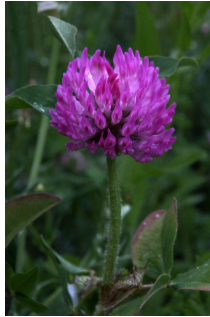


What's It All About?



RED CLOVER

A DETOXIFYING GIFT
FROM MOTHER NATURE

Naturopathy uses natural products from the earth along with other holistic methods and modalities to help stimulate the body's own natural ability to heal itself. With time, gentleness, and attentive care, the body's natural rhythm and balance will return.

By treating the body as a whole rather than just a set of symptoms, the healing journey can be specifically designed per each individual's unique physical, mental, and spiritual needs.



Created by Nature Wellness

A Naturopathic Practice

Center for Alternative Healing
7373 W. 147th Street, Suite 108
Apple Valley, MN 55124

Appointments:
(952) 237-8145

Website:
www.createdbynaturewellness.com
E-mail:
createdbynaturewellness@charter.net



*Debbie
Engelmann, BS, NHD
Doctor of Natural Health*

The seemingly constant stress we endure as a result of our hectic life-styles takes a cumulative toll on not only 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.

Bloom Wellness Center



STRESS REDUCTION,
EXERCISE, SLEEP,
AND A CALM MIND
HELP HEAL THE BODY

As a naturopathic practitioner and herbalist, Debbie focuses on identifying underlying imbalances that exist in the body and develops natural, safe, and effective options to help guide the body back toward a healthy balance. These natural therapies may include holistic nutrition, herbology, flower essences, homeopathy, and referrals to other beneficial healing modalities.

Herbs communicate directly with the body and can play an important part in the healing journey with their gentle way of reminding the body how to function properly on its own.

Debbie Engelmann, BS, NHD

With a **Doctoral Degree in Natural Health** and an extended educational ***Concentration in Nutrition and Lifestyle***, Debbie is currently concentrating on expanding her ***Herbalist*** education with three renowned herbalists. She has worked in the medical field for over 20 years, received training as a Licensed Practical Nurse, and worked in hospice care and cancer centers where she gained precious insight into the special needs of people faced with life threatening illnesses. She also holds a certification from the Pacific Institute of Aromatherapy in the use of essential oils and aromatherapy.



A HEALTHY BODY IS BUILT
ON A HEALTHY DIET



WATER, ESSENTIAL TO
ALL LIFE, IS ALSO THE
CRITICAL COMPONENT
IN HEALING DIS-EASE

Your initial consultation will begin with a detailed conversation regarding your submitted health history questionnaire and includes several other natural health assessments.

Follow-up visits are generally scheduled 3-4 weeks after the initial consultation.

Initial Consultation
Generally lasts 1-1/2 to 2 hours

Follow-up Visits
Generally lasts 30 minutes

Full Iridology Exams
Are also available