

Complementary Wellness Group

Complementary Wellness is a group of healthcare professionals and businesses whose mission is to facilitate wellness, by facilitating the full complement of healing modalities, in Metro Denver, Boulder County, the US and beyond.

The group publishes:

- ◆ In print – *Complementary Healing Guides* in Metro Denver, Boulder County, New Orleans Metro/Northshore, as well as *Complementary Wellness* journals.

- ◆ Online – the monthly *21st Century Wellness eLetter*, the *Complementary Healing eGuide* to more than 100 Complementary Healthcare modalities, and the *Wellness eJournal*.

Its website also includes: links to high-quality sites, "How to Find a Practitioner and Business," a discussion group, and many other resources.

Qualifications: Member Practitioners and Businesses have met the following strict qualifications:


- ◆ Highly recommended by a practitioner member or three non-related clients
- ◆ Properly educated in primary modality, with appropriate credentials

- ◆ Registered or licensed, as available
- ◆ Housed in suitable space, at home or in an office building

Members are listed at the website – CompWellness.com/members.htm – as well as in the *Wellness Practitioner and Business Directory* pullout section inside.

To learn more about Complementary Wellness, how to co-publish a book or journal in your city, join the group, ask a question or order home delivery (\$24 per calendar year): visit CompWellness.com, email Kenton@CompWellness.com or call (303)770-4022. Copyright © 2001, Complementary Wellness educational-professional group; Kenton Johnson, Director/Publisher, Josephine Hehnke, Editor; 7645 South Steele Street, Littleton CO 80122. (ISBN for entire volume.)

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Do You Have the Wellness Attitude?

Being *well* is more than just being *healthy* which usually translates to not being sick. But how's your energy level, resistance to the flu, or your ability to hike up a trail or a couple of flights of stairs. Basically, are you on the edge of catching the current germ from your office or kids, or a crisis away from depression or an "accident?"

See more by searching for [Wellness Components](http://CompWellness.com) at CompWellness.com.

Learning and practicing Wellness is a habit, a philosophy and a commitment to yourself. In the last two issues, we presented the *Fitness* and *Nutrition* components of Wellness. In this issue, we highlight a couple of aspects of the *Attitude* component. In future issues, we'll revisit these components, as well as feature the fourth component: the advisors in your Wellness process – Complementary Professional Healthcare practitioners.

See [Section B](#) for some inside information from these advisors.

Being physically fit and eating right are definitely critical to your Wellness, but it can only go so far. Feeding your spirit, nurturing your emotions, and exercising your mind are also very important.



Studies, professional observations and life experience have shown that a healthy, pro-active attitude towards life and yourself improves longevity, speeds recovery from minor and, in some cases, major illnesses, and adds to the overall enjoyment of your healthy lifestyle.

We lump all the non-physical attributes of Wellness into a small but complex word – *Attitude*. This includes the care and feeding of your mind, emotions and spirit, such as studying Buddhism, freeing stuck emotions, or regular meditation.

The word *attitude* has multiple meanings and nuances, and when applied to Wellness incorporates most of them: having a good attitude, coping an "attitude," and the reflection of your mood in your body's attitude.

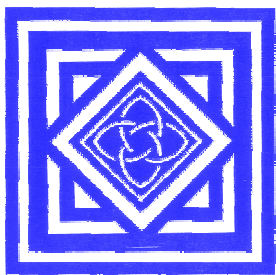
How is *your* attitude on Wellness? Do you have an "attitude" about Wellness? Does your attitude show in your body?

For more on [Attitude](#), see the ivory [Pullout Section A](#).

Wellness Conference

The **2001 Wellness Conference** will be held August 10th, 8:30am-6:30pm at the Radisson Stapleton Plaza. Complementary Wellness (CW) and the National Fitness Therapy Association (NFTA) will bring together professionals from multiple wellness disciplines for education and to share ideas and experiences.

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Whether you are a practitioner, a Wellness business owner, a student of a Complementary Healthcare modality, or want to find out more about Fitness and Wellness *before* embarking on career or business, this conference will *deliver!*

There are two parallel tracks: Wellness and one of its components, Fitness. A summary of the Wellness track follows:

- ♦ **State of the Wellness Industry**, Kenton Johnson, Director, CW.
- ♦ **Kinesio Taping Fundamentals**, Sally Lyons, MS, PT, AFP and Amy Stahl, MS, PT. Introduction and demonstration of a method of treatment for muscular disorders and lymphodema reduction.
- ♦ **The Use of Aromatherapy in Sports Medicine**, Laraine Kyle, RN, MSN, CS, CMT. This experiential workshop will examine selected essential oils and their carriers that are well suited for the care of stressed muscles and joints.

