THE END OF LIFE**, Dying Without Fear by Dr. Richard Louis Miller. An exploration of the role of psychedelics in the end-of-life experience. ISBN 978-1-64411-981-5 www.innertraditions.com 800-246-8648 (see ad p.9)

## COUNSELING/THERAPY

**REGRESSION AND PAST LIFE THERAPY** with Frank Nichols, LSCW. Professional and empathetic service. Call: 631-896-6352. (see ad p.8)

**PAST LIFE REGRESSION THERAPY** by well-known agency director and author. Certified by Brian Weiss. Watch television feature on website: www.SunriseCounselingCenter.com. Also see popular new book at SeekingSoul.com and see Richard Scheinberg on Facebook. Bay Shore. (631) 666-1615.

**PAUL STEIN, PH.D., "RADICAL" DREAM ANALYST** | "Missing Roots" | "False Flag Relational Trauma" | "Critical Dialogue" | "Unus Mundus" | Co-creativity | "Arbeit Macht Frei" | "Praxis | Jung's Archetypal Holistic Approach | Domestic / Int'l | "Cell" or "Chat" only | Initial Consult Required (NC) 646-709 8634 plsphd@dreamsphd.com https://dreamsphd.wordpress.com/ https://x.com/PaulStein9 https://youpic.com/plsmythopoetics/bio https://www.youtube.com/watch?v=s-m4YUIVGNE

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## HOLISTIC HEALTH

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## PSYCHIC/SPIRITUAL

**PSYCHIC PALM / TAROT / MEDIUM READINGS BY RONI TODD** – Over 45 years experience.

Roni can help with life's challenges using clairvoyance, spiritual communication, & psychic insights. Relationship expert. New York's #1 Palm & Tarot Reader, at TWO Long Island locations. Available for private & phone readings. 516 889-3732, www.ronitoddspsychic.com.

## SPACE / PROPERTY

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## SPIRITUAL EVENTS

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## SPIRITUAL SINGLES

**MEET YOUR DIVINE COMPLEMENT** on the Oldest, Largest, Exclusively Spiritual Dating Site. Increase your Pool of Conscious Singles. Our Members are Amazing! SpiritualSingles.com.

## VACATION RENTAL

**1800'S RETREAT HOUSE FOR RENT** Sleeps 12: 3 queen, 3 double twin rooms, 4 bathrooms on 15 acres. Hunter Mountain, NY. See webpage for info: www.DRREIKI.net



# BOOK REVIEWS

## & PRODUCTS

### SPIRITUAL AGING

**Weekly Reflections for Embracing Life**

by Carol Orsborn, PhD

InnerTraditions.com

Many of us navigating the years beyond midlife report high self-acceptance, freedom, and joy. However, there can also be bouts of second-guessing and regret, as well as the occasional longing to be reminded that you're not in this alone. Walking readers through the most uplifting, passionate, as well as dangerous passages on the path of aging consciously, Carol Orsborn, Ph.D., presents inspired guidance to show you the way forward through every conceivable mood, opportunity, and stumbling block that may arise on the journey through the second half of life.

Designed to be read weekly in two-year cycles, the 120 timeless readings in this book focus on the issues and concerns that arise among those who view aging as a path to spiritual culmination. From transforming loneliness to solitude, loss of identity to freedom, anger to self-protection, fear to faith, and envy to love, Orsborn's wise and compassionate insights are seasoned by quotes and stories by and about mystics, sages, and old souls from ancient through contemporary times who illuminate the path to living a full life while embracing old age. The connecting thread is the reminder that you have what it takes to shift from reacting with fear to the challenges of aging to instead accept them in a spirit of gratitude as they help you grow not just old, but whole. The readings are both archetypal and person-

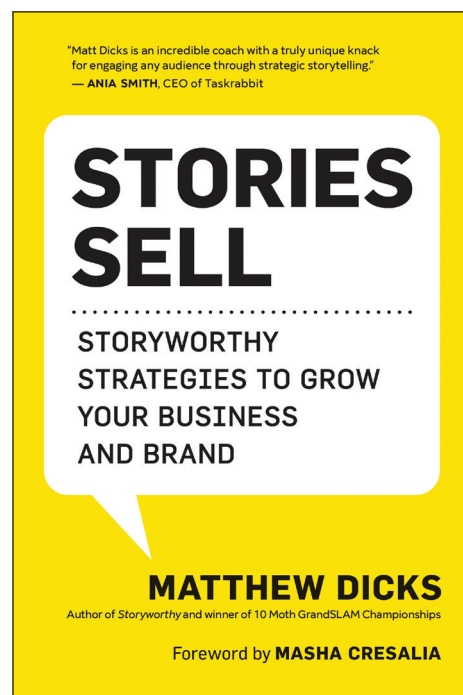
al, reminding readers of how far they've come and that, regardless of their circumstances, aging can be a life stage with spiritual meaning and purpose of its own.

