

Cottonwood

School of Massage Therapy

Day & Evening Classes
Start Jan 6th

3-Hour Intro Massage Lesson



Sat, Nov 16th
Tues, Dec 10th
10am - 1pm, \$15

(303) 745-7725

CottonwoodSchool.com

Aurora (just SE of Havana and Parker Roads)

Weight Mastery Clinic



Hypnosis and NLP
for Lasting
Weight Mastery Results

Harriet Storrs
303 526-0489

1901 N. Kipling, #250 Lakewood

Credit Cards Accepted

www.WeightMasteryClinic.com

Top-Notch Complementary Businesses

Call for our **Free booklet**

**How to Thrive in Your
Market**

(303)770-1043

(Call before your competition does)

Thank You to our 170+
Generous Distributors
in Metro Denver and the US
ComplementaryWellness.org/distlocs.htm

Complementary Wellness Professional Association (CWPA) and CW Journal

CWPA is a Colorado non-profit association of healthcare professionals and businesses whose mission is to facilitate the use of mainstream, wide-spectrum – complementary – healthcare modalities.

Objectives

- ◆ Educate the public, their employers, governments and associations on the full range of mainstream Complementary Healthcare options.
- ◆ Develop and publish information sources on Complementary Healthcare Modalities and Wellness
- ◆ Encourage every local organization offering a healthcare benefit to expand to a wider spectrum of healthcare offerings.

Member Qualifications

Member Practitioners and Businesses have met the following strict qualifications:

- ◆ Highly recommended by a practitioner member or three clients
 - ◆ Properly educated in primary modality, with recognized credentials
 - ◆ Registered or licensed, as required
 - ◆ Housed in a suitable business location
- Members are listed at [Members List](#) on the website, [CompWellness.org](#), as well as in the *Wellness Practitioner and Business Directory* pullout section inside.

This journal is for educational, fair, and non-commercial use only, and has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure or prevent any disease.

If you believe any material herein contains unrecognized copyrighted material from another source, please notify us immediately.

To learn more about CWPA, how to co-publish a journal in your city, join or support the group, ask a question or order home delivery (\$36 per calendar year):

- ◆ Email CWJournal@CompWellness.org
- ◆ Visit [CompWellness.org](#)
- ◆ Call us at our office: (303)770-4022.

Copyright © 2002, Complementary Wellness Professional Association; Kenton Johnson, Executive Director & Publisher, Josephine Hehnke, Editor; 7645 South Steele Street, Centennial CO 80122-3365.

ISBN Bar Code for entire volume:

Title:
9781890252236
Creator:
SymArt Pro 4.4.2
Preview:
This EPS picture was not saved
with a preview included in it.

Practitioner/Business Directory – Pullout

Complimentary

Complementary Wellness™

Denver Metro Journal: Complementary, Alternative, Holistic and Integrative Wellness

Volume 2, Number 6

Complementary Wellness Professional Association

Novembers-December 2002

In this Issue

Whole-Food Supplements	1
Calendar of Events	3
Wellness	Pullout A
History of Essential Oils	A1
Freedom from Addiction: Scripting Your Inner Dialog	A3
What's Your Cup of Tea?	A4
Wellness Practitioner and Business Directory	Pullout D

Whole-Food Supplements

by Margaret Auld-Louie, BA
Optimum Choices, LLC

Supplements can refer to anything taken to enhance one's normal diet, including vitamins, minerals, herbs, amino acids and antioxidants. Due to the depletion of minerals in our soil and poor eating habits, most people need supplements to maintain even normal health. Supplements are also used to correct imbalances in the body and heal illnesses.

Although many people assume supplements are safe because they are "all natural," this is not true. Like any substance, supplements can be toxic if taken to excess or by someone who is sensitive to them. Certain herbs can be just as dangerous as drugs, and the FDA has pulled some from the market. So it is best to work with a qualified practitioner when deciding on supplements.

The three main kinds of supplements are:

- ◆ A single ingredient extracted from a food, such as Vitamin C.
- ◆ A substance, such as an herb, that would not normally be eaten as a food.
- ◆ A concentrated whole food.

CWPA and its Members wish you
very Happy Holidays. Peace.



Whole-food supplements are generally safer than isolated supplements or herbs. As a complete food, they provide all the ingredients, in one portion,

needed to receive the full nutritional and healing benefits. Isolated supplements

may be missing other substances found in food that are needed to make it work optimally. For instance, Vitamin C works better when combined with Vitamin E and bioflavonoids.

According to Dr Charles Elson, a researcher at the University of Wisconsin, studies on individual supplements have been inconclusive at best. He states, "whenever we try to pick



Spirulina

Articles Inside

History of Essential Oils

Essential Oils have been in humanity's medicine kit for more than 6,500 years ... See page A1

Freedom from Addiction

In our addiction cessation column, learn the powerful technique, "Scripting Your Inner Dialog" ... See page A3

What's Your Cup of Tea?

Drinking purified water is one way to stay hydrated ... add a little pleasure with sun tea or hot tea ... See page A4

Optimum Choices for Well Being

Essential Oils:
More than Aroma!

