

## ACUPUNCTURE



### FENG LIANG, Lic.Ac.

- MD in China
- NYS Lic. Acupuncturist
- Board Certified in Chinese Herbology & Acupuncture
- Graduated from Beijing College of Traditional Chinese Medicine with over 24 years of experience including 5 years physician position in Beijing Hospital of Traditional Chinese Medicine

## ACUPUNCTURE & HERB CLINIC

### STRENGTHEN IMMUNE SYSTEM TO FIGHT CANCER

- Relieve Stress
  - Anxiety
  - Uterine Fibroid
  - Chronic Yeast Infection
  - PMS
  - Colitis
  - Depression
  - Insomnia
  - Ovarian Cyst
  - Endometriosis
  - Menopause
  - Irritable Colon
  - Headaches
  - Sinusitis
  - Infertility
  - Constipation
- Provider for Empire Blue Cross Blue Shield (PPO & EPO), Oxford, Cigna, Unicare, Health Net, Aetna, United Healthcare, Guardian, Nofault. Many other insurance plans are accepted.

### CONTROL HYPERTENSION AND HYPER/HYPOTHYROIDISM WITHOUT MEDICATION

- Fatigue
  - Hair Loss
  - Vertigo
  - Neck & Back Pain
  - Carpel Tunnel Syndrome
  - Asthma
  - Impotence
  - Acne
  - Tinnitus
  - Rheumatoid Arthritis
  - Bell's Palsy
  - Hepatitis
  - Psoriasis
  - Lupus
  - Prostatitis
  - Sciatica
  - Tennis Elbow
  - Allergy
  - Genital Herpes
  - Diabetes
  - Edema
  - TMJ
- 347 5th Ave, Suite 1509 NY (34th St) **212-779-0468**  
 41 Upland Rd., Great Neck, NY (L.I.) **516-466-0967**  
 drfengliang@verizon.net



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[www.go2acupuncture.com](http://www.go2acupuncture.com)

**Dr. Decheng Chen**  
 L.Ac. Ph.D. (MD China)

## Acupuncture & Chinese Herbs

- Licensed Acupuncturist & Herbal Expert
  - 20 years of experience
  - Professor of New York College of Health Professions
  - Published 11 Acupuncture books
- Pain management:** Migraine, headache, arthritis, pain of neck, shoulder, arm, upper and lower back, sciatica, leg
- Internal Diseases:** Allergy, asthma, fatigue, fibromyalgia, IBS, diabetes, obesity, depression, insomnia, gastritis, TMJ, tinnitus, prostatitis, impotence, constipation, strengthening immunity in cancer patients, quit smoking
- Female issues:** PMS, irregular menstruation-

menopause, infertility, IVF/ IUI support treatment, uterine fibroids, ovarian cysts

**Beauty Rejuvenation:** Removal of wrinkles, acne, warts, yellow spots, skin rash, vitiligo, hair loss, weight control.

**The First Consultation Includes:**

- Examination according to Chinese & Western Medicine
- Analysis of your body imbalances according to Chinese and Western Medicine
- Treatment plan based on Acupuncture & Chinese herbs
- Suggestion for diet, exercise and stress reduction (Certain insurance are accepted, including Oxford, Medicare))



## Women's Natural Healthcare

**Dr. Guoping Zheng**  
 OMD, Ph.D., L.A.c

- M.D., Ph.D. from China
  - NYS Lic. Acupuncturist, Over 25 Years Exp.
  - Professor at Pacific Institute of Oriental medicine in NYC
  - Acupuncture, Acupressure & Natural Herbs
- Dr. Zheng was awarded an M.D. Ph.D. of Traditional Chinese Medicine in China. She has spent eleven years studying both Chinese Medicine & Western Medicine and twenty years in clinical practice, specializing in the field of **Gynecology & Infertility**. She uses Acupuncture & Natural Herbs to regulate hormones, balance nerve system, improve energy level and regulate immune system.