### STORIES SELL

**Storyworthy Strategies to Grow Your Business and Brand**

by Matthew Dicks

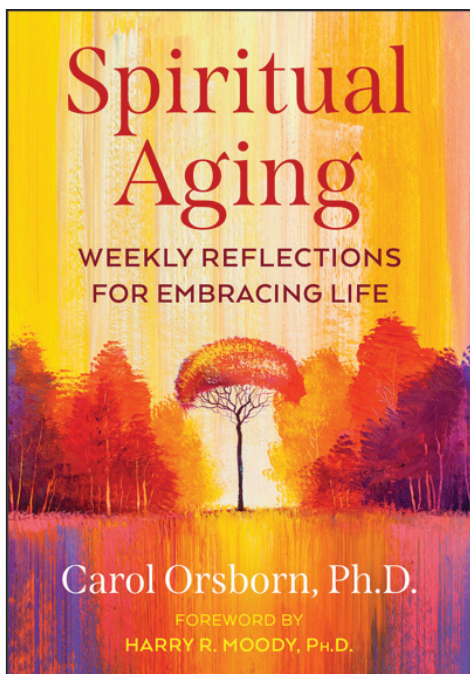
NewWorldLibrary.com



From the author of *Storyworthy*, Matthew Dick's newest book is a guide to using the power of storytelling for success in business of all types and sizes, whether you're an online marketer, advertising professional, salesperson in any field, small business owner, independent contractor, or Fortune 500 executive.

The corporate world is flooded with data: spreadsheets, charts, graphs, and yawn-inducing PowerPoint presentations. But human brains are wired for stories. Stories help us make sense of the world. Stories move us in ways that data can't, and a well-told story trumps a mountain of facts and figures.

Matthew Dicks has learned the value of storytelling in his career as a novelist, marketing consultant, and award-winning slam storyteller. He's found that the basic principles of effective storytelling are universal and teachable. In *Stories Sell*, he applies those principles to business communication, guiding readers to craft stories that connect with audiences — whether a single person or a crowded auditorium.



Topics include:

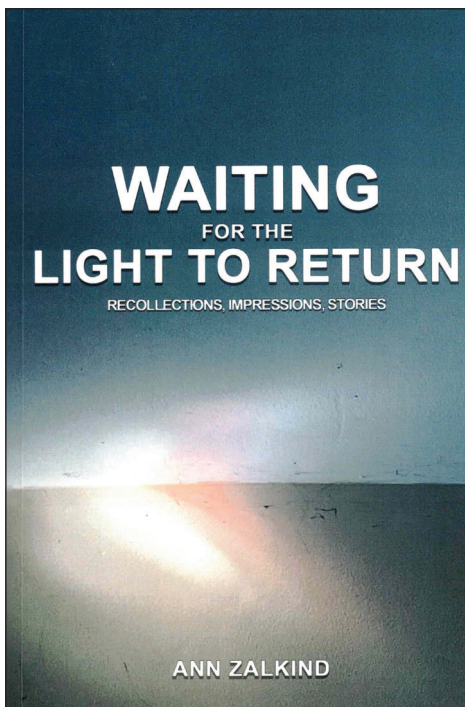
- The three elements of a winning story: stakes, suspense, and surprise
- Finding the right narrative structure (and why beginning at the beginning isn't always the best method)
- The power of being vulnerable: how admitting your mistakes can build rapport with audiences
- When and how to use humor
- Zigging while others zag: making yourself stand out from competitors

Above all, *Stories Sell* gives readers permission to be themselves, take risks, and make a splash in a sea of corporate blah. Everyday life is filled with meaningful stories if we only approach it with open eyes and open minds. *Stories Sell* teaches readers to find their voice and share those stories with the world.

### WAITING FOR THE LIGHT TO RETURN

by Ann Zalkind

amazon.com



Short stories, poems, vignettes, and quotes are the forms of offerings expressed in *Waiting for the Light to Return: Recollections, Impressions, Stories*, by Ann Zalkind. Zalkind's poignant childhood recollections serve as a catalyst to evoke the reader's own personal scenes and memories that may have been long forgotten, creating a bridge from the past to the present and prodding the seeker to find deeper meaning in the simple observations of life.

Everyday occurrences and truths are eloquently expressed, creating a thread of meaning through connecting, what may first be perceived as, disparate con-

cepts. This book could be a quick read, but you may find that taking the time to savor each entry and explore the memories and feelings it arouses, is a pleasurable and elucidating experience.

### PRODUCTS

**THE OMEGA EFFORTLESS™ BATCH JUICER**


Omegajuicers.com



Cold press juicing is a healthy lifestyle choice that continues to grow. Omega, a world-leading juicer brand with distribution in over 120 countries, has long recognized the benefits of juicing and has worked for over forty years to provide consumers with the best, most reliable equipment.