- ♦ **Trusting Your Cravings**, Jennifer Workman, MS, RD. Your nutritional cravings are messages from your body telling you what you need. Learn what cravings really mean and how to satisfy them with better foods, without "giving in."

- ♦ **Aerobic vs Anaerobic Exercise**, Gary Arbuckle, DC. Learn the differences and, for both kinds of exercise, how the body can be tested for the level of need: deficient, balanced or in excess.

- ♦ **Biological Terrain Assessment** (BTA), Char Leberer, CMT, CN, ND. BTA monitors the subtle yet powerful values of pH, oxidation-reduction and resistivity of bodily fluids, and by making changes at a biochemical level, health and vitality can be re-established within the body.

A full day **registration**, with lunch, is \$69 before July 15th, \$89 thereafter, with a \$10 discount for members of CW, NFTA, associate professional groups – ABMP, CAP and ACE – and students in Complementary Healthcare modalities. Contact CW, 303-770-4022, NFTA, 970-726-0697, or visit NFTA.org – **Summer Conference**.

Continued on page 3

Calendar

Group Meditation, Fridays, May 25; June 1, 15, 29; July 13, 27, 6:30pm-8:30pm, Denver. Evelyn Altman, RN, will guide or facilitate a meditation, then discussion and sharing. Donations appreciated; classes in Qi Gong and Therapeutic Touch also available for a reasonable fee. RSVP: 720-854-1725.

Therapeutic Dances, May 15th, June 19th, 7:00-8:30 pm; Integrative Health Center, Highlands Ranch. "Ecstatic Dance," by Donna Aazura, Certified Breathwork Facilitator, is a contemporary expression of an ancient practice that is a way of healing body, mind and soul. \$20. RSVP: 720-217-5032.

"**Group Breath**," June 23, 10am-12:30pm, Raintree Plaza Hotel & Conference Center, Longmont. Tom Goode, ND, leads stress-resolving and energizing Full Wave Breathing workshops. \$20. RSVP: 303-444-8606.

Transcendental Meditation Courses, continuing, evening introductions, Southglenn area: ;Advanced Techniques, June 26-27; TM-Sidhi,® July 5-22; Vibration TechnologySM June 8-10, August 3-5. Information and fees: 303-360-7014.

Feng Shui, June 28, Boulder By Design, 1711 Pearl Street, Laurelyn Baker, no charge, K Flanagan, (303)635-0140.

Geobiology, Earth Acupuncture and Deva Experiential Workshop, July 6-8, Boulder, (303)516-1670, see **Seminars** at www.EarthTransitions.com.

Naropa's Spiritual Adventure: Bringing Wisdom & Heart into Everyday Life, July 27-29, Denver, 800-944-1001, www.eomega.org- **Conferences- Denver**.

Men-Women Relationships Workshop, August 3-5 (weekend), Denver, \$345 by July 15th, \$395 after. Contact John McElrath, (303)422-7096.

"**It Doesn't Have to Hurt**" Free Lecture/Demo, Denver, 7pm. Call 303-237-1142 or visit Body-Awareness.com/intro.htm.

Other Classes, Denver Metro area:

- ♦ VitaminCottage.com - click **Lectures**
- ♦ NewChoicesPlus.com - click **Events**
- ♦ ThePilatesCenter.com - **What's New**

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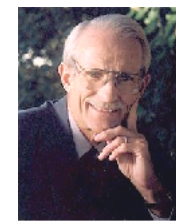


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or someone in your life that saps your energy rather than energizes. These are *energy vampires*.

Quit being nice. Being nice in our society has become the equivalent of giving up control of our own lives to others. In order to take good care of ourselves and serve others in a mutually satisfying way, we must simplify and do away with those things that take us off of our life path. Without attitudes, we can be who we really are.

We must **heighten** our level of **Awareness** and be constantly aware of our **Intention** throughout the day. Those two things are our keys to a more spiritual existence. We have tended to ignore our souls in order to achieve certain things we thought we needed or wanted. It is time for us to get back to what is real. Reality lives in our souls.

In order to keep our souls clean, we must also **cleanse and purify** the body. There are many ways to accomplish this, and there are others in the Complementary Wellness network who know how to accomplish cleansing.

Change your reading. I have found the *Conversations with God* books very useful. Whether you are a *knower* or a *believer*, the concepts contained in those books will serve you well.

Your attitudes will change dramatically when you just let go of having them. I know that sounds paradoxical, but it is true. Do what you can to listen to the universe and get in its rhythm rather than trying to make the universe fit what you think its rhythm should be.

John McElrath has been a Counselor for 25 years. He has a Master's Degree in Counseling and has been in private practice for almost 10 years. He conducts seminars on relationships. Contact him at SpiritJohn111@aol.com or 303-422-7096.

