

MARCH

Healthy Seminars 2017

What your Doctor Hasn't told you about Cholesterol!

If you want a more thorough and empowering knowledge of cholesterol, you need to attend this lecture. Learn about the benefits and side effects of cholesterol lowering medications. Find out what causes high cholesterol in the first place.

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Oceanside: Thursday, March 2nd 7-8pm

How to Stay Young your First 100 Years!

No such thing as a spine transplant, get your back to the future!

You can get a new set of teeth; you can get a new heart, liver or kidney. But if you wear out your spine, there is no turning back and you can get a new one! Learn how to keep and maintain your spine.

Presented by: Dr. Neil Donohue, DC & Wellness Consultant

Hampton Bays: Thursday, March 2nd 6-7pm

Reiki/Meditation Seminar

Join Patti Alessi, Reiki Master and learn about the health benefits of Reiki. Join in on a guided meditation and mini-Reiki session. A beautiful blend!

Presented by: Patti Alessi, Reiki Master

West Islip: Thursday, March 2nd 12-1pm

Hampton Bays: Friday, March 3rd 12-1pm

Reiki...The Healing Technique

Join Terry Corr, Reiki Master and learn how the ancient healing technique of Reiki balances your physical, emotional and spiritual self as a whole to restore order to the body for optimal health and overall well-being.

Presented by: Terry Corr, Reiki Master

West Islip: Saturday, March 4th 12-1pm

Natural Approaches to Arthritis

Join Dr. Kesten and learn many natural and physical approaches to preventing arthritis. Topics include whole foods, supplements, herbs, chiropractic and exercises. Don't miss this seminar!

Presented by: Dr. Bruce Kesten, DC

Oceanside: Tuesday, March 7th 7:15-8:15pm

Double your Value! Increase your Worth!

Increase self-worth in every area of your life. Mindset makeover!

Learn how to de-code yourself!

Presented by: Carla Trigo, Educator

Huntington: Tuesday, March 7th 7-8pm

Hampton Bays: Wednesday, March 15th 7-8pm

What is Ayurveda? *How can it help balance our lives and start healing?*

Come get educated on the Ayurveda philosophy and the therapies that are used to help support wellness and health.

Presented by: Linda Vardy Berman, Ayurveda Practitioner

West Islip: Wednesday, March 8th 7-8pm

Huntington: Thursday, March 23rd 7-8pm

Oceanside: Wednesday, March 29th 7-8pm

Alexander Technique

Learn how to use your body naturally, conserve energy, reduce and prevent back and neck pain. Improve your breathing voice, posture and overall feel energized!

Presented by: Gary Adelman, Certified Instructor

Huntington: Thursday, March 9th 7:30-8:30pm

A Nutritional Approach to Preventing Allergies!

Learn how to prevent allergies with healthy food choices and nutritional supplements.

Presented by: Pati Smith, Nutritional Consultant

West Islip: Thursday, March 9th 7-8pm

Meditation Seminar

Come learn the techniques to remove stress from your life! Followed by a guided meditation that will leave you feeling relaxed and inspired.

Presented by: Terry Corr, Certified Meditation Facilitator

Oceanside: Saturday, March 11th 11am-12:00pm

How to Stay Young your First 110 Years!

Increase in reaction time, be a better athlete, how is it done?

Learn how an increase in reaction time can translate into huge increases in performance in almost any sport or activity.

Presented by: Dr. Neil Donohue, DC & Wellness Consultant

Hampton Bays: Tuesday, March 14th 12-1pm

Natural Management of Autoimmune Conditions

What causes autoimmunity? Why do 75% of cases occur in women?

Learn about autoimmune disease and the natural treatments that can be employed without causing major side effects.

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Oceanside: Tuesday, March 14th 7-8pm

Hypothyroidism-Diagnosis & Treatment

Learn the many causes of hypothyroidism! Dr. Debe' will discuss a natural program which can help improve normal thyroid function.

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Oceanside: Thursday, March 16th 7-8pm

How to Improve the Immune System Naturally!

In today's world, there are so many outside elements that affect the way our immune systems respond. Learn about different natural therapies to improve overall immune function, including whole food nutrition and supplements. Get back a better quality of life!

Presented by: Dr. Bruce Kesten, DC

Oceanside: Monday, March 20th 7:15-8:15pm

Doctor if my tests are normal, why do I feel so bad?

If your lab tests are normal but you don't feel well, something is wrong! Is it all in your head? Or is it possible the right tests were not done? Join Dr. Joseph Debe', Board Certified Nutritionist and learn the top new lab tests that can solve even the toughest of health puzzles.

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Huntington: Tuesday, March 21st 7-8pm