- Infertility (male & female) & women's problems:
  - IVF Support
  - Uterine Fibroids
  - Menstrual Disorder
  - sexual dysfunction
  - Cancer Support & Immune Support
  - Smoking
  - Allergies
  - Stress • Fatigue
  - Endometriosis
  - PMS
  - Menopause
  - Weight Control
  - Skin & Hair Care
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## COLON THERAPY



**Available Services: Colon Hydrotherapy (Colonics)**

Holistically trained and licensed professional colon therapists and I-ACT (International Association of Colon Therapy) members with over 10 years experience in intestinal cleansing and detoxification. The newest technology, toxygen colonic machines are used with hygienic disposable implements. Implants (chlorophyl and coffee) are also available. Colonics are an essential method for removing stagnant toxic waste stored in your colon. Colonics are also beneficial for those suffering from colitis, constipation, and chronic fatigue syndrome, intestinal parasites, candida complications and other systemic illness. Make an appointment to experience a professional, private, gentle and complete colon cleanse treatment with the finest in colonic irrigation therapy. Your therapist remains with you during the entire session performing aromatherapy and torso massage with heat ther-

apy. This will assist in a prominent release of backed up toxins laying dormant in your colon.

**Massage Therapy / Acupuncture Sessions**  
 Deep Tissue, Lymphatic Drainage, Shiatsu, Rain Drop Therapy, Reflexology, Hot Stone.

**Also Available:** Reiki, Ear Candling, Foot Detox (Ion Cleanse) Nutritional Counseling, Cancer And HIV Support, And Eating Disorder Treatments.

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**JoAnne Greylen Asher, Director**

**Colonic Irrigation at its finest;** disposable accessories, triple-filtered hyperactive oxygenated water; Kiva process, a new method that biologically cleans for greater detoxification and purified through ultraviolet sterilization.

Intestinal cleansing may eliminate years of accumulated toxic wastes and stop the unnecessary recycling of poisons that build up in the large intestine. Diluting toxic load may reduce stress on the liver, allowing greater functioning of the eliminating organs. The quality of water used is particularly important in this process.

It is Kiva processed to become soft and carries balanced electrolytes in conjunction with negative ions. The PH is balanced into a more natural state.

**Clean – Safe – Painless**

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- Candida Diet
- Parasite Cleansing
- Ear Candling
- Oxygenated Steam Sauna
- Cellulite Reduction
- Lymphatic Drainage
- State of the Art Hyperactive
- Gluten Intolerance

The use of a sauna should be part of any detoxification program. The sauna increases the eliminative, detoxifying and cleansing capacity of the skin by stimu-

lation of the sweat glands and also promotes healthy skin tone and texture due to increased blood circulation.

- Relaxes and Loosens Muscles, and Oxidizes Toxins
- Stimulates Vasodilatation of Peripheral Blood Vessels
- Eliminates Bacterial and Viral Infections of All Kinds
- Speeds Up The Metabolic Processes of the Inner Organs and Endocrine Glands resulting in a loss of 200-450 calories in a 20 minute session

JoAnne Greylen Asher combines her twenty eight years of study in colon therapy, homeopathy, Reiki, polarity, her- bology, reflexology and massage, and brings to you a per- sonal and comprehensive approach to well being.

Medical doctor on premises.

If you would like more information about colon ther- apy please call or e-mail:

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The colon processes approximately 2 1/2 gallons of food, fluids and internal secretions every day! But what happens when this filtration system gets clogged? And what if it's never cleaned?

Set your intention: Clean out your body and your life. Dis-ease begins in your gut... constipation, diarrhea, bloating, skin problems, headaches, migraines, lethargy, depression, chronic fatigue, Irritable Bowel Syndrome.

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Featured in the New York Times, Oct. 29, 1999 (Metro Section), Article/photo.

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Qi-gong is a gentle, easy-to-learn form of exercise that improves health, mental clarity and total well-being. When qi-gong is practiced, energy moves freely through the body to bring mind and body into balance, clear blocked meridians, and bring about natural healing.

Masters Wu and Shen have participated in a study of qi-gong healing at the New Jersey Hospital in Newark, sponsored by the National Institute of Health, and in an on-going project on the nature of qi-gong at Mt. Sinai Hospital, New York. (Results published.)

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Rachel Mann is a Certified Colon Hydro-Therapist from The American Colon Therapy Association (A.C.T.A.). She has been treating individuals with colon cleansing for over 12 years. She comes with a wealth of experience as well as a clear understanding of all of her clients' needs so that they can experience a gentle and complete cleansing process.