- ◆ 50 times more powerful than herbs
- ◆ Boosts your body's immune system
- ◆ Affects your physical, emotional & mental body

Essential Oil Treatments
Fruit & Vegetable Supplement
Reiki for People and Pets

All-Natural Super Premium Pet Food

- ◆ No meat by-products or preservatives
- ◆ Shipped fresh to your door



Free information & samples:
(303) 271-1649

info@OptimumChoices.com
www.OptimumChoices.com

Return to work
after a
Hysterectomy
in only 10-14 days

Call for our **free** package:

"Minimally Invasive
Surgery"Advanced Women's
Health Institute

Cherry Creek

303-321-2255 / 800-577-4295

out a single [individual supplement], we fall on our faces ... there are hundreds, perhaps thousands of substances in vegetables and fruits that provide protection against cancer and other diseases."

Examples of whole-food supplements include:

- ◆ Freeze-dried fruits and vegetables
- ◆ Blue green algae (spirulina)
- ◆ Chlorella

One of the important benefits of taking fruit and vegetable or spirulina supplements is the live enzymes they provide – if the supplement has been properly processed. Unless you eat a completely raw diet, your body is probably deficient in enzymes, which eventually leads to illness. Whole foods can provide a concentrated dose of enzymes, in addition to many other nutrients.

I healed a stomach ulcer by taking a fruit-vegetable supplement high in enzymes, after conventional drugs and other holistic methods failed. I also saw significant improvement in my elderly, sick cat's health after just one week on a micro-algae supplement.

When searching for a whole-food supplement, quality (balance and synergy) is extremely important. To cut costs, the less expensive supplements may be processed in a way that kills the live enzymes. Also, supplements that absorb heavy metals, such as spirulina and chlorella, must be grown in unpolluted conditions. Otherwise, you will be taking a supplement full of heavy metals instead of cleansing metals already in your body.

It is best to work with a qualified practitioner who can guide you to high-quality products.

Additional Information

- ◆ OptimumChoices.com: health products and services for people and pets.
- ◆ BioSuperfood.com: micro algae concentrates.
- ◆ JuicePlus.com: freeze-dried fruit and vegetable supplement
- ◆ CompWellness.org: search for Enzymes

Continued on page 3

Community
Massage
Classes

Learn how to give a **great** massage: individuals and couples

Call about this introductory series and **free pamphlet:**

"The Magic of Touch"

Colorado Center for Physical Therapy
(303) 797-0988

2329 West Main Street, Littleton
CurativeTherapy.com

◆ **Prevention Plus** newsletter, Windows 2001-2002, National Safety Associates

Copyright © 2002, Margaret Auld-Louie, Golden, CO USA. Reprinted with permission.

Margaret Auld-Louie has studied holistic health and nutrition since 1985. She holds a degree in Biology and is a Certified Reiki Master and Reiki Animal Practitioner. Her company, Optimum Choices LLC, provides the whole-food fruit-vegetable supplement Juice Plus, as well as Essential Oils, natural pet food and Reiki treatments for people and pets. Contact her at 303-271-1649 or visit OptimumChoices.com

Next Issue: Herb and Supplement Combinations, Cautions, and Considerations

Calendar of Events

"Wonderful World of Essential Oils," Nov 3rd, 1-4pm, Journey Books, 6731 W Colfax, Lakewood, Russell Louie. Learn the science and application of essential oils, \$20, 303-239-0382. More classes at SpiritFire.com.

"What is the Meaning of Life?" Final in Series, Nov 7th, 7pm, Full Moon Books, 9108 West 6th Ave at Garrison, Lakewood, 303-233-6666. Tickets: \$15 advance, \$20 at door. 303-635-0140 or AwakeningSpirit.com - Current Events.

CWPA Networking, precedes Nov 7th speaker above. No charge, Speaker \$15
CWPA Business Workshop and Networking, Nov 21st, 7-9pm, Englewood Main Library. Call 303-770-4022 or visit CompWellness.org/Comm/gather.htm

Healing Touch (HT) Level I, December 6 & 7, 8:30am-6pm, Comfort Suites at County Line and Quebec, Highlands Ranch. Janna Moll, Instructor. \$225 tuition, paid in full two weeks prior. HT classes need to be taken in order, and program leads to certification. Call 303-346-3809 to register, and see additional classes at HeartHealingCenter.com.

The Center for
Extraordinary Living
presents

Extraordinary Evenings

Enjoy an evening of powerful **ideas** and **fun** that explores all the **opportunities** for **improving** your family, work and intimate **partnerships**.

6:30 - 9:00 pm, No charge:

Tues, Nov 19th - Balancing Holiday Stress and Celebration
Tues, Dec 3rd -

Measurements of Fulfillment
Thurs, Dec 19th - Givers Gain
Tues, Jan 7th -
Keeping Resolutions



Reserve Now:
Kristal or
Michelle

303-291-9022

arcworldwide.com

great-grandchildren with a warm hug.

Practice visualizing your future: imagine in detail what each path will look like. Write down your thoughts, and record positive reinforcing statements for yourself. Then, as you begin to eliminate the addictive behavior from your life, you can play back these recordings to help create your new, healthier self-talk.

You are confronting your addiction head on. This is not an intellectual exercise. Addicted behavior is not rational behavior. You are developing an emotional connection to your desire for freedom.

You cannot control your cravings. You can only control what you do about them. Your higher self wants what's good for you. Feed *that* need.

Next issue: Making that New Year's Resolution stick.

Copyright © 2002, Anne Mitchell, Evergreen, CO USA. Reprinted with permission.

