

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
 - PMS
 - Colitis
 - Chronic Yeast Infection
 - Depression
 - Insomnia
 - Ovarian Cyst
 - Menopause
 - Irritable Colon
 - Endometriosis
 - Headaches
 - Sinusitis
 - Infertility
 - Constipation
- Provider for Empire Blue Cross Blue Shield, Oxford, Cigna, Unicare, Health Net, HIP. Many other insurance plans are accepted. Aetna, United Healthcare, Guardian, NoFault.

CONTROL HYPERTENSION AND HYPER/HYPOTHYROIDISM WITHOUT MEDICATION

- Fatigue
 - Hair Loss
 - Vertigo
 - Neck & Back Pain
 - Asthma
 - Genital Herpes
 - Impotence
 - Acne
 - Tinnitus
 - Bell's Palsy
 - Hyper/Hypothyroidism
 - Hepatitis
 - Eczema
 - Lupus
 - Weight Control
 - Carpel Tunnel Syndrome
 - Diabetes
 - Psoriasis
 - Prostatitis
 - Allergy
 - Edema
 - TMJ
 - Sciatica
 - Arthritis
 - Tennis Elbow
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 41 Upland Rd., Great Neck, NY (L.I.) **516-466-0967**
 drfengliang@verizon.net



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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 disfunction
 - Cancer Support & Immune Support
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If you have been diagnosed with terminal or so called

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PROOF IS IN THE RESULTS

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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

- Nutritional Counseling
- 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, herbology, reflexology and massage, and brings to you a personal and comprehensive approach to well being.

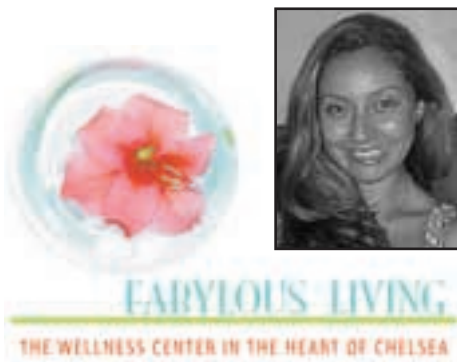
Medical doctor on premises.

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

JoAnne Greylen Asher, Owner / Director Rejuvenation Plus, Inc.

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When It Comes To Colon Care We Have The Best Holistic Approach



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.

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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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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 accomplished with the removal of old waste from the colon. We also work with herbs: Wheat Grass, Acidophilus, Oxygen, garlic and Aloe Vera. We also work with candida-yeast infections, nail fungus, gas, bloating, skin problems and depression.

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

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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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- teeth whitening/veneers
- implants

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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Born in Russia, Dr. Hutton studied art history and art restoration at the University of Moscow, graduating with a PhD. and became an apprentice to the finest art restorer in Russia. He then decided to take up medicine at the prestigious Dnepropetrovsk Medical School and earned a dual MD and DDS degree.

He had begun to establish a name for himself as a specialist in facial plastic surgery when he left Russia and rooted himself anew in New York City, where he obtained his American DDS degree from New York University.

Bringing extraordinary artistic talent into medicine and dentistry, Dr. Hutton has acquired a reputation as the Carl Faberge of dentists. (Faberge was the jeweler to the

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Dr. Brand is a dentist for 29 years; she is also a Certified Nutritional Consultant, a Certified Hypnotist, and a Reiki Master Teacher. 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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Due to Dr. Shapiro's perspective and pioneering efforts in the field of vision therapy, he is well-received in both holistic and traditional medical circles. He practiced in one of the first holistic centers in New York City, Served as a staff member of the Chiefs of Ophthalmology of Manhattan Eye and Ear and Lenox Hill Hospitals, and served as staff member and clinical supervisor at the New York Light House Low Vision Service. He has done grand rounds, workshops and lectures at 6 major metropolitan hospitals on the subject of functional vision testing and therapy. *Call for information.*