Colon Irrigation is a very safe procedure. We use only filtered water and disposable materials, in a very clean environment. Colon cleansing removes debris from the system and alleviates

constipation, acne, rashes, allergies, worms and parasites, so a sense of well-being can be achieved. Weight loss is also accom- plished with the removal of old waste from the colon. We also work with herbs: Wheat Grass, Acidophilis, Oxygen, garlic and Aloe Vera. We also work with candida-yeast infections, nail fun- gus, gas, bloating, skin problems and depression.

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When the colon is clean and healthy, we experience a feeling of well-being. When it is congested with stagnant waste, poisons back up into the system and pollute the inner environment. This is called autointoxication - literally, "self-poisoning."

Autointoxication may be a causative factor in numerous serious diseases. This pollution of blood interrupts waste removal at a cellular level.

According to some estimates, about 70 million people in America suffer from some kind of bowel problem: colitis, ileitis, diverticulitis, constipation, and 100,000 each year have a colostomy. Many people who aren't even aware they have a bowel problem are often in the worst condition of all.

When you are not eliminating properly, deposits of waste matter build up along the wall and in the pockets of the colon. This is why even a mild case of constipation is a very serious problem. When you are not eliminating properly, wastes may not leave for days. Material deposits along the colon wall may not leave for months or even years. Incredible as it may sound, these deposits of hardened fecal matter may get to be two or three inches thick and as hard as tire rubber.

These deposits are harmful. They make it difficult for the body to absorb minerals and nutrients through the intestinal walls.

Bowel problems cause nutritional deficiency no mat-

ter how good your diet or how many vitamins you take. The nerve endings in the colon get irritated and can lead to a spastic or inflamed colon.

Many colons today are pinched, prolapsed and over-irritated. Over-the-counter laxatives over-stimulate the tissues of your bowel, weakening the colon even further. And they still don't remove the hardened deposits. The same is true for ordinary enemas which merely wash out the fresh wastes.

By cleansing the colon of impacted and putrefactive fecal matter, colonics may offer relief from a variety of disturbances. Fatigue, gas, headaches, irritability, skin problems, cold hands and feet, and depression are among the symptoms people have found relieved by colon cleansing. Constipation is another. With colonic irrigation, your sense of well-being is often dramatically improved. You feel lighter, more energetic. The body can again take nourishment from food and defend itself against disease.

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He earned his combined M.D. and D.D.S. degrees specializing in maxillofacial plastic surgery from the

renowned Dnepropetrovsk Medical School in the Ukraine. Dr. Hutton then obtained his American DDS degree from New York University Dental School. Post-graduate training includes the Richard V. Tucker Dental Institute For Gold Restorations (WA), the Institute for Advanced Studies in Dental Esthetics (NY), the Pankey Institute (FL), and the Vivadent Center for Advanced Clinical Courses in Esthetic and Cosmetic Dentistry (Liechtenstein). He is listed in the Consumer Research Council of America's "Guide to America's Top Dentists", and is the only dentist in New York Chosen by the BBC.

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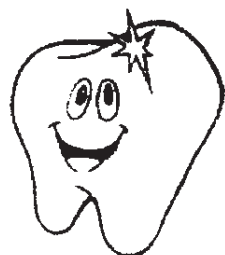
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Dr. Esther Sheryl Rubin has been practicing dentistry for 21 years. She graduated from Columbia University in 1982 with a Doctorate in Dental Science and a Master's degree in Public Health. She presently holds a teaching position at Columbia Dental School and has been a guest on The Gary Null Show.

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Dr. Brand is a dentist for 27 years; she is also a CNC, a Certified Hypnotist, and a Reiki Master Teacher and a Certified Hypnotherapist. Her office is affiliated with the Holistic Dental Association, the Institute for Natural Dentistry, the International Academy of Oral Medicine and Toxicology (IAOMT), and DAMS.

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when it  
happens



Patrick Baqueriz is a Divinely Inspired Healer. He is a Shaman, and a Usui Reiki Master, who has studied with Shamans in numerous Celtic, and Native American traditions. He is a graduate of the Academy of Natural Healing and is Nationally certified in Polarity therapy, as well as over 30 forms of healing touch.