Anne Mitchell is a former smoker and the author of the book and audio CD, **Give It Up™ Stop Smoking For Life**, Order toll-free, 1-866-GiveltUp, or visit LovetoGiveltUp.com.

Ad too large for this PDF

Drucker Labs, Plano Texas

(972)881-2344 / 1-866-DRUCKER
email RichardDrucker@DruckerLabs.com

Visit DruckerLabs.com

See Article on Page A1

Dr Drucker leads the research and development team. He works with renowned scientists and physicians from all around the world to produce the finest blends of 100% Organically MicroComplexed™ Trace Minerals, Poly-electrolytes and Metallo-enzymes with natural Fulvic Acid, using his proprietary IntraCELL™ Technology which ensures maximum absorption of the Organics.

What's Your Cup of Tea?

Getting enough fluid is so important to the health of our tissues, liver, spleen, kidneys, lymph system and other detoxification channels. Our intake of purified water is one way to stay hydrated, but to add a little pleasure, sun tea or hot tea can be great. The variety of herb and fruit teas available today enhance our selection. One of my favorites is Celestial Seasonings Red Zinger sun tea on ice.

Tea is a great way to receive medicinal support as well. Echinacea for cold and flu, red clover for stagnant lymphatics, goldenseal for phlegm congestion, dandelion for pancreas, and milk thistle for liver cleansing, to name just a few.

Caffeinated tea can be OK in moderation for those who tolerate it. If you experience a blood sugar reaction or an adrenal stress response, I would avoid caffeinated tea.

Whatever your cup of tea is, look for the better brands that process the product with care in purity and potency. Enjoy.

Diane Spindler, PhD, ND, practices Nutrition and Naturopathy near Golden at 303-697-1736 / MountainHolistic.com.

Pullout Section

Wellness



We continue to explore Wellness – Professional Healthcare, Attitude and Nutrition:

- ◆ Essential Oils
- ◆ Addiction Help
- ◆ Fluids and tea

History of Essential Oils

by Russell Louie
Optimum Choices, LLC

Russell continues his column on Essential Oils – the powerful blood of plants – which are the basis of professional Aromatherapy practices. – ed

Essential Oils are literally humanity's first medicine kit:

- ◆ An oil distiller over 6,500 years old was found in Pakistan.
- ◆ As early as 4500 BC, written records show substances with aromatic properties were used for medicinal and religious purposes.
- ◆ The Egyptian architect, Imhotep, around 2700 BC, was credited with using herbs, oils and aromatic plants for medicinal purposes.
- ◆ A sacred room in the Temple of Isis portrayed a ritual called, "Cleansing the Flesh and Blood of Evil Deities."
- ◆ The Egyptians believed a soul could not move on to its afterlife if it held emotional baggage.
- ◆ King Tut's tomb contained alabaster jars enough to hold 350 liters of oil. Robbers chose to steal the oils first over all the other gold treasures.

There are over 180 references to aromatics, oils and ointments in the Bible. Moses used hyssop branches and lamb's blood to ward off the plague. Traditionally, Hyssop is known for its antiseptic and anti-infectious properties. The three wise men presented the Christ child with



Bodywork Specialists

5066 S Wadsworth Blvd
(Bellevue and Wadsworth)

Appts: (303)979-7772 ext 0

Gustave Boisits, CMT, SI,
Director, ext 129

Call for your **Free** educational pamphlet:

"In Case of a Car Accident"

Open to Public, 7 days a week

Discover the pH Miracle

**Alkalizing is
Revolutionizing
our Health**

Call for **Free tape*** hosted by
Anthony Robbins on how to
Thrive in this Revolution:

(866)8GREENS

*by Dr Robert Young: featured on
"The Early Show"
with Jane Clayson, and in
Sept 10th Women's World



"During Holidays past, I found myself very depressed – my empty void was replaced by alcohol. This is the first of many years I am looking forward to the Holidays. I thank Excel's Amino Acid IV Therapy."

Excel Drug and Alcohol Treatment

One third of our population's lives have been effected in some way by a genetic condition that we call **Reward Deficiency Syndrome (RDS)** – *sensory deprivation for enjoyment* – which leads to:

Alcoholism ♦ Drug Abuse ♦ Obesity
Impulsiveness ♦ Attention Deficit
Personality & Conduct Disorders
Gambling ♦ Compulsive Disorders

Excel Treatment Program offers a *comprehensive* diagnostic drug and alcohol treatment clinic that's dedicated to the growing population of this devastating disease. We implement the most effective state-of-the-art technology in the treatment of this disease, including *IV Therapies and Acupuncture*.

Excel changes the biochemistry of the brain by balancing the neuro-transmitters to compensate for genetic addictions using its proprietary **Third Generation Genetic Repair System (TGGRS)**. See the website for more information.

Call for **Free educational video:**
"Intravenous Genetic Repair Therapy"

We are finally winning the War on Addiction.

ADAD Certified
Private Consultations

(303)782-0599

ExcelTreatment.com

gifts of Frankincense and Myrrh.

During the Middle Ages, a group of spice merchants robbed corpses. The "thieves" used a blend of Clove, Cinnamon, Lemon, Eucalyptus and other oils to protect them from the Black Plague.