*Register for John McElrath's **Men-Women Relationships Workshop**, August 3-5 (Friday eve - Sunday afternoon), in Denver for only \$345 until July 15th, \$395 thereafter.*

Pullout Section

Attitude

As one of the four components of Wellness, your mental, emotional and spiritual *Attitude* is vital to support and integrate your *Fitness and Nutrition*.



This issue of CW probes into two important aspects of *Attitude*: parenting and "attitudes." For more information and articles, search CompWellness.com for "Wellness Components"

Our Children's Wellness Depends Upon Our Attitudes

by Caron B Goode, EdD

My daughter had three bouts of strep throat in first grade. In second grade, she was starting on her second round of throat infections when we sat quietly in the doctor's office and held hands. She looked up at me with tears dangling in her long lashes and said, "I'm sorry I'm sick, Mommy. I promise I'll get better." Her words were a 2x4 hitting me over the head with the awareness that she thought that her illness was an inconvenience to me – like *another* problem I encountered in my day.

I needed to understand how she received this message from me. Here is what I came up with, and how I could have approached her illness differently: **Smile.** I realized that when I approached her, I looked worried or concerned. By smiling at her, I could have eased the tension and created at attitude of wellness instead of sickness.

Phrases. I always asked her how she was feeling even though I knew she ached and had a fever. I could have said, "You look good." "You look brighter each time I see you." When I was sick as a child, my mother always asked me,



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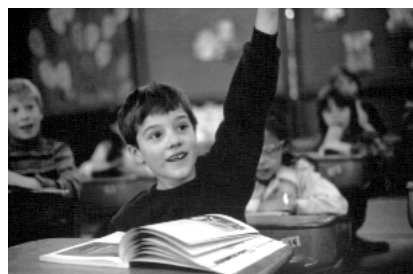
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"What's wrong?" How would *your* child respond by asking, "What's good?" "What's right?" "What's better?"

Touching and cuddling. Because I thought I had so much to do I let her sit alone in front of the television for entertainment. How much faster she would have healed if I held her and watched television with her. Wouldn't she have enjoyed a story as she sat on my lap? Children feel safer when we touch, bond and hold them when their world seems dreary. Touch and bonding literally strengthen the immune system.

Quiet time activities. What my daughter enjoyed with me was our time spent in quiet activities. We drew pictures, colored designs, played card games and watched the birds at the feeder through her window. These are the times that she still remembers when we speak of childhood memories.

Envision health. Another quiet activity we enjoyed was closing our eyes and pretending that we had x-ray vision. My daughter would scan her body with her x-ray vision and tell me what parts felt better, what the tummy would like to eat, and how she was improving. Mindbody science now advocates the use of healing imagery for persons with cancer and immune system disorders.

Listen. Stress weakens the immune system, and stressors in our children's lives often go unnoticed until they erupt into tummy aches, headaches or an accident. I could have asked, "Tell me about school?" "Tell me about your friends?" "What seems hard in your life right now?" As parents, we don't have to fix it or make it better. Listening is enough!

Caron Goode can be reached at 888-657-3432 or www.InspiredParenting.net, a new web site to support parents and children in wellness. Her new book, Nurture Your Child's Gift: Inspired Parenting, is featured on the web site.

Caron is available for speaking and workshops on inspired parenting and mindbody health.

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Attitudes

by John A McElrath, MA

Attitude about life and the world around you is surely as important as the other Wellness Components. A good Attitude, however, might be one in which you actually have **no "attitudes."** Letting go of all types of "attitudes," including opinions and beliefs, is necessary for us to see what is really going on in our soul.



It is easier to let go of *attitudes* than *opinions* which are easier to let go of than *beliefs*. Opinions aren't much harder to deal with than attitudes, and when presented with

a truth, an attitude or opinion can be easily discharged.

Beliefs, however, are highly resistant to change. People also find their *beliefs* to be convenient places to hide since there seems to be a societal prohibition against messing with someone's beliefs.

Many people *believe* in God. I have found that, on my spiritual path, that my belief in God is gone. I *know* God exists. To believe in something is to say you aren't really sure.

The whole idea is to let go of all our attitudes, opinions and beliefs so that we may see the world as it really is rather than how we think it is. Attitudes are filters that keep the truth from getting in and our light from shining out.

One way to clear away the unnecessary garbage from the mind is through **meditation**. Meditation allows us to quiet the incessant chatter of the mind so that we may listen to our internal spirit.

We must **take control** of the ego/mind as we would an unruly child and control it to serve the whole. The Dalai Lama, would say that completely letting go of ego is a superior way to live.