- Effortless™ Batch Juicer (\$549.95)—2023 Best Kitchen Gear Award from *Good Housekeeping*. Create delicious, cold-press juice to get your day's fruits and veggies. It features a mega batch hopper with a two-liter (68 oz) capacity, allowing you to insert whole pieces of produce simultaneously, eliminating prep work.
- Streamlined design and minimal counter footprint.
- Load an entire recipe at once, eliminating the need to feed one ingredient at a time
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# HOLISTIC DENTAL & WELLNESS CENTER

DR. NORMAN BRESSACK

DR. BATOOL F. RIZVI



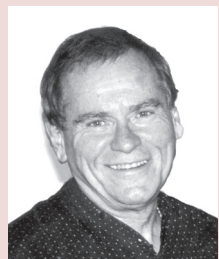
## **Batool F. Rizvi, D.D.S., P.C.**

strives to keep her patients smiling from the inside out. She believes in a holistic approach to health care. Her gentle touch, excellent listening skills and thorough explanations keep her patients educated, happy and healthy.

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 offers a full range of Dental services, treating both adults and children. In association with Dr. Norman Bressack, Dr. Rizvi provides all of Dr. Bressack's services as well as:

- **Metal Free Braces – Clear Aligner Therapy**
- **Metal Free Zirconia Implant Placement**
- **SMART Certified Safe Mercury Removal**



## **Norman Bressack, D.D.S., P.C.**

has been dedicated to practicing healthy holistic dentistry for over 35 years. He is not only a mercury free dentist but also a “mercury safe” dentist, meaning that he uses safe removal protocols to ensure the protection of the patient, staff, environment and himself from exposure to mercury during the amalgam removal process.

Dr. Bressack's mission is to treat his patients in the most healthy, caring, compassionate, and holistic way possible. Most importantly, he wants his patients to feel warm, welcome and happier when they leave than when they came in.

- **Member of The International Academy of Oral Medicine & Toxicology**
- **Member of the International Association of Mercury-free Dentists**
- **Trained At The Huggins Diagnostic Center**

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HOLISTIC DENTAL & WELLNESS CENTER



# Another Leap Forward in Dental Healing: Doing Dentistry Right the First Time

Let me tell you a quick story. Recently, a patient who had undergone a successful dental procedure with me about a year ago returned with a new tooth problem. She had visited a "holistic dentist" because their practice was closer to home and "cheaper." The patient felt uncomfortable from the start, sensing that the other dentist "didn't inspire confidence," but went ahead with the procedure because she was already there. The result was a tooth that became very sensitive to biting and temperature. After several visits for "bite adjustments," the other dentist ultimately recommended either extraction or a root canal. Needless to say, the patient was extremely unhappy with both the outcome and the follow-up care, so she came back to me for help.

Performing a dental procedure correctly the first time is crucial for several reasons. Firstly, it saves the patient's time and finances. Mistakes can lead to costly dental retreatments and unnecessary additional dental work, all of which can affect the patient's busy schedule and budget. Dental insurance is often unfavorable and

unwilling to pay out in such scenarios. Secondly, doing the job right the first time enhances the dentist's credibility and builds trust with patients and referring dental colleagues. A reputation for accuracy and reliability leads to increased patient confidence in future treatments and greater acceptance of professional dental recommendations. Thirdly, it reduces patient stress and frustration, as nobody wants to return to the dentist unnecessarily. Knowing that treatment has been completed correctly provides peace of mind and allows patients to focus on other important aspects of their lives. Lastly, it ensures compliance with the standard of dental care, which involves providing safe, effective and ethical treatment that meets professional guidelines and patient needs.

In summary, the importance of performing dental care right the first time cannot be overstated, as it drives efficiency, trust and professional integrity. For example, when I treated the patient with the sensitive tooth, I removed a poorly placed, moisture-contaminated white filling and properly repaired a pulp exposure, which would usually require a root canal in less

experienced hands. The patient is now pain-free and could not be happier with the result. Unfortunately, the initial errors have caused the patient to develop unnecessary fear and anxiety, requiring me to help counsel her back to a place where she trusts the dentist again. This situation illustrates the common misconception that all dental care is the same—when, in reality, it most certainly is not.

At **Integrative Dental Specialists, Dr. Etes** and his team take pride in providing you with the attention you deserve. They offer the highest level of dental expertise, performed meticulously with great skill and precision, without any compromise. We set the highest treatment standards to achieve outstanding long-term functional and aesthetic dental results.

What sets Dr. Etes apart is his dedication to exceeding expectations through personalized care and exceptional dentistry. With extensive specialist training and expertise, Dr. Etes provides solutions to dental issues that others have deemed impossible. Not all dental care is the same, and while most dentists aim to help, there's

a significant difference between wanting to help and having the capability to deliver the best care.

Integrative Dental Specialists offer advanced services that many practices can't provide. Why? Most dental practices are insurance-based, limiting the treatments they offer. We prioritize preserving your natural teeth using exclusive rehabilitative materials and advanced disinfection methods, such as laser and ozone, to restore teeth to healthy function. Dr. Etes goes beyond ordinary dental care, achieving results that others can't.

Staying at the forefront of dental advancements is a top priority for Dr. Etes. To provide our patients with the most sanitary environment, we employ enhanced ultraviolet cleaned air and surface disinfection protocols. Dr. Etes prides himself on delivering unmatched, first-rate care, adhering to the highest standards. If you're seeking the finest, safest and most predictable results for your dental care, supported by the latest technology, **schedule an appointment with Dr. Etes today.**

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## Dr. Jeffrey Etes, DMD, NMD, IBDM

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