



WE ARE SPