

## 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
  - Headaches
  - Sinusitis
  - Infertility
  - Constipation
  - Endometriosis
- Provider for Empire Blue Cross Blue Shield, Oxford, Cigna, Unicare, Health Net, No Fault. Many other insurance plans are accepted. Aetna, United Healthcare, Guardian.

#### CONTROL HYPERTENSION AND HYPER/HYPOTHYROIDISM WITHOUT MEDICATION

- Fatigue
  - Impotence
  - Hepatitis
  - Diabetes
  - Edema
  - Hair Loss
  - Acne
  - Eczema
  - Psoriasis
  - TMJ
  - Vertigo
  - Tinnitus
  - Lupus
  - Prostatitis
  - Sciatica
  - Neck & Back Pain
  - Rheumatoid Arthritis
  - Allergy
  - Asthma
  - Bell's Palsy
  - Weight Control
  - Tennis Elbow
  - Genital Herpes
  - Carpel Tunnel Syndrome
  - Hyper/Hypothyroidism
  - Quit Smoking & Alcohol
- 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



### Dr. Decheng Chen

L.Ac. Ph.D. (MD China)

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

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**LONG ISLAND OFFICE**  
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NY 11040  
**516-775-0395**

### 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))

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- Herbal Remedies
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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, Acidophiliis, Oxygen, garlic and Aloe Vera. We also work with candida-yeast infections, nail fungus, gas, bloating, skin problems and depression.

The most modern cleansing equipment for sterilization (Digital Auto Claves) and special cleansing solutions are used to completely sterilize all areas. We also provide disposable instruments.

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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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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.

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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.

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

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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 auto-intoxication - literally, "self-poisoning."

Auto-intoxication 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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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

Russian court, famous for exquisitely fashioned art objects.) He combines superior cosmetic dentistry skills with a profound understanding of the nature of health.

The Consumer Research Council of America lists Dr. Hutton in its Guide to America's Top Dentists. The British Broadcasting Corporation recommends him to travelers as the best dentist in New York. (The BBC selects only one health-care specialist for each city.)

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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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HEALTH



Winter is the ideal time to stop and reflect upon how you can take simple steps towards nourishing your lifestyle and body.

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Robin believes the body, mind, and spirit are intimately connected. She taps into a person's energetic field and scans each organ for both physical as well as energetic imbalances. She obtains

information on exactly what types of support the body is ready for at this time and what is most appropriate as far as diet, supplements, and healing modalities are concerned. Her individualized "program" is far more effective than one based on intellectual knowledge alone.

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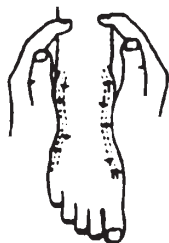
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of Reflexology

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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.

At the IIR we've been training and certifying Reflexologists for over 60 years - and we're very good at it. The IIR certification is the standard in the field, both in America and internationally. In fact, just

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

**CURRENTLY SCHEDULED 2-DAY PHASE I/II CLASSES:**  
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Certification program available after required course of study. For Information & registration call **718-885-0557**

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

For private Reflexology sessions to balance and normalize your body call David Cook at **212-353-3659**.

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Elka is also a teacher and practitioner of the Rising Star Healing System, which she was initiated into by master healer Derek O'Neill.

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  - **Multi-Media Vibrational Healing Concerts & Events Combining Sound, Art, Color, Light & Information**
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- All of her work is "Divinely Guided" to educate through Metaphysics and the Arts. Her work activates, initiates and acts as a catalyst to promote

Consciousness Raising, Healing, Personal Growth & Creativity. She is co-author of the book *Healing The Heart Of The World* and is the Creator and Owner of META Center New York (Multidimensional Education and Transformational Arts Center).

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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](http://www.psychicpremonition.com) and [www.illuminateawareness.com](http://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.

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SHALA F. MATTINGLY is a member of The International Association of Counselors and Therapists.

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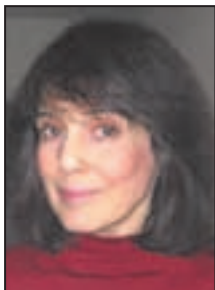
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Holistic-dentists.com

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212-629-5223

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## HOLISTIC DOCTOR

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## CALENDAR – Events Around Town

### JANUARY

**January 3 – Kismet Yogawear is in NYC for the Holiday Season!** Boutiques open at Bryant Park & One of a kind Show and Sale Bryant Park Holiday Shops - Boutiques, artisans & designers make Bryant Park the perfect destination for the winter season. Location: Between 5th & 6th ave on 42nd street - Bryant Park NYC Booth # E4 on the main promenade Open 7 days a week Monday - Friday 11:00am-8:00pm, Saturday 10:00am-9:00pm, Sunday 10:00am-6:00pm. For more info, visit [www.ThePondatBryantPark.com](http://www.ThePondatBryantPark.com)

**January 3 – Sunday Awakening - An Enlightening Afternoon: Cosmic and Personal Transformation and Evolution.** Start the New Year by Discovering Your Own Role In This Universal Cycle. Edgar Cayce A.R.E. Center, NYC, 241 West 30th Street, Buzz # 102, 2nd floor, Room 3, \* 12 – 3 PM with Potluck following, Free [www.nulifetraining4u.com](http://www.nulifetraining4u.com) or 716.992.7770

**January 9 @ 7pm – Discover Your Dosha, Take Your Yoga off the Mat with Ayurveda & Zrii.** Seasonal Wellness Workshop. Learn to navigate seasonal shifts based on your unique mind/body constitution. Call for details:917-345-2302 . FREE Teleclass Chopra Certified Instructor

**January 27, 7- 8.30pm – Cosmic and Personal Transformation and Evolution.** Start the New Year by Discovering Your Own Role In This Universal Miracle . East West Living Café, 78 Fifth Avenue @ 14th Street, \$ 10 on-line or \$ 15 at the door [www.nulifetraining4u.com](http://www.nulifetraining4u.com) or 716.992.7770

### FEBRUARY

**February 7 – Sunday Awakening - An Enlightening Afternoon** . Cosmic and Personal Transformation and Evolution Start the New Year by Discovering Your Own Role In This Universal Cycle Edgar Cayce A.R.E. Center, NYC, 241 West 30th Street, Buzz # 102, 2nd floor, Room 3, \* 12 – 3 PM with Potluck following, Free [www.nulifetraining4u.com](http://www.nulifetraining4u.com) or 716.992.7770

**February 9 @ 7pm – Discover Your Dosha, Take Your Yoga off the Mat with Ayurveda & Zrii.** Seasonal Wellness Workshop. Learn to navigate seasonal shifts based on your unique mind/body constitution. Call for details:917-345-2302 FREE Teleclass Chopra Certified Instructor

**February 9 @ 7:30pm – Divine Diamond Healing.** No experience necessary; just close the eyes. By donation. A.R.E. Edgar Cayce Holistic Center 241 W30 St. 2nd fl. [www.DivineDiamondHealing.com](http://www.DivineDiamondHealing.com)

**February 12 @ 6:30 – Divine Diamond Healing.** No experience necessary; just close the eyes. By donation Meta Center 214 W29 St 16th fl. [www.DivineDiamondHealing.com](http://www.DivineDiamondHealing.com)

**February 23 @ 7pm – Discover Your Dosha, Take Your Yoga off the Mat with Ayurveda & Zrii.** Seasonal Wellness Workshop. Learn to navigate seasonal shifts based on your unique mind/body constitution. Call for details:917-345-2302 FREE Teleclass Chopra Certified Instructor.

### ONGOING

**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 attuning 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](mailto: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 life-long 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](http://NuLifeTraining4U) for more information.