+ **Examine** your life and do away with things or people that don't serve you in a positive way. There may be something

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Another Chiropractic tool – Neuro Emotional Technique (NET) – is being widely used to address the physical manifestation of emotional trauma. **Traumas** dating back to childhood can lodge in the physical body, causing years of undiagnosed pain. NET gently targets the affected area, and with a patient's feedback, the trauma in its physical component is finally released.

In addition to natural nutrition, **appropriate exercises** to release tensions brought on by a sedentary lifestyle (e.g., computer work all day) and the use of small **magnets** to counteract the electromagnetic bombardment on their nervous systems, allow *people to take their power back* and feel in control of their bodies and health.

Many **maladies** people thought they just had to live with – like carpal tunnel syndrome, TMJ and indigestion – are being addressed and relieved.

Regular **"tune-ups"** will strengthen the immune system, relieve unnecessary pain and create balance again.

Holistic practices such as Chiropractic, Acupuncture and Massage Therapy, combined with drinking purified water, eating certified organic foods and moderate exercise, is making a world of difference to thousands of people.

We don't have to be a sick society.

Dr Mich, owner of Ohana Care Center in central Denver, utilizes leading-edge techniques such as those described in this article. The center includes practitioners in Craniosacral and Feldenkrais. Also, evening classes are being offered on topics related to women's health. Contact her at MCMich@Earthlink.net or 303-860-0411.

Adrenal Exhaustion: The Unsung Health Demon

by Gary Arbuckle, DC

Stress is a very misunderstood word in the English language. Coined by an Endocrinologist of the 1930s named Hans Selye, stress is more than having too much on your mind. You can be physically stressed by overworking or under-sleeping. You can be chemically stressed by flooding your body with additives or preservatives. You can be emotionally stressed by deadlines, traffic, relationships or finances. And finally, you can be thermally stressed by being too hot or too cold.

The body treats all stress the same physiologically, which all falls on the adrenal gland, the *stress* gland of the body. It was originally intended to be used in states of *alarm*, but only occasionally.

However, as a society, we have evolved into a lifestyle that keeps us in the alarm state most of the day and most of the week. The gland just wasn't built for that type of demand , so it becomes tired then **exhausted**. Dysfunction and symptoms quickly follow.

To recognize the signs and symptoms of **Adrenal Exhaustion (AE)**, you must first understand what the Adrenal Gland does:

- ◆ Regulate salt
- ◆ Regulate blood sugar
- ◆ Manufacture and balance sex hormones
- ◆ Provide the body with Adrenaline (Epinephrine).

Salt regulation. The Adrenal Gland produces aldosterone, a chemical that tells the kidneys to hold onto salt. In AE, the body can't hold onto salt. The body must keep a very precise balance of salt and water, as tasted in sweat and tears. When salt leaves, water is also lost. Excess perspiration, night sweats and dehydration is common in AE.

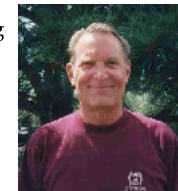
What the body loses, the body will crave. Salting food before tasting or water "just goes right through me," are

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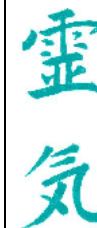
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classic signs of AE. Also limb swelling is not a sign of too much salt, but too little salt.

Sugar regulation. The Adrenal Gland produces cortisol, a chemical that stimulates gluconeogenesis (GNG), which tells the liver to bring blood sugar levels up after a "sugar low." In AE, you will experience sugar lows after meals and feel groggy, sleepy or experience headaches.

Also, cortisol is a very powerful anti-inflammatory. Any prolonged inflammatory condition (arthritis, bursitis, tendonitis) is a sign of AE. If you've used cortisone shots or cortisone creams for these conditions, you are in AE.

Estrogen/Testosterone balance. The Adrenal Gland produces both male and female hormones. In AE, men lose the benefits of proper estrogen levels, which protect against heart disease. Women have trouble with menopause. The Adrenal Gland is designed to take over when the ovaries senesce. In AE, the adrenals can't produce the hormones, so women have hot flashes, headaches and weight gain.

Adrenaline/Epinephrine production. Asthma is not so much a lung condition, but AE. When an asthmatic suffers an attack and is rushed to the emergency room, he is given a shot of Epinephrine. Epi is a powerful bronchodilator which opens lung passages. The Adrenal Gland produce Epinephrine if not exhausted.

Obviously, stress cannot be eliminated, but must be managed for the quality and quantity of a person's life. Key nutrients must be added to your diet to build up the weakened gland. Caffeine, alcohol, tobacco and sugar must be greatly reduced, if not eliminated, to avoid "whipping a tired horse."

Structural, chemical and emotional components must be addressed to succeed in caring for the stressed.

