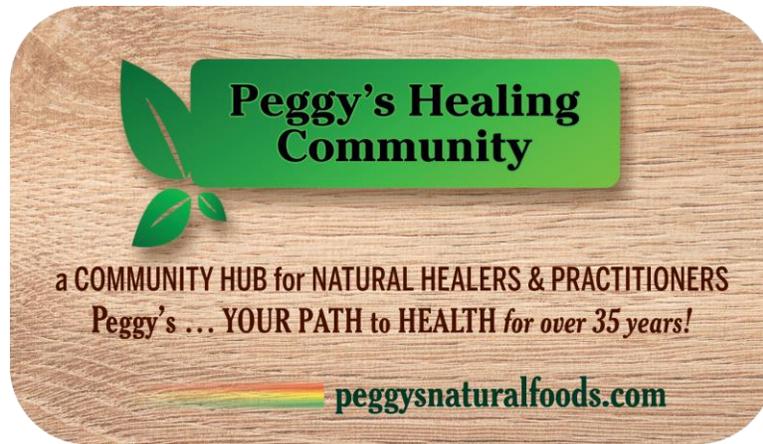


Welcome to Peggy's Healing Community



It has always been Peggy's mission to not only serve her customers at the store in the best way possible, but also to connect people in need. Peggy's passion is bringing natural and organic solutions to customers, and that means utilizing the natural healing providers among us!

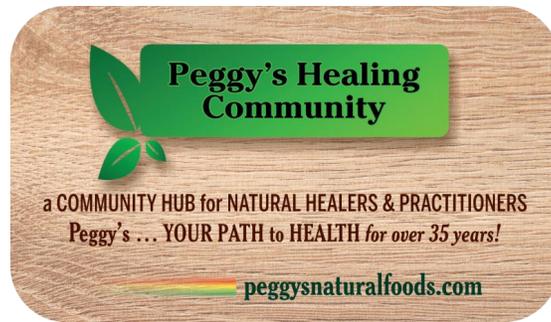
As a cancer survivor herself, Peggy remembers all those that helped her through and cares deeply about introducing OUR Community's Natural Healers. Peggy understands the huge undertaking it is for any single individual to find the right solution in time of crisis.

"There are so many wonderful natural practitioners right here in our local area that can be wonderful resources for people in need" says Peggy. "We hope you enjoy and utilize our Healing Community and we will work hard and sincerely to bring these great folks to the forefront!

This is Peggy's way of connecting those that are seeking great resources, but of course we have to stop short of recommending. These local healers and practitioners have come to our attention with great testimonials. We are providing their information as a service to anyone in need of educating themselves and in the process of making their own informed decisions on their health situations.

Peggy's...your path to Health.

(Please continue scrolling down to view all Natural Healing Practitioners)



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Michele Millen, N.D., Naturopath



Michele Millen has been an educator in the natural health field for over 30 years. Her training includes herbology, homeopathy, nutrition, iridology, reflexology, Digital Pulsewave Analysis, Emotional Release Technique, Crano-Sacral Therapy, and Essential Oil Therapy. A former co-owner of Standard Enzyme Company, Michele assisted in the development of Homeopathic, herbal, and nutritional products. She also helped develop and teach a four-level certification for Computerized Bioenergetic Assessment (CBA) to doctors and their technicians. She has served on the board of several nutritional companies and consults with many practitioners to support their patients. Michele has lectured on all subjects related to nutrition, the use of herbs and homeopathy, and how to create a

healthy lifestyle. *

Computerized Bioenergetic Assessment

Computerized Bioenergetic Assessment (CBA) is a comprehensive computer based system for measuring the energies of the body.

- A blunt, non-invasive probe is placed at specific points on the hands and feet.
- Minute electrical discharges from these points serve as information signals.
- Information is received about each part of the body via the acupuncture meridians (including emotional health, all major glands, organs, and biological systems).

- The information gathered will indicate inflammation, degeneration, or balance in the energy of each part of the body.
- The technician will then check for energetic frequencies of toxins including, but not limited to bacteria, viruses, chemical pesticides, candida, mold and mercury.
- Over 13,600 tests will be performed in each session.
- Each session will include checking for homeopathics, herbs, and nutritional supplements that will help balance the body, and will check for foods that are best suited for your biochemical makeup.
- This process is designed to unlock the body's innate ability to heal itself.