Modern-day usage of Essential Oils began when a French physician used them in hospitals during World War I for their anti-bacterial and wound-healing properties. Dr René-Maurice Gattefossé, a French cosmetic chemist, is considered the father of Aromatherapy. In 1910, he was burned in a laboratory explosion. Dr Gattefossé said that, "both my hands were covered with rapidly developing gas gangrene." He further stated, "just one rinse with Lavender essence stopped the gasification of the tissue."

Another French MD, Dr Valnet, used therapeutic-grade Essential Oils in China during World War II to counteract infections. Two of Dr Valnet's students expanded his work in the early 1960s by clinically investigating the anti-viral, anti-bacterial, anti-fungal and antiseptic properties of therapeutic-grade Essential Oils.

It was only in 1989 that scientists discovered the amygdala gland plays a major role in storing and releasing emotional trauma. Studies at New York Medical University proved this gland does not respond to sight, sound or touch but does respond through the sense of smell. Through our scents, we now have a way to release stored emotional trauma.

Essential oils are truly yesterday's wisdom developing into tomorrow's health-care destiny.

Bibliography: *Essential Oils Desk Reference*, Essential Science Publishing, 2002.

Next issue: *The Science of How Essential Oils Work*

Copyright © 2002, Russell Louie, Optimum Choices, LLC, Golden, CO USA. Reprinted with permission.

Russell practices Aromatherapy using Essential Oils for boosting the body's immune system, emotional clearing, and

Continued on page A3

releasing mental blocks. He synthesizes his scientific background with his knowledge of healing to create optimum holistic health. Contact him at 303-271-1649 or Russell@OptimumChoices.com.

Freedom From Addiction: Scripting Your Inner Dialogue

by Anne Mitchell, Author
Give It Up™ Stop Smoking For Life

Anne continues her column on tobacco and other addiction cessation. – ed

It's been said that if you keep going down the road you're on, you will end up where you're headed. Does your future include a long life of health and happiness? Or will it be plagued by addiction and regret?

Many of us use substances that provide a fast fix, with little concern for the long-term effects. We quiet the voice inside us that raises objections. We suppress the *dis-ease* we feel.

If you find yourself trapped by an addiction and wish that you were free, let's look at what your inner dialogue is saying to you. Do you see quitting as deprivation? Is your drug your refuge? Do you believe that if you just had more will-power, you would have succeeded at quitting a long time ago?

The feelings of compulsion and negative thought patterns that accompany addictions can be very powerful. Behavior follows thought, and thought is influenced by behavior. The key to change is to work on both aspects simultaneously.

To begin, visualize what your future will look like if you continue down the path you're on. Include the people, conversations, feelings, etc. Are you in a hospital bed? How old are you? Are there loved ones wishing you weren't leaving them so soon? Don't turn away from this image – denial is part of the addiction.

Now imagine the opposite. You might see yourself hosting your 90th birthday party with a strong heart, clear lungs, and a slim, healthy body; you greet your

Continued on page A4



7800 West Jewell Avenue, Unit D
Lakewood

(303)988-2920

JWQDDS@eCentral.com

"Mercury-Free Dentistry that
Looks Good and Feels Good"



**Chiropractor ♦ Acupuncturist
Medical Intuitive**

(303)337-7755

Allergy Therapy ♦ Nutrition ♦ Sinus
Chronic Illness ♦ Migraines ♦ Headaches
Depression ♦ Hormone Imbalance

3140-C South Peoria Street, Aurora

Free booklet on Natural Pet Health

Call Optimum Choices, LLC
303-271-1649



Reduce stress for you and your pet:

Experience the synergy of relaxing
Reiki treatments for people and pets

www.OptimumChoices.com

Physical Therapy

Erma Pacheco, PT, CNMT .. Colorado Center for Physical Therapy .. Littleton 80120 .. (303)797-0988 .. CurativeTherapy.com

Blending the Best of Holistic Healthcare with Cutting Edge Science & Technology. DBC Active Spine Care.

Pilates

Amy Anderson, PRT .. Colorado Center for Physical Therapy .. Littleton 80120 .. (303)797-0988 .. CurativeTherapy.com

Blending the Best of Holistic Healthcare with Cutting Edge Science & Technology. DBC Active Spine Care.

Products

Dean Bonlie, DDS, President .. Magneto, Inc .. Calgary AB CANADA .. (403)730-0883 .. MagnetoSleep.com

Susan C Gongs, BS/BA, Executive .. Pharmanex BioPhotonic Scanner Division .. Highlands Ranch 80130 .. (303)627-1020 .. SusanGongs.MyPharmanexUSA.com

Douglas Pousma, MD .. Highlands Ranch 80130 .. (720)771-4567 .. OasisWellness.com/drdoug

Richard Andrew Drucker, PhD(c), NMD .. Drucker Labs .. Plano TX .. (972)881-2344 .. DruckerLabs.com

Psychotherapy (see Counseling)

Quantum Energetics

Holly Rowe, QEP, CRM .. Key Energy Healing .. Lakewood 80215 .. (303)455-4097 .. CenterforWhoisticHealth.com

Tasha Morris, PQEP .. Energy Body Healing .. Lakewood 80227 .. (303)912-1476

Reflexology

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

Lanie Vodopich Craig, CR, HHC .. Yellow Brick Therapeutics .. Westminster 80234 .. (303)809-3082

Reiki

Margaret Auld-Louie, BA, CRM .. Optimum Choices, LLC .. Golden 80403 .. (303)271-1649 .. OptimumChoices.com

Reflexology | Healing Touch | Sessions Magnified with Detoxification and Balancing System

Rolfing

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

Clear the Restrictions to Help You Feel Fully Alive. Offering Cranio-Sacral Therapy. Also office in Arvada.