Dr Gary Arbuckle is a Doctor of Chiropractic, practicing in Denver. He is certified in Applied Kinesiology and currently working on his diploma. He has

Continued on page B3

treated several professional athletes from major-league baseball and soccer, as well as elite road racers. Contact him at Arbucks@aol.com or (303)399-5117.

Healing Society's Sickness

by Mary C Mich, RN, DC

In this fast paced society people have a perceived need for more *things*: things that make life easier or deliver prestige, and lots of high-tech things.

The results of a high-tech, super-charged society is an *in-your-face, polluted world*. The poor quality of our air, water and food is having a devastating effect on human biology. A staggering increase in diabetes, hypertension, obesity and heart disease is upon us.

Aches and pains, digestive problems, anxiety, stress, depression, mounting confusion and vacillating emotions are having a toxic effect.

Chiropractors are seeing the profusion of physical and emotional symptoms in our patients' bodies. The massive changes society has experienced in the past decade have created a significantly weakened physiology.

The electromagnetic interference of power lines, computers and TV is causing internal organs to go on red-alert. Our biology is in dire need of repair from chemical overload and contamination in our food supply.

One of my patients, a mortician, recently stated that a body could now sit in a funeral home for three days before it's embalmed because of the internal accumulation of preservatives!

Staying well has become a full time job for most people. As such, Chiropractors' letters – DC – should now stand for *Doctor Coach* as we use our updated knowledge base to **educate** patients on new techniques that enable them to feel better and become well.

For decades many Chiropractors have used **muscle testing** to access the bio-computer of the human body to detect ailments. Then, natural supplements of

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Notice: Rebirthing in the Complementary
Wellness group is **not** a restriction therapy –
it is a freeing and energizing therapy using
Breathwork.

Reflexology

Marla Hollingsworth, BS .. Healthy Offerings ..
Lakewood 80215 .. (303)233-5939

Rehabilitation

Erik Hansen, CMT .. Paradigm Therapies, LLC ..
Boulder 80303 .. (303)440-3301

Reiki

Olivia Hall, PT, TTP, CRM .. Energy Works ..
Denver 80224 .. (303)756-8490

Wellness support, relaxation, emotional and
physical pain relief

Doug Gibbs, CRMT .. Foothills Integrative
Therapies .. Lakewood 80228 .. (303)931-6827
Stress Management | Pain Relief | Cancer
Support | Emotional Release | Healing Touch |
Magnified Healing | Classes

Rolfing

Joy OM, ACR .. Boulder 80302 .. (303)449-8664
Also: Craniosacral Therapy | Deep-Tissue
Massage | Spiritual Counseling

Teresa Kappers-Wright, NCTMB .. Dynamic Body
Therapies .. Denver 80203 .. (303)420-7223

Clear the restrictions to help you feel fully alive

Rubinfeld Synergy

Carole Lindroos, MA, LPC .. Boulder 80301 ..
(303)754-7286

Also: EMDR | Counseling | Body-Centered |
Contemplative | Relationship

Schools

James Ford, ThD, Director .. Community College
of Aurora \ Mind-Body Health Center &
Biofeedback Lab .. Aurora 80230 ..
(303)360-4769

Meditation | Body-Centered Counseling | Classes |
Hatha Yoga

Jackie Otey, LMT, CRMT .. Cottonwood School of
Massage Therapy .. Aurora 80012 ..
(303)745-3501

Also: Deep Tissue Massage | Massage Therapy |
Neuromuscular Therapy | Polarity Therapy | Reiki |
Classes | School

Feather Jones, Director .. Rocky Mountain Center
for Botanical Studies .. Boulder 80302 ..
(303)442-6861

Comprehensive 1-3 yr Western Herbalism
Programs | Public Workshops/Intensives

Pieter Oosthuizen, Marketing Manager .. The
Naropa Institute School of Continuing
Education .. Boulder 80302 .. (303)245-4809

Exciting Workshops – Art | Community | Health |
World Vision

C Leberer, Director .. Nutrition Therapy Institute
of Colorado, Inc .. Denver 80206 .. (303)377-3974

A Firm Understanding of Practical Nutrition
Therapy and its Applications

Travel

Josephine Hehnke, CTA .. GO-with-JO Travel ..
Littleton 80122 .. (303)740-0588

Holistic Tours | Cruises | Cultural Events

Vision Care

Eva Strube, OD .. Avenue Eye Care .. Golden
80401 .. (303)279-3713

Holistic Vision Alternatives Available

Roger Trudell, FAAO, FCOVD .. Longmont 80501 ..
(303)651-6700

Specialist in Children's Vision and Visual Learning
Problems

Wellness

Carl Janicek, RWC, CMT .. Healing Arts/Medicine
Wheel .. Littleton 80123 .. (303)888-1625

Ancient Secrets for a Modern Awakening - Free
Information on Request

Yoga

Sarasvati Buhrman, PhD, Director .. Rocky Mountain
Institute of Yoga & Ayurveda .. Boulder 80301 ..
(303)443-6923

Group

Complementary Wellness is a group of
healthcare professionals and businesses whose
mission is to facilitate wellness, by facilitating
the full complement of healing modalities, in
Metro Denver, Boulder County, the US and be-
yond.