Pulse Electromagnetic Field Cellular Exercise Pain Relief

The PEMF machine is used to energize the natural power hidden within each and every Cell in Your body.

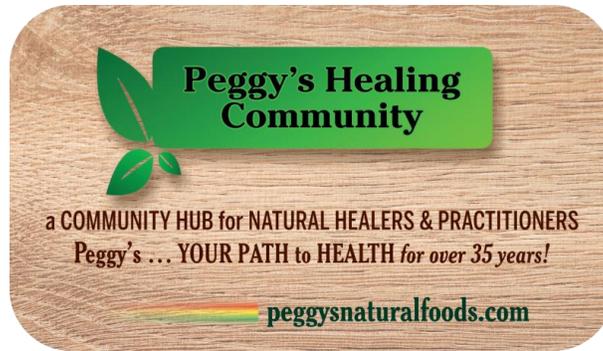
- Alleviate pain and reduce inflammation
- Stimulate tissue healing and strengthen bones
- Relieve Injury and fatigue
- Support Neurotransmitter balance
- Reduce stress & Increase relaxation
- Achieve a deeper, more restorative Sleep
- Improve Circulation
- And more

*there is currently no state licensing for Naturopaths in Florida. Michele Millen works only in the capacity of a technician with the equipment listed above and as an educator for helping people balance their bodies. Neither content nor products on our website are meant to treat, cure or prevent any disease or to diagnose any disease. Please see your medical doctor for diagnosis and disease recommendations.

FOR QUESTIONS PLEASE CALL MICHELE AT 772-708-3199

FOR APPOINTMENTS PLEASE CALL HER ASSISTANT ALLIE 772-486-3779

www.michelemillen.com



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Barbara Spaulding, Clinical Therapist



SOUND HEALING

"Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder."

--Dr. Mitchell Gaynor, Oncologist

What is Sound Healing?

Sound Healing is a natural treatment for health and wellness. It can be used alone or in complement to other treatment methods. Sound Healing helps the body do what it does best; heal itself by realigning on a cellular level. Some of the conditions treated include:

- Stress
- Depression, Anxiety
- Chronic Pain
- Fibromyalgia
- Chronic Fatigue Syndrome
- Back Pain
- Insomnia
- Addiction
- Arthritis
- Injuries (speeds up healing and decreases pain)
- Emotional Issues

- Digestive Disorders

Treatment methods include:

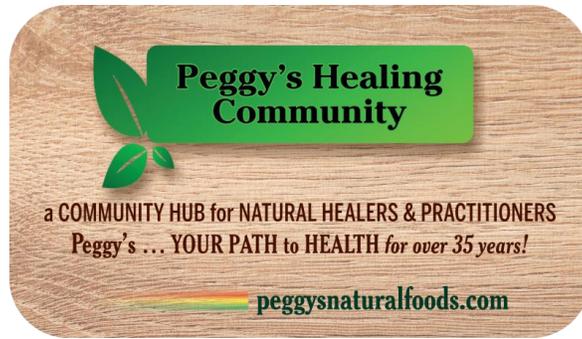
Vibroacoustics - A memory foam therapy bed with powerful low frequency transducers (speakers) inside it. When frequencies and music are played through it, they are not only heard through the ear, but also delivered in stereo waves directly to the body. Vibrating every part inside and out: cells, muscles, tendons, organs, nerves, spinal cord, areas of the brain, and brainstem. The experience can only be described as multidimensional.

Sound Immersion Therapy - The sounds and vibrations of sound healing instruments such as, quartz crystal singing bowls, gongs, and chimes guide us into a deep meditation, rebalance, and tone the physical, emotional, and spiritual bodies.