Schools

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

Massage Therapy: Deep Tissue, Neuromuscular & Energywork. 515-hour program, small classes.

Rocky Mountain Institute of Yoga & Ayurveda .. S Buhman, PhD, Academic Director .. Boulder 80301 .. (303)449-4910 .. earthnet.net/rmiya

Certification: Yoga Teacher Training; Yoga Therapy & Ayurveda. Classes open to public.

Speaking

Herbert L Jacobs, MD, FACOG, FACS .. Global Dynamics, LLC .. Denver 80246 .. (303)399-0022

Supplements

K Burnett, Owner/Counselor .. Body Type Supplements .. Denver Metro .. (303)838-1072 / (888)BODYTYPE .. BodyTypeSupplements.com

The Right Vitamin Supplements & Counseling for You, based on the Best-Selling Book by Dr Arvanel.

Ariel Aentara, OD .. Furlong PA .. (866)8GREENS .. InnerLightInc.com

Roland Thomas, BS, NC .. BioAge, LLC .. Littleton 80124 .. (303)683-8113 .. BioAge.ws

Tai Chi

Doug Olmsted, OTR .. Denver Tai Chi Academy .. Englewood 80110 .. (303)761-4626 .. DougOlmstedOTR.com

Testing

Heather Pollard, DSc, DD, DCh, PhD .. To Your Health .. Boulder 80303 .. (303)494-1112

The Right Vitamins, Enzymes and Hormones for Your Health.

Therapeutic Day Spas

Phyllis Phillips, Owner .. Beauty Bar Salon & Atlantis Angels Spa, Inc .. Golden 80401 .. (303)279-6237 .. BeautyBarDaySpa.com

One-Stop Body, Mind, Spirit Salon & Spa. Also see Skincare Shopping, AtlantisAngelsSpaInc.com

Vision Care

Eva K Strube, OD .. Avenue Eye Care .. Golden 80401 .. (303)279-3713 .. Eyefinity.com/EvakKStrube

Wellness

Kurt LaCroix, Consultant .. Parker 80134 .. (303)246-0703 .. OasisWellness.com/Kurt

Yoga

Paula Jeane, CMT, HTP, PhD .. Higher Energy Healing .. Denver 80212 .. (303)455-5594 x2

Massage/Energy Work/Dialogue Modalities/Seniors, Disabled & Injured/Individualized "Hands-On" Approach

Tim Johnson, Owner .. Bikram on Broadway .. Denver 80203 .. (303)733-8040 .. BikramonBroadway.com

Bindu Source Johnson, RYT, PRYT, CSMI .. The Yoga Connection .. Littleton 80123 .. (303)738-8700 .. YogaConnection.com

Members' Emails, Webpages and Other Modalities are in the Members List at CompWellness.org.

Perspective Members: see Become a Member at the website.

Acupressure

Tamma Straub, JSJCP, RYT .. 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

Acupuncture

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

Specialize in Immune Disorders, Sinusitis, Asthma and Allergies

Dustin C Slade, DiplAc(NCCAOM), DiplCH, LAc .. Bikram on Broadway .. Denver 80203 .. (303)733-8040 .. BikramonBroadway.com

Easy Parking, Modern Facilities, Oriental Acupuncture, plus Bikram Yoga & Massage ... for Better Living!

Faye M Steuck, DC .. Golden 80401 .. (303)278-3678

Acupuncture (Auricular Medicine), Herbal & Homeopathic Remedies, Nutrition & Therapeutic Diet, Chiropractic - Craniosacral Therapy. 23 Years Experience in Holistic Healthcare.

Paul Murray, MBA, LAc, CNC .. Whole Health Center .. Highlands Ranch 80126 .. (303)470-1995 .. WholeHealthCenter.info

Traditional Chinese Medicine. 5-Element. Auricular Therapy. FREE Consultation. 50% off Initial Visit.

Addictionology

Tamea Rae Sisco, DC, DiplAc, CAD .. Excel Treatment Program, Inc .. Denver 80222 .. (303)782-0599 .. ExcelTreatment.com

Powerful, Comprehensive & Successful Drug and Alcohol Treatment Program - ADAD Certified. Also in Parker.

Animal Care

Carol Vaughan, MA, NLP .. Denver 80231 .. (303)338-1975

Flower Essences | Animal Communications | Behavior & Health Issues | Improve Relationships with Your Pets

Carole Komitor, CMT, CHTP/I, CHBMT .. Komitor Healing Method Healing Touch for Animals .. Highlands Ranch 80130 .. (303)470-6572 .. HealingTouchforAnimals.com

For Animals and People: Bioenergetic Therapies | Hospital-Based Massage Therapy.

Debbie O'Reilly, DC, DiplAc .. Vibrant Energy Healing Center .. Littleton 80128 .. (303)979-5736 .. VibrantEnergy.com

Chiropractic & Acupuncture: assist you & your animal to reach a Vibrant, Healthy Full Potential.

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

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

Aromatherapy

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

Physical/Emotional/Spiritual Growth | Independent Representative, Young Living Essential Oils.