He combines Energy Medicine with Shamanism, and has served over 4000 clients World Wide. He has worked with numerous gifted healers, including Gypsy Gita of America, Vitaly Yakovlev of Russia, and 89 year old Yoshie Hotta of Japan, who all have agreed, that there is a very special quality about

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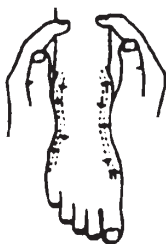
Debra Huelsebusch is a: NLP Trainer, Time Line Therapy™ Trainer, Master Hypno

Coach and certified in Past Life Therapy. She is a Member of: American Board of NLP, American Board of Hypnotherapy, and the American Board of Holistic Practitioners.

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website: [www.reflexologyny.com](http://www.reflexologyny.com)

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SHALA F. MATTINGLY is a member of The International Association of Counselors and Therapists.  
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# CALENDAR - Events Around Town

## NOVEMBER

November 30 - December 31, 2008. Free!!!! Grand Central Terminal's Kaleidoscope Light Show, E 42nd St at Vanderbilt Ave, NYC. Show bathes main concourse in color during six alternating five-minute shows on the Sky Ceiling. Shows run every half hour on the half hour.

November 23 - January 11, 2009. Holiday Train Show at the NY Botanical Garden, 200th St and Kazimiroff Blvd, Bx, NY. Holiday train show at GCS The magic of plants transforms the Enid A. Haupt Conservatory for the holidays, rendering famous New York landmarks such as the Empire State and the Chrysler Building in miniature, constructed from seeds, berries, leaves and other botanical building blocks. For more info call 212-878-0106

November 25 - January 4, 2009. Free!!! Holiday Train Show at Grand Central Terminal, E 42nd St at Vanderbilt Ave, NYC. Trains journey from a New York living room, through the miniature city, and on to the North Pole.

## DECEMBER

December 6 - December 21, 2008. Wild Holiday Party and Presents to the Animals. Central Park Zoo, 64th St and Fifth Ave, NYC, Adult \$8; Senior \$4; Child (3-12) \$3.

December 21 - December 28, 2008. Free!!! Lighting the Largest Menorah. 5th Ave and 59th St, NYC. Friday and Saturday times may vary in observance of the Sabbath.

December 1 - December 31, 2008. Free!!!! Holiday Shop Windows Walking Tour. Lexington Ave and 59th St, NYC. Self-guided walking tour is an extraordinary way to experience the holiday. Recommended to begin uptown at Bloomingdales (Lex & 59th), cross to Barneys's (61st St & Madison), down Fifth Ave. past Bergdorf (58th), Tiffany's (57th), Cartier (54th), Sak's (50th), Lord&Taylor (38th), and west to Macy's(34th & Bwy.).

## ONGOING

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**Ongoing Alternate Wednesdays.** Shamanic Journey Circle with Miranda Ryan. Encounter the dazzling light of the Mineral Realm and into the presence of the Goddess. Alternating Wednesdays, 7 pm - 9 pm, \$25. Location: East West Living - Books, Café, Yoga, Events. Yoga Studio, 2nd floor. 78 Fifth Ave. just south of 14th Street. New York, NY 10011. (212) 243-5994

**Ongoing Tuesdays.** ACCESS ASTROLOGY OPEN COMMUNITY. Join experienced astrologers, Heather Roan Robbins, Anne Ortelee and Mark Wolz, in our lovely cafe, for a lively discussion of astrological currents. Tuesdays, 6:30pm - 8pm, free. Location: East West Cafe, Mezzanine Level. East West Living - Books, Cafe, Yoga, Events. 78 Fifth Ave just south of 14th St. New York, NY 10011. (212) 243-5994. [www.eastwestnyc.com](http://www.eastwestnyc.com)

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**Ongoing Alternate Wednesdays.** Reiki Healing Circle with Danya Rittenberg. Join this healing circle for meditation and mini-reiki treatments.. Alternate. Wednesdays, 6:30pm - 8:30pm, \$15. Location: East West Living - Books, Café, Yoga, Events. Yoga Studio, 2nd floor. 78 Fifth Ave. just south of 14th Street. New York, NY 10011. (212) 243-5994