

PROFILES

ACUPUNCTURE...44 COLON THERAPY...45 DENTISTS...46 DOCTORS... 47
 HEALTH...48 HYPNOTHERAPY...49 LEARNING CENTERS...49 METAPHYSICAL...49
 PSYCHOLOGY & THERAPY...51 WEIGHT LOSS...52 YOGA...52

ACUPUNCTURE



FENG LIANG, Lic.Ac.

- MD in China
- NYS Lic. Acupuncturist
- Board Certified in Chinese Herbology & Acupuncture
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- Professor of New York College of Health Professions
- Published 11 Acupuncture books

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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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DENTISTS



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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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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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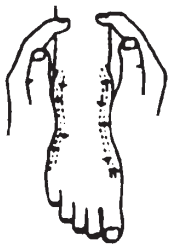
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Susan Holman M.A., incorporates State of the Art body mind integration techniques from both the East and the West to enable her clients to achieve excellence in their daily lives and to overcome life's challenges. She has received a Doctor of Clinical 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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Rev. Debra Huelsebusch is a Spiritualist Minister and certified Intuitive Consultant and Séance conductor. She is a member of the American Board of Holistic Practitioners. She also offers Past Life Regression Sessions, Hypnosis, and NLP. Please contact her to set up your session. Phone number is **212-868-0810**. Websites: www.psychicpremonition.com and www.illuminateawareness.com.

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Alicia is a Reiki Master, Developmentalist and Educator. She has Masters from Columbia University in Psychology and from Bank Street College in Education. Alicia works with Spiritual Guides, Reiki Energy, Crystals and Drums.

Alicia's Practice: Combines the effectiveness of Psychotherapy Counseling with the Power of Spiritual Healing Energy.

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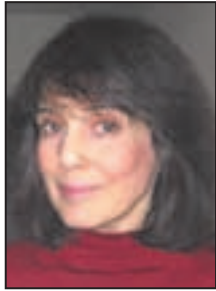
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Performance Center and Winthrop University Hospital. In addition he has had syndicated sport psychology columns in American and Asian newspapers and magazines. he has appeared on NBC, ABC, Fox News Channel as well as numerous national radio stations, being called WFAN's resident Sport Psychologist.

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Living a Healthy & Prosperous Life. Thurs, November 19th @7pm. Learn how to create health & the life of your dreams using the ancient system of Ayurveda. Call for details:917-345-2302

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not cancel. Please this hike is a safe space event for lesbians and bisexual women.

ONE OF A KIND Show & Sale NYC, December 11th - 13th Location: Pier 94, 12th Ave at 55th St New York City, Friday, Dec 11, 11am-8pm, Saturday, Dec 12, 10am-7pm and Sunday, December 13, 10am-5pm.Shuttle Buses are available between Columbus Circle and Pier 94. For more info, visit www.oneofakindshownyc.com

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.

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 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

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 for more information.