Russell Louie .. Optimum Choices, LLC .. Golden 80403 .. (303)271-1649 .. OptimumChoices.com

Optimum health: essential oil therapy, fruit & vegetable supplement, all-natural premium pet food, and emotional clearing sessions. See Ad pg 2 and Article pg A1

Kathleen Flanagan, Aromatherapy Consultant .. Awakening Spirit, Inc .. Westminster 80031 .. (303)635-0140 .. AwakeningSpirit.com

Natural Healing Personal Care Products | Natural Insect Repellants

Associations

Kathryn Stewart, President .. Colorado Massage Network .. Boulder 80302 .. (303)825-1782 .. ColoradoMassage.net

Massage Therapy centers, Metro Denver and Colorado Springs, body work and medical massage services.

Marjorie Roberts, Executive Director .. Complementary-Alternative Medical Association .. Decatur GA .. (404)284-7592 .. CAMAweb.org

Committed to education, Advancing CAM, Motivating to take charge of your health and future, and Advocating FREEdom in health care choices

Lyle Tauffest, MH, President .. Colorado Association of Psychotherapists .. Denver 80250 .. (303)480-5733 .. CAP-Psychotherapists.com

"Dedicated Counseling and Hypnotherapy Professionals United in Excellence."

Katie Armitage, Executive Director .. Associated Bodywork & Massage Professionals .. Evergreen 80439 .. (303)674-8478 .. ABMP.com

Provides Bodywork, Massage and Somatic Therapies practitioners with professional services.

Katie Koets, Managing Director .. American Manual Medicine Association .. Grand Rapids MI .. (888)375-7245 .. AmericanManualMedicine.com

Promoting Medical Massage Therapy.

R Nelson, DC, President .. Colorado Chiropractic Sports Council .. Lakewood 80226 .. (303)205-0501

Chiropractic Services for Colorado Sporting Events

T Aziam, President .. Businesses Honoring Spirituality .. Lakewood 80226 .. (303)727-9440

Speakers, networking, business development, breakfast and more. Mile Hi Church Community Center, weekly Thursday, 7:15am

Ayurvedic Medicine

Sarasvati Buhman, PhD .. Rocky Mountain Institute of Yoga & Ayurveda .. Boulder 80301 .. (303)443-6923 .. earthnet.net/rmiya

Ayurvedic Medicine, Yoga Therapy, Meditation Instruction. Body, Mind and Spirit Approach. Ayurveda Classes.

Brain Integration Therapy

Yvonne Buck, OTR .. Heal-Thy-Self Unlimited .. Lakewood 80227 .. (303)257-5925

Enhance Learning Ability by minimizing/eliminating Dyslexia, ADD, Handwriting & Coordination Problems, and Associated Learning Problems

Cancer Support

Naomi Sullivan, BSN, MAM/HROB, Executive Director .. QualLife Wellness Community .. Denver 80218 .. (303)393-9355 .. Qualife.org

Support & Educational Programs, Cancer & other Life-Challenging Illnesses

Centers

James Hawver, NMD, Director .. Bremen Health Center .. Bremen GA .. (800)670-1999 .. StandardEnzyme.com

Electrodermal Screening | BTA Blood Analysis | Complete Wellness Center

Helen Ruiz, RN, Director .. Touro Infirmary Alternative Therapy Center .. New Orleans LA .. (504)897-8855

Acupuncture | Chair Massage | Classes | Massage Therapy | Retreats | Hypnotherapy | Wellness | Yoga | Weight Loss | NIA Visit Touro.com

Homer Wall, DC .. Arvada 80003 .. (303)463-9395

Applied Kinesiology for Fast Effective Weight Loss, Pain Relief, Injury Recovery, 21 years Experience.

Lawrence Quell, DC .. Quell Chiropractic .. Denver 80222 .. (303)692-8655 .. QuellChiropractic.com

Allergy Treatments | Organ Pulse Testing with Applied Kinesiology | NET | Relationship & Abundance Seminars.



Member Qualifications:

- Highly recommended by a Member or three clients
Registered or licensed, as required
Properly educated in primary modality, with recognized credentials
Suitable business location

Chiropractic (cont'd)

David Friedman, DC, DiplAc(NCCAOM) .. Arapahoe Chiropractic .. Centennial 80112 .. (303)221-3600 .. [ArapahoeChiropractic.com](#)
Oriental Acupuncture | Massage Therapy: Deep Tissue & Neuromuscular | Nutrition | Physical Therapy | Pilates

Brent Berlemer, DC .. Enjoy Great Health Chiropractic .. Highlands Ranch 80126 .. (303)738-3500
The Power that Made the Body Heals the Body

Robert Nelson, DC .. Nelson Chiropractic .. Lakewood 80226 .. (303)205-0501 .. [DrRobertNelson.com](#)
Acupuncture | Applied Kinesiology | Massage Therapy: Deep Tissue & Neuromuscular | Nutrition.

Trevor Van Wyk, DC .. Van Wyk Chiropractic Center .. Littleton 80122 .. (303)794-8754
Improve Health and Quality of Life Naturally via State of the Art Chiropractic and Postural Correction.

Colon Hydrotherapy

Svetlana Bachayeva, RN, CCHT .. Physical Therapeutic Healing Center Waterfall Nature .. Denver 80224 .. (303)780-0003
Reflexology | Cupping | Trauma Therapy | Arthritis | Muscle Pain | Poor Circulation. 30-years experience.

