

Finding Balance Unfolds From Within the Body and Mind



Red Clover

A Detoxifying Herbal Gift From Mother Nature

The seemingly constant stress we endure as a result of our hectic life-style takes a cumulative toll not only on our mental well-being, but every single cell in our body. When the headaches begin, the stomach starts to churn and sleepless nights become a constant, it may be time to *bring health and harmony back into your life with the help of a naturopathic practitioner.* By focusing on improving existing imbalances in the body, a holistic health plan is developed using safe and effective natural options geared toward guiding the body back to the best possible balance between the mind, body and spirit.

Created By Nature Wellness, LLC

190 South River Ridge Circle
Suite 317
Burnsville, MN 55337

Phone: (952) 237-8145

Fax: (952) 388-1370

E-mail: createdbynaturewellness@charter.net

Website: createdbynaturewellness.com

Created By Nature Wellness, LLC

A Naturopathic Healing Practice

Healing the mind, body and spirit in harmony with nature



Debbie Engelmann, BS, NHD

Doctor of Natural Health, Herbalist

{ Phone: 952-237-8145 }

Balancing the Physical, Mental, Emotional, and Spiritual Self

Symptoms are messages from the body

that should be listened to—they are the only forms of communication the body has to tell us something is going wrong.

They speak the truth.



When ignored, symptoms become more complicated and painful until the individual hears them. With attentive care, time and gentleness, the body's natural rhythm and balance will return. Constant stress, headaches, insomnia, fatigue, excessive anger, panic attacks, anxiety and much more are signs that the body is asking for help.

The primary focus of the healing process

is to work toward achieving a higher level of health and well-being. The initial evaluation includes an extended conversation regarding your health history and wellness goals. The appointment generally lasts two hours.



Passion Flower

Healing Plans May Include the Following

- × Herbs & Flower Essences
- × Holistic Nutrition/Detoxification
- × Supplements
- × Stress Management Techniques
- × Physical Exercise Programs
- × Other Applicable Healing Modalities

Debbie Engelmann, BS, NHD holds a Doctoral Degree in Natural Health, is a naturopath, herbalist and owner of **Created By Nature Wellness, LLC**, where she focuses on healing the whole person.



Mother Nature's abundant gifts of food and natural medicines are the educational foundation of her practice. She received training as a Licensed Practical Nurse and her hospice volunteering exposure and Rape Crisis Intervention work gives her precious insight into the very special needs of people facing life-threatening illnesses and emotional/physical trauma.