Clinical research shows the benefits are:

- Pain Reduction
- Stress Reduction
- Cellular level changes restoring the body back to its healthy frequencies and homeostasis
- Calms the entire nervous system
- Boosts the Immune System triggering the natural healing mechanisms of the body
- Drives energy from cell to cell, clearing blockages and stimulating neural pathways
- Improves Sleep
- Heightens awareness
- Improves clarity of mind
- Enhances creativity
- Evokes the Relaxation Response:
 1. Reducing oxygen consumption
 2. Decreasing blood pressure
 3. Slowing heart rate
 4. Slowing respiration rate
 5. Relaxing muscles
 6. Changing brain wave frequencies, (from beta to alpha and alpha to theta or delta)
 7. Clearing the mind from anxiety
 8. Creating a feeling of calm and inner peace

Call Barbara E. Spaulding RN, BSN, at Sound Healing to schedule an appointment.
772-245-6515, info@asoundhealing.com, www.Asoundhealing.com



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Shelley Dodt, Cancer Coach



Shelley Dodt MSW
Board Certified Patient Advocate
Mindful Cancer Coach
772 631-3704
www.mindfulcancercoach.com

Office: A Cottage for Counseling 508 SE Osceola Street, Stuart, FL 34990

Allow me to help you navigate the confusing maze of cancer diagnosis, treatment and recovery. I work for YOU as a coach and advocate for YOUR well-being. I work independently of the hospital team. All services are protected by confidentiality.

When you hear the words, "You have cancer", you are suddenly forced to learn many things at the worst moment of your life. As a fellow survivor, oncology patient navigator and cancer coach, I can help guide you through the journey. Your best outcome depends on the choices you

make. Busy healthcare providers may care but do not have the time to provide individualized attention that you need.

I offer my services as a Mindful Cancer Coach. Why Mindful? Because Mindfulness teaches us to be aware of our mind and body in the right here and now.

Call me, Shelley Dodt, MSW, Registered Clinical Social Work Intern and Board Certified Patient Advocate at 772 631-3704

Your informed journey to recovery includes working together to:

Create a Comprehensive Assessment

Reduce anxiety through mindful relaxation, breathing, guided visualization

Formulate questions to ask your doctor

Explore options, integrative medicine and possible clinical trials

Second opinion options

Manage side effects of treatments

Promote nutrition, exercise and avoidance of toxic exposure

Promote self-care and caregiver support

Organize your medical information folder

Distress thermometer to check-in with progress

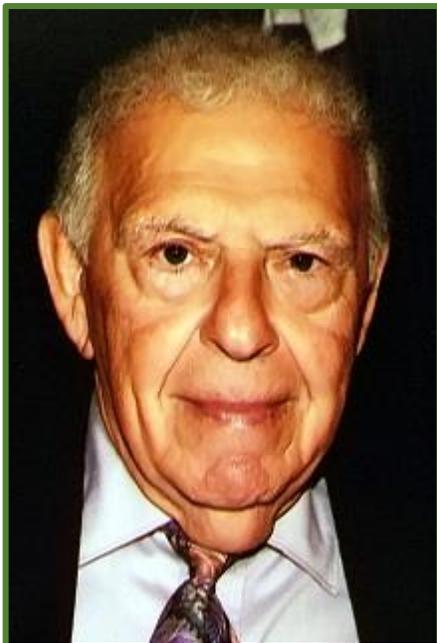
Develop long term survivorship plan and work to prevent recurrence.



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Tony DeAngelis, Clinical Nutritionist



Tony DeAngelis, MS, RD, LN/D was born in Brooklyn and lived in the NYC / Long Island area until he moved to Florida almost 30 years ago. He now lives in Stuart and is a practicing Clinical Nutritionist. He has a degree in Mechanical Engineering and a Master's degree in Nutrition, totaling over 300 college credits in addition to many courses in natural healing. Tony has authored many newsletters and papers on health and a large reference manual on understanding blood tests and treating disease with nutrition, and the prevention of disease through enlightened life-style and nutrition.

Tony also hosted a one-hour radio program, the *Healthy Heart Hour* for a year.

At age 25, Tony had severe medical problems that required three months of hospitalization and bed rest. Aggressive treatment involved cortisone therapy. (Until then steroids had not been used extensively in humans.) This helped with the healing process but left side effects to be overcome. Personal studies in alternative therapies were needed to finalize and complete the healing. Eventually, college courses led to his becoming a Registered Dietitian and a licensed and insured Clinical Nutritionist. As a test of physical recovery Tony ran his first marathon for his 50th birthday and several others in future years.