Membership

Membership has many benefits for qualified
Complementary Healthcare Practitioners and
Businesses:

- ◆ Discounted marketing materials
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- ◆ Informative email newsletter
- ◆ Publishing opportunities
- ◆ Group networking gatherings

For complete information, [Search](#) our site,
CompWellness.com, for "Membership Services"

Acupressure

Tammra Straub, JSJCP .. Mindful Motions ..
Arvada 80005 .. (303)423-2208

Jin Shin: Jyutsu, High Touch, Self-Help
Workshops | Hatha Yoga Classes and Private
Therapy | 18-Style Qi Gong

Martha Ibbotson, CRTII .. Integrated Healing ..
Littleton 80120 .. (303)347-0350

Also: Aromatherapy | Energy Healing | Essential
Oils | Reiki | Therapeutic Touch | Yoga | Classes

Acupuncture (Oriental)

David Webb, DiplAc(NCCAOM) .. Life's Gate ..
Denver 80203 .. (303)863-8559

Specialize in Immune Disorders, Sinusitis, Asthma
and Allergies

Anne Chew, MA, DOM, DiplAc (NCCAOM) ..
Acu-Choice Health Care Clinic .. Englewood
80110 .. (303)794-9505

Herbal Medicine | Allergy Therapy | Massage
Therapy | Neuromuscular Therapy | Nutrition |
Counseling | Shiatsu

Animal Care

Dianne Oldfield, Owner .. Blue Hills Dog & Cat
Shoppe .. Longmont 80501 .. (303)651-2955

Homeopathy and Nutrition Products

Janice Facinelli, DVM .. Wheat Ridge 80212 ..
(303)421-5424

Acupuncture | Homeopathy | Nutrition | Oriental
Medicine | Veterinary Medicine | Orthopedic
Manipulation

Applied Kinesiology

Gary Arbuckle, DC .. Denver 80246 ..
(303)399-5117

Also: Chiropractic | Meridian Therapy | Nutrition |
Temporomandibular Joint (TMJ) Disorders

Aromatherapy

Vicki Opfer .. Arvada 80004 .. (303)456-5095

Call or visit My.YoungLiving.com/YLfamily/ for
information on Enhancing Wellness through
Aromatherapy

Karen Jarldane .. Ascentially Alchemy .. Boulder
80301 .. (303)516-1670

Harmonizing body-mind-spirit with essences and
essential oils

Laraine Kyle, RN, MSN, CS, CMT .. Institute for
Integrative Aromatherapy .. Boulder 80302 ..
(303)545-2002

Also: Essential Oils | Hospital-Based Massage
Therapy | Nursing | Counseling | Body-Centered |
Spiritual Counseling | Skin Care | Classes

Al Zook, ICMT .. Denver 80218 .. (303)864-1591

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Member Practitioners and Businesses have met the following strict **qualifications**:

- ◆ Highly recommended by a Member or
three non-related clients
- ◆ Registered or licensed, as available
- ◆ Properly educated in primary modality,
with appropriate credentials
- ◆ Housed in suitable space

Members' [emails](#) and [websites](#) are listed in the [Members List](#) at CompWellness.com

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Inc. .. Westminster 80031 .. (303)635-0140

Natural Healing Personal Care Products | Natural
Insecticides

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Jennifer Thomson .. Gilpin Street Holistic
Center .. Denver 80218 .. (303)321-2100

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Association of Psychotherapists .. Denver
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sionals United in Excellence"

Ayurveda

John Douillard, DC .. Life Spa .. Boulder 80303 ..
(303)442-1164

Also: Ayurvedic Cleansing | Chiropractic | Colon
Hydrotherapy | Deep Tissue Massage | Essential
Oils | Herbal Medicine | Massage Therapy |
Panchakarma | Sound Therapy | Yoga

Breathwork

Tom Goode, ND .. The International Breath
Institute .. Boulder 80302 .. (888)657-3432

A Life-Style Management approach for optimal
Joy, Health and Aliveness

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Director .. Qualife Wellness Community ..
Denver 80218 .. (303)393-9355

Support and educational programs for people with
cancer or other life-challenging illnesses