Barbara Overton, CCT .. Colon Hydrotherapy .. Wheat Ridge 80033 .. (303)202-1779 .. [BarbaraOverton.com](#)
Highly qualified, certified, caring and professional with 25 years of experience. Also serving Arvada, Lakewood and Golden.

Counseling

John McElrath, MS, CAC .. Arvada 80004 .. (303)422-7096 .. [SpiritJohn.byregion.net](#)
Relationship and Individual Counseling, Workshops.

Christina Veselak, CN, LMFT, CHT .. Aurora 80012 .. (303)888-9617
Denver/Parker Nutrition and Emotional/Mental Well-Being, Pain Management, Medical-Dental Hypnotherapy

Kerensa Meadows, MA, MS, CCHT .. Connecting Heart Counseling .. Denver 80210 .. (303)282-0819 .. [ConnectingHeart.com](#)
Specialize in: issues of Highly Sensitive People; Dealing with Obstacles in your Life

Karen Turner, MA, LMFT, DAPA .. Denver 80210 .. (303)300-4502 .. [KTurnerOnline.com](#)
Individuals, Couples, by phone or online eTherapy: safe, convenient, less expensive

Nancy R R Harris, MTPs .. Holistic/Intuitive Counseling .. Denver 80222 .. (303)758-5318
Quickly, Easily Resolve Everyday Issues: Spiritual Approach, NLP and Energy Therapies

Judie Keys, CCH .. Healing Magic International .. Denver 80210 .. (303)765-5172 .. [TheHealingTree.net](#)
"Unlock your Power with Judie Keys for Big Change," by phone and in person. FREE initial Consultation. Affordable sliding scale.

Kim Burnett, CRMT, OM .. Bear Paw 13 .. Pine Junction 80470 .. (303)838-1072 .. [BearPaw13.com](#)
Individual or Group Counseling & Seminars for Your Physical and Mental Well-Being. Reiki Master and Ordained Minister.

Maya Kaya, APP, SEP .. Embodied Resolution .. Lakewood 80228 .. (303)507-3583
Multi-Modality, Body-Centered Resolution of Blocked Energy at the Cellular Level

Deep Tissue Massage

Michael Moschel, CMT, Director .. Bodywork and Massage that Heals .. Denver 80206 .. (303)521-5735 .. [BodyworkMassageHeals.com](#)
Treat the Root Cause of a wide variety of Chronic Pain, Injury and Trauma. Call for FREE pain analysis.

Dentistry

James Kennedy, DDS, FAGD .. DentoCranial Therapeutics, PC .. Aurora 80016 .. (303)400-4TMJ (4865) .. [CompWellness.org/DCT](#)
Nutrition | Temporomandibular Joint (TMJ) Disorders

Jack Quigley, DDS .. Lakewood 80232 .. (303)988-2920
"Mercury-FREE Dentistry that Looks Good and Feels Good." See Ad pg A3

Robert McFerran, DDS .. Lakewood 80215 .. (303)237-3306 .. [MileHiSmiles.com](#)
Cosmetic and Biological Dentistry. FREE Cosmetic Exam.

Energy Work

Suzanne Schartz, Consultant .. Aurora 80014 .. (303)766-1030
I became a Healer using a Video Class. You can too. Call for FREE introductory audio tape.

Janna Moll, CHTPI, CSEM .. Heart Healing Center .. Highlands Ranch 80130 .. (303)346-3809 .. [HeartHealingCenter.com](#)
Practitioner/Instructor for Healing Touch, Energetic Healing and Cutting the Ties that Bind

Essential Oils (see Aromatherapy)**Facilitation**

Sinda Jordan, CHEP, CFT .. Lakewood 80226 .. (303)986-8079 .. [SindaJordan.com](#)
Spiritually-Oriented Facilitation providing Clarity and Awareness of Creative Nature

Fitness

Glenn Streeter, ATC, CES, AFP .. Medical Fitness Services .. Golden 80401 .. (720)231-9605 .. [MedFit4U.com](#)
Post-Rehab Fitness Therapy from a Medical Fitness Professional

Healing Touch

Sue Hovland, RN, BSN, CMT, CHTPI .. Healing Therapies Denver 80224 .. (303)759-8966 .. [AnatomyForHealers.com](#)
Also: Axiatonal & Allergy Treatments. Classes include "Anatomy for Healers: An Energetic Approach"

Health Coaching

Anne Mitchell, President .. Alyeska Press, LLC .. Evergreen 80439 .. (720)271-2097 .. [LovetoGiveItUp.com](#)
Stop Smoking for Life: Superior Seminars and Popular Book/CD: Give It Up! See Article pg A3

Herbology

Rachel Lord, RN, CMT, MH .. Just for Health .. Englewood 80110 .. (303)320-4367 .. [Alphacdc.com/justforhealth](#)
Also: Massage Therapy | Reflexology | Classes

Homeopathy

Christine Giguere, CHom .. Englewood 80110 .. (720)482-9745
Listening and Traditional Science for a Healthier and Well-Balanced Life

Anne Richter, Chom, PA-C .. Greenwood Village 80111 .. (303)694-5757
Medical and Counseling Background. Holistic, Gentle, Patient-Centered Care

Hypnotherapy

Gregory McHugh, CHt .. Denver 80250 .. (303)995-4276 .. [GregMcHugh.com](#)
Profound, Deep Healing and Transformation

Harriet F Storrs, MNLP, CHT .. Weight Mastery Clinic - Miracles of Healing .. Lakewood 80215 .. (303)526-0489 .. [www.WeightMasteryClinic.com](#) See Ad pg 4
Weight Mastery & Eating Disorders for Lasting Change. Call for FREE, "Techniques for Surviving the Holidays."