Able to be licensed as a dietitian and nutritionist in Florida, he “retired” here. Unsuccessful in trying to create a holistic medical center with a staff of medical doctors in Deerfield Beach, he then bought *Healthy Heart Healthfood* store in Juno Beach which survived for 8 years, but did not prosper. Time consumption at that store inhibited the study of new information essential to incorporate into effective clinical services. It was time to move on.

Tony had been noticing many incomplete aspects of healthcare. Physicians usually practice linearly and too late. They wait for an event/disease to occur and then treat too late with non-supportive drug therapy that provides mostly symptomatic relief: one defect - one drug. This linear view of their own tests is what leads to the third leading cause of death in this country: polypharmacy. Tony has been using engineering principles and practicing functional nutrition based on feedback from medical tests to complete the healthcare cycle with fewer drugs and more nutrition.

Under Tony’s system, disease conditions can be detected early and avoided. Or, if disease is already in progress or genetically indicated, medical treatments can be complemented by the application of nutrition through a functional clinical analysis system that might well be called biochemical engineering. Rarely is any other testing required other than those readily covered by your doctor and your insurance company. This is the most science based, cost-effective system for most. No insurances are accepted. Fees and overhead are kept low through this efficient system.

We are the missing link between you and your doctor.

Contact Information:

Phone: 772-463-0381

email: www.tntstuart@yahoo.com



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Wendyne Limber, Marriage & Family Therapist



Wendyne Limber, MA, LMFT, RDT- BCT has been in practice as a Florida Licensed Marriage and Family Therapist and Registered Drama Therapist in her own healing center - *Soulville*, in Stuart, Florida since 1990. Her work has been an evolution of transpersonal psychology, spirituality and science and has evolved consciously in incredible ways since the beginning.

Many people have transformed their lives through *The Imagination Process™* and *Imagine Recovery™* - programs that heal and transform the human pain of addiction, trauma, co-dependency, grief, depression, anxiety and loss. Wendyne's programs incorporate neuroscience, expressive therapeutic arts, holistic medicine, quantum science, and trauma work.

Wendyne has authored workbooks that accompany her healing processes as well as her most popular work - *Intimacy Without Responsibility - The Conscious Evolution of Love*, offering principles for relationship communication, healing and transformation.

Wendyne trains Transformation Coaches to be facilitators of the work to consciously help heal our planet. For all of Wendyne Limber's healing programs and places, visit www.Wendyne.com for links to everything.

Services and Programs include:

The Imagination Process™: We help people heal and transform the body from past trauma, abuse, patterns and habits that sabotage love, health, abundance and freedom to be authentic and real... then we help people design the life of their dreams. It is truly exciting and extraordinary healing! www.TheImaginationProcess.com

Imagine Recovery™: Imagine Recovery offers addiction treatment beyond traditional recovery work, addressing the body, mind and spirit as a whole integrated system. www.ImagineRecoveryJourney.com

Soul Studies Institute - offering Transformation Life Coach Training and continuing education for healing arts professionals consciously healing the planet in an experiential and virtual school kind of way... www.SoulStudiesSchool.com

Intimacy Without Responsibility - the Conscious Evolution of Love is Wendyne's book and class on DailyOm. This work is about the mystery and sacred space that relationship takes us; teaching love, depth communication, connection, healing and transformation of relationship pain and patterns. www.intimacywithoutresponsibility.com

Wendyne is the founder of Soulville Center for healing, transformation. Education. Soulville Center is a collaboration of healing arts professionals offering care, integration and work with the body, mind and spirit. We believe that we must treat the whole person for lasting healing and transformation. www.SoulvilleCenter.com

If you know of someone that should be in Peggy's Healing Community please ask them to contact us.

All information provided on this site, particularly any information relating to specific medical conditions, health care, healing community practitioners, preventive care, and healthy lifestyles, is presented for general informational purposes only. It should not be considered complete or exhaustive and does not cover all disorders or conditions or their treatment.

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