Centers

Annette Buxton-Bacon, CT .. New Choices Plus ..
Lakewood 80226 .. (303)989-6889

Colonic Irrigation, Aromatherapy using Nutritional
Therapy, Reflexology, and Skin Therapy

Chiropractic

Thomas Goover, BS, BSCI, MA, DC .. Groover
Spinal Care, PC .. Boulder 80304 .. (303)442-7772

National Upper Cervical Association (NUCCA)
Spinal Correction for Health & Higher Performance

Mary Mich, RN, DC .. Ohana Care Center .. Denver
80218 .. (303)860-0411

Neuromuscular Therapy, NET, Nutrition, Organ
Massage. In office: Craniosacral, Feldenkrais

Chiropractic (cont'd)

Lawrence Quell, DC .. Quell Chiropractic .. Denver 80222 .. (303)692-8655
Allergy Treatments | Organ Pulse Testing with Applied Kinesiology | NET | Relationship & Abundance Seminars

Robert Nelson, DC .. Nelson Chiropractic .. Lakewood 80226 .. (303)205-0501
Also: Acupuncture | Deep Tissue Massage | Applied Kinesiology | Massage Therapy | Neuromuscular Therapy | Nutrition

Colon Hydrotherapy

Barbara Overton, CCT .. Colon Hydrotherapy .. Wheat Ridge 80033 .. (303)202-1779

Counseling

John McElrath, MS, CAC .. Arvada 80004 .. (303)422-7096

Relationship Counseling and Workshops
Phyllis Baldwin, LAC, CACII .. Denver 80206 .. (303)320-5760
Heart- and Soul-Centered Counseling in Cherry Creek

Kerensa Meadows, MA, MS, CCHt .. Connecting Heart Counseling .. Denver 80210 .. (303)575-9005

Specialize in: Issues of Highly Sensitive People; Dealing with Obstacles in your Life

Amy Buckingham Lee, MA .. Joy Konkle, MA, NCC .. Whole Health Counseling .. Lakewood 80226 .. (303)233-4557
Women's Issues | Adolescents | Individuals | Couples | Family

Dentistry

James Kennedy, DDS, FAGD .. DentoCranial Therapeutics, PC .. Denver 80209 .. (303)399-4558

Also: Nutrition | Temporomandibular Joint (TMJ) Disorders

Robert McFerran, DDS .. Lakewood 80215 .. (303)237-3306

Cosmetic and Wellness Dentistry
Jack Quigley, DDS .. Lakewood 80232 .. (303)988-2920

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Glenn Streeter, ATC, CES, AFP .. Medical Fitness Services .. Golden 80401 .. (303)528-6729(vm)
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15 years of experience in Energy Medicine and Spiritually-Oriented Counseling

Nicole Kasemir, RN, HNC, BA, CHTP/I .. Rendez-Vous Therapeutique .. Longmont 80501 .. (303)772-4018
Also: Energy Healing | Nursing | Reiki | Therapeutic Touch | Classes

Herbal Medicine

Rachel Lord, RN, CMT, MH .. Just for Health .. Denver 80222 .. (303)341-4384
Also: Massage Therapy | Reflexology | Classes

Homeopathic Medicine

Emily Matuszewicz, DC .. Denver 80218 .. (303)321-7721
Also: Chiropractic

Hypnotherapy

Lynsi Eastburn, BCHT .. Eastburn Hypnotherapy Center .. Arvada 80004 .. (303)424-2331
Smoking Cessation, HypnoBirthing®, Cancer Work. Also in Tamarac and Cherry Creek.

Suzanne Davey, CHT .. Potential Unlimited .. Denver 80204 .. (303)777-2555
Also: Energy Healing | Thought Field Therapy

Gregory McHugh, CHT .. Denver 80250 .. (303)698-1876
Profound, Deep Healing and Transformation

Iridology

Katherine Sincere, CNC .. Healthy In-Sights .. Lakewood 80226 .. (303)205-1403
Nutritional and Herbal Therapy, Jensen Iris Photos and Kinesiology

Lymph Drainage

Anya Murray, RMT, MLD .. Longmont 80503 .. (303)702-9441
Vodder-trained/certified. Lymphedema Prevention/Treatment and Detoxification

Massage Therapy

Trevor Hart, CMT .. Broomfield Chiropractic .. Broomfield 80020 .. (303)439-7777

Susan Horst, CMT, CRMT .. Sabina Ola Spirit Touch .. Denver 80222 .. (303)913-1051
Bodywork | Energy Healing | Hawaiian Huna | Lomi Lomi | Reiki | Qi Gong | Classes

