



OCTOBER 2017 HEALTHY SEMINARS

Managing Your Overall Health Naturally

Each day you have a choice on how to respond to health challenges. Learn how to release the physical, mental and chemical blocks which prevent you from living life to the fullest. Find out how to live a healthier and happier life by incorporating a holistic approach into your lifestyle!

Presented by: Dr. Bruce Kesten, DC

Oceanside: Tuesday, October 3rd 7:15-8:15pm

Natural Management of Autoimmune Disease

There are more than 80 different autoimmune diseases affecting 70 million Americans. Join Dr. Debe' of Rockville Centre and learn about the new lab tests that can identify contributing factors to autoimmune disease and the natural treatments that can be employed without causing major side effects.

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

Oceanside: Thursday, October 5th 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, new heart or liver, but if you wear out your spine, there is no turning back-you can't get a new one! Learn how to keep and maintain your spine!

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

Hampton Bays: Thursday, October 5th 6-7pm

What Position does the Chiropractor Play in Sports?

90 percent of world class athletes use chiropractic, find out why!

Learn why professional football, baseball, hockey, tennis, golf, soccer and Olympic athletes use chiropractic both before and after their performance. Find out why many athletes even travel with their chiropractor!

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

Hampton Bays: Tuesday, October 10th 12-1pm

Slow Down Aging-How to Stay Young...Your First 100 Years!

Join Dr. Allen Kaplan, DC and learn how to stay young and healthy your first 100 years!

Presented by: Dr. Allen Kaplan, DC

West Islip: Tuesday, October 10th 7-8pm

REST-The Forgotten Medicine!

Rest is the missing part of the puzzle to have a smoother, healthier and wiser life. Learn how much sleep is needed, what is the right time to sleep and the benefits of a proper sleep routine!

Presented by: Marty Raj, Health Educator

West Islip: Thursday, October 12th 7-8pm

Huntington: Thursday, October 19th 7-8pm

What your Doctor hasn't told you about Diabetes!

If you want to have a more thorough and empowering knowledge of diabetes, you need to attend this lecture. Learn the multiple causes of diabetes, most of which are within our control. Learn how to prevent and reverse diabetes and its complications. This class is for anyone interested in slowing the aging process, achieving optimal wellness and preventing degenerative disease through diet, supplement and lifestyle changes.

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

Oceanside: Thursday, October 12th 7-8pm

Head, Shoulders, Wrists & Elbows

No, it's not a children's song but it is a combination of health problems many people experience. Carpal Tunnel Syndrome, headaches, neck pain, arm pain and more will be discussed. Learn the natural approach to resolving these problems including chiropractic, nutrition and applied kinesiology.

Presented by: Dr. Bruce Kesten, DC

Oceanside: Monday, October 16th 7:15-8:15pm

Reiki/Meditation Seminar

Join Patti Alessi and learn the health benefits of Reiki followed by a guided meditation and mini Reiki session, what a beautiful blend!

Presented by: Patti Alessi, Reiki Master

Hampton Bays: Monday, October 16th 5-6pm

Arvigo Techniques of Maya Abdominal Therapy

The Arvigo techniques of Maya Abdominal Therapy help to restore the body to its natural balance by correcting the position of organs that have shifted and restrict the flow of blood, Lymph, nerve and chi energy.

Presented by: Graciela Goldental-Stoecker, LMT

Huntington: Monday, October 16th 7-8pm

The Importance of Acid/Alkaline & Electrolyte Balance in the Body!

Learn which foods create acid in the body and how to properly balance your diet with alkaline foods. Electrolyte balance will be discussed and its connection to optimum health.

Presented by: Pati Smith, Nutritional Consultant

West Islip: Wednesday, October 19th 7-8pm

Arch Angels 101

Come learn about these angelic beings. This beautiful class will show you how the Archangels can offer us divine guidance in each area of our lives. There will be a meditation to connect to an Archangel and everyone will receive a personal message from one of the Archangels. A class not to miss!

Presented by: Terry Corr, Angelic Intuitive

Oceanside: Saturday, October 21st 11am-12:00pm

Natural Approaches to Gastroesophageal Reflux Disease!

Heartburn is one of the many symptoms due to the epidemic of "Reflux". Join Dr. Debe' and learn the common contributing factors to reflux and natural solutions.

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

Oceanside: Sunday, October 22nd 1:30-2:30pm

Malnutrition!

Malnutrition essentially means "poor nutrition"- when the human body contains an insufficient, excessive or imbalanced consumption of nutrients. Find out the causes and symptoms of malnutrition and how to spot the signs that you or someone you know needs treatment. Learn about the types of treatment and support to help sufferers maintain a healthy nutritional intake

Presented by: Christine D'Angelo, Certified Nutritional Counselor

West Islip: Tuesday, October 24th 7-8pm

Huntington: Thursday, October 26th 7-8pm

Hypothyroidism-Diagnosis & Natural Treatment

Join Dr. Debe' and learn how hypothyroidism can be identified with the right testing. He will also discuss the causes and how a personalized natural program can improve and sometimes even full restore normal thyroid function.

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

Oceanside: Thursday, October 26th 7-8pm

Meditation Seminar

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

Presented by: Terry Corr, Reiki Master & Certified Meditation Facilitator

Huntington: Sunday, October 29th 11am-12:00pm