

RESOURCES FOR NATURAL LIVING

ACUPUNCTURE



Anthony Cerabino
B.M, LMT, M.S., L.Ac

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



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

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

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where real life happens!

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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



Albert R O'Connell III
"The Beach Hypnotist"

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: nlpnow@gmail.com

Catherine Petrone
Licensed Psychoanalyst and Gestalt Therapist

Are you seeking to overcome anxiety, depression, or trauma? I empower you to reach your full potential, fostering a life filled with peace and joy. Together, we will transform past wounds into a powerful source of love, strength, and freedom. Imagine living a life beyond your wildest dreams—I'm here to show you the way.

Services Provided:

- Personalized Individual and Couples Therapy sessions tailored to your unique needs.
- Engaging Group Therapy sessions where you can connect and grow with others.
- Online Therapy for residents of NY and in-person sessions in Nassau County.

Email: catherinepetrone@gmail.com
516-615-9370
www.catherinepetrone.com



Catherine Petrone

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



Patricia Bono

HOLISTIC DENTISTRY

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
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Jeffrey Etes,
DMD, NMD, IBDM

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Linda Golden, DDS

HOLISTIC DENTISTRY



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

Dr. Batool Rizvi strives to keep her patients smiling from the inside out. She believes in a holistic approach to health care.

Dr. Rizvi offers her Dental services with an integrative and systemic philosophy in mind. She is one of the few doctors placing metal-free Zirconia implants, and safely removing mercury fillings using the Huggins Protocol.

Dr. Rizvi earned her DDS from New York University and completed a fellowship in Oral and Maxillofacial surgery at the Montefiore Medical Center of the Albert

Einstein College, as well as an Implantology Fellowship from Columbia University.

Dr. Rizvi offers a full range of Dental services treating both adults and children. Her gentle touch, excellent listening skills and thorough explanations keep her patients smiling, happy and healthy

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

- Mercury Free and BPA Free Composite Fillings
- Non-Surgical Periodontal Treatments with Scientifically Proven Results
- Free Consult for 2nd Opinion of Proposed Treatment

Dr. Batool Rizvi
In association with Dr. Norman Bressack
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LIFE COACHING



Gia Forakis

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

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

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

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

OTOA CLP Life Coaching:

- Untangles obstacles, identifies goals, invigorates a sense of purpose, possibility, confidence, and abundance, within a safe, non-judgmental, and compassionate environment.
- Offers support, context, clarity, and encouragement for a more unified sense of self.
- Introduces tools and principles for change and transformation.
- Guides clients to re-imagine and re-create their professional, personal, and creative lives comprehensively, and confidentially

Set up a free 20-min. phone consultation and see if OTOA CLP is a good fit for you.

Format: Zoom
Pricing: One-hour sessions are offered on a sliding scale.
Contact: OTOA.info@gmail.com
 Please type “Coaching” in the Subject Header of your email.

www.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*