Steve Axtell, CHt, PhD .. Lakewood 80215 .. (303)523-0874
Empower Your Unconscious Mind to Reach New Levels in Your Life

Descriptions of most of these modalities are in the [Complementary Healing eGuide](#) at our [Website](#), or enter the modality in our website's [Search](#) box.
 To find a practitioner, business or product in your part of the Metro area, search the [Members List](#) at [CompWellness.org](#), or call one of the Members or our office for a referral.

Jin Shin Jyutsu

Kathryn Brown, CRMT, CR, JSJ, TTP, CHTP .. Centennial 80122 .. (303)796-0999 .. [SpiritWorks1.tripod.com](#)
Reiki & Therapeutic Touch. Headaches, Sprains, Back Pain, Depression, Emotional Pain

Massage Therapy

Susan Horst, CMT, CRMT .. Sabinah Ola Spirit Touch .. Denver 80222 .. (303)913-1051 .. [SabinahOla.com](#)
Bodywork | Energy Work | Hawaiian Huna | Lomi Lomi Massage | Reiki | Qi Gong | Classes

Cathy (Watts) Jones, CMT, CST .. Denver 80222 .. (303)639-6138 .. [CathyMJones.com](#)
Whole-Body Education, Prevention & Healing. Dynamite Health Products: People, Pets & Garden. Craniosacral & Neuromuscular Therapies.

Ann B Stahl, CMT .. TimeOut Therapies .. Denver 80206 .. (303)810-2702
Stress Relief and Pain Resolution from Minor Injury and Muscle Strain

Julie Newman, CBYT, CMT, LMT .. Bikram on Broadway .. Denver 80203 .. (303)733-8040 .. [BikramonBroadway.com](#)
Easy Parking, Modern Facilities, plus Bikram Yoga and Acupuncture ... for Better Living!

Kymberlee Medeiros, CMT .. Highlands Ranch 80126 .. (303)559-6253
Specialize in Positional Release, Auto Accidents, Pregnancy, Headaches, Sciatica, Stress. Also in Arvada

Bill Pleau, CNMT .. Massage and Manual Therapy .. Lakewood 80228 .. (303)902-2790
Integrative Manual and Cranial Therapies | Sports Massage. Uncover the Source of Pain | Call for Holiday Specials.

Club USA Massage Specialists .. Gustave Boisits, Director Littleton 80123 .. (303)979-7772 .. [ClubUSA.net](#) Ad pg A1
Injury Repair Therapy | Myofascial Release | Neuro-muscular Therapy | Reflexology | Sports Massage | Stone Therapy | Structural Integration. Open to Public, daily

Gustave Boisits, CMT, SI .. Maximum Alignment .. Littleton 80123 .. (303)979-7772 ext 129 .. [MaximumAlignment.com](#)
Injury Repair Therapy | Myofascial Release | Neuromuscular Therapy | Structural Integration.

Thomas A Garlock, DC .. Aurora Life Chiropractic Center .. Aurora 80014 .. (303)337-7755
Specializing in Allergy Therapy, Nutrition, Sinus, Chronic Illness, Migraines, Headaches, Depression & Hormone Imbalance. See Ad pg A3

Medical Intuition

Thomas A Garlock, DC .. Aurora Life Chiropractic Center .. Aurora 80014 .. (303)337-7755

Michael L Moore, MD and Thomas J Waliser, MD. Call for FREE package: "Minimally Invasive Surgery" See Ad pg 2

Phillip Incao, MD .. Gilpin Street Holistic Center .. Denver 80218 .. (303)321-2100 .. [Phillipincao.com](#)
 25 Years Experience treating the Whole Person, the Whole Family

Medicine

Mel Cohen, CEO .. Advanced Women's Health Institute .. Denver 80206 .. (303)321-2255 .. [AdvancedGYN.com](#)
 Michael L Moore, MD and Thomas J Waliser, MD. Call for FREE package: "Minimally Invasive Surgery" See Ad pg 2

Midwifery

Anne Walters, CNM, MSN .. Denver 80206 .. (303)331-9555
 Complete Women-Centered Healthcare for Your Full Life. FREE Women's Health Consultation

Naturopathy

Diane Spindler, ND, PhD, HDD .. Mountain Holistic Health Indian Hills 80454 .. (303)697-1736 See Article pg A4
 Board Certified: Metabolic Balancing, Blood Chemistry Analysis, Anti-Aging Therapies. [MountainHolistic.com](#)

Brian E P B O'Connell, CNM, CNC, NMD .. Wheat Ridge 80033 .. (303)432-2701 .. [AskDoctorUB.com](#)
 Live Blood Analysis | Care & Guidance to Take Charge of Your Health. Office also in Denver.

WCWA is a Non-Profit Association of healthcare professionals and businesses. Mission: to facilitate the use of mainstream, complementary health-care modalities. See our [Objectives](#) in [About Us](#) at our [Website](#).

This document was created with Win2PDF available at <http://www.daneprairie.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.