Gustave Boisits, CMT, CNMT .. Dynamic Bodyworks .. Littleton 80123 .. (303)979-7772x129
Injury Repair Therapy | Myofascial Release | Neuromuscular Therapy | Structural Integration (Graduate Program)

Medical Intuition

Tom A Garlock, DC .. Aurora Life Chiropractic Center .. Aurora 80014 .. (303)337-7755
Specializing in Allergy Therapy, Nutrition, Sinus, Chronic Illness, Migraines, Headaches, Depression, and Hormone Imbalance

These Members have met **strict qualifications** – see previous page. Members' **emails** and **web pages** are listed at CompWellness.com – [Members List](#)

Medicine

Larry Eckstein, MD .. Boulder 80301 .. (303)448-9707

Complementary Medicine: Acupuncture | Homeopathy | Nutritional Supplementation

Philip Incao, MD .. Gilpin Street Holistic Center .. Denver 80218 .. (303)321-2100
25 Year's Experience treating the Whole Person, the Whole Family

Milton Hammerly, MD, Director .. Integrative Medicine .. Englewood 80110 .. (303)762-0626
Integrative Medicine | Biomagnetics | Cancer Support | Nutrition | Wellness

Meditation

Gail L Boex, MA .. Lakewood 80215 .. (303)462-0657

Also: Hypnotherapy | Light Body Work | Counseling | Relationship | Reiki | Spiritual Counseling | Classes

Myofascial Release

Robert McOwen, APP, NCMT .. Boulder 80301 .. (303)437-6211

Naturopathic Medicine

Char Leberer, ND, CN, CMT .. Nutrition for Life, LLC .. Denver 80206 .. (303)399-1451
Nutrition Therapy | Enzyme Therapy | Biological Terrain Assessment | Food Analysis | Meal Planning

William Betzner, PhD, NMD, Commissioner .. Federal Interagency Council on Alternative Medicine (FICAM) .. Littleton 80128 .. (303)616-5968

Promoting the Safe and Effective Practice of Traditional Naturopathy

Steven Colton, PhD, NMD .. Littleton 80128 .. (303)933-3479

Acupuncture | Colon Hydrotherapy | Darkfield Blood Work | Herbal Medicine | Homeopathic Medicine | Hypnotherapy | Iridology | Reflexology

Neuroenergetic Release®

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Advanced Non-Invasive Manual Therapy for: Pain Relief, Injury Care, Health Enhancement

Neuromuscular Therapy

Donna Formell, CMT, CNMT .. Evergreen 80439 .. (303)679-9369

Also: Massage Therapy
Dona Leiper, BS, RN, CNMT .. Lakewood 80215 .. (303)238-7833
Specializing in Alleviating Trauma Energy

Nutrition

Jennifer Workman, MS, RD .. The Balanced Approach .. Boulder 80304 .. (303)447-9484
Combining Ayurveda, the Zone and Your Blood Type for Perfect Balance

Karen Falbo, CN .. Vital Abundance Nutritional Counseling .. Denver 80219 .. Lakewood 80227 .. (303)936-6050

Integrative Functional Medicine Nutritional Protocols | Wellness Retreats | Hatha Yoga

Diana Bright, MS, RD .. Golden 80401 .. (303)274-6743

Nutritional Therapy | Classes
Kathy Sincere, CNC .. Healthy In-Sights .. Lakewood 80226 .. (303)205-1403

Nutritional and Herbal Therapy, Individual Wellness Programs, Iridology and Kinesiology

Jaqueline Susmark, NT .. Inner Harmony .. Lakewood 80226 .. (303)988-2099

Also: Homeopathic Medicine | Hypnotherapy
Christina Veselak, CN, LMST .. Parker 80134 .. (303)888-9617

Denver/Parker Nutrition and Emotional/Mental Well-Being

Toni Muscatello, RN, CMT .. Manetech .. Westminster 80234 .. (303)404-9211

Osteopathic Medicine

Harold Magoun, DO, FFAO, DOEd (Hon) .. Greenwood Village 80111 .. (303)694-1970
Order his new book, Structured Healing, on Osteopathic Manipulative Treatment (OMT)

Oxygen Therapy

Connie Pshigoda, CMT .. O2 4 U Oxygen Steam Therapy .. Littleton 80122 .. (303)584-1612
"Oxygen Steam Therapy for Cleansing & Detoxing the Body, Mind & Soul"

PACE

Eleanor Alden, LCSW .. Processing and Cognitive Education .. Denver 80246 .. (303)753-8810

Parenting

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Rachel Segal .. The Pilates Center .. Boulder 80303 .. (303)494-3400
Also: Craniosacral Therapy | Deep Tissue Massage | Lymph Drainage | Massage Therapy | Neuromuscular Therapy | Rehabilitation | Classes

Products

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