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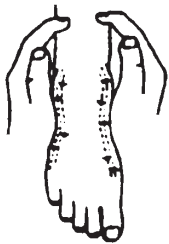
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Susan Holman M.A., incorporates State of the Art body mind integration techniques from both the East and the West to enable her clients to achieve excellence in their daily lives and to overcome life's challenges. She has received a Doctor of Clinical Hypnosis from Albert University and a Master's Degree from New York University. She is also certified in Rehabilitative Yoga, Sports Hypnosis, Reiki and Medical Hypnosis. Her goal is to assist in the integration of the client's creative mind with their analytical mind in order to reclaim their own personal sense of dignity, empowerment and grace. Radiant health and well being are attainable goals that everyone deserves.

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The late Eunice Ingham originated, researched and developed Foot Reflexology as it is known today, and founded the International Institute of Reflexology (IIR) now headed by her nephew, Dwight Byers.

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about everyone teaching or writing about Reflexology today was trained by Eunice or Dwight or the people they trained.

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website: www.reflexologyny.com

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CALENDAR - Events Around Town

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OCTOBER

Clear the Way to Bliss When we open our hearts to love - Bliss will follow. Let go of old negative patterns of resentment, guilt and fear. Transformational breath will reduce your stress, increase your energy levels and bring greater peace into your life. Move beyond your negative feelings and remember that a **Blissful State** is our **Natural State**. **TRS Professional Suites Manhattan** Facilitated by **Rita J Wild** - \$44, 6:30 to 8:30pm Call Rita @ 631.878.8228 or visit www.essentialHolistics.com for more information and to register.

Saturday, October 31.10am Hike at the Laurel Lake Preserve, A special hike for lesbians and bi-sexual women. Join us as we hike this hardwood forest. Identify Hickory, Maple and Beech trees. Make new friends and Celebrate the Holiday with like minded women. Meet at the Preserve. Questions or to RSVP, please call Julia at: 631-294-2057

NOVEMBER

The Forgiveness Workshop When we choose to live in the light of love, we must begin by learning how to forgive ourselves and others. **Transformational Breath** is a gentle yet effective method of integrating wounded aspects of self into one functioning whole thus stimulating the natural healing powers of the mind/body system **TRS Professional Suites Manhattan**, Facilitated by **Rita J Wild** - \$44, 1 to 3pm. Call Rita @ 631.878.8228 or visit www.essentialHolistics.com for more information and to register.

ONGOING

Astrology Circle. Wednesdays, 7:30 - 9:30 pm. A.R.E. of NY, 241 W. 30th St. 2nd fl. 212-691-7690. Astrologically curious? Enjoy presentation, Q & A, discussion. First-timers receive free birth chart. Admission: \$10.

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

YORK CITY HEAL - A support group for allergies, candida, environmental illness and multiple chemical sensitivities. Monthly meetings. Top of the line speakers and a monthly newsletter. 212-517-5937

Encounter the dazzling light of the Mineral Realm and into the presence of the Goddess. Alternating Wednesdays, 7pm-9pm, \$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 Metaphysical Classes With Jodi Serota For Consciousness Raising, Healing And Creativity. Classes are guided for each group as introspective journeys for remembering full truth of ourselves as souls incarnated with purpose and devotion to service as lightworkers on Experience multi-dimensional Light/Sound frequency activations and initiations with higher guidance atuning and fine tuning your system on all levels. Classes for those ready for change and who feel the desire and willingness to fully embody absolute love. All are welcome! Join the e-mail list for monthly announcements of classes and events. Call Jodi Serota's META Center New York 212-736-0999 ext.1 or email events@metacenterny.com.

Learn about spiritual power - tools to heal and transform yourself and your life - Diana Caughell is a Spiritual Life & Business Coach combining her business expertise with her lifelong spiritual trainings. She teaches proven power tools to connect us with the infinite wisdom of our Higher Self to create sustainable and fulfilling careers, relationships and finances. Call 716.992.7770 or visit: NuLifeTraining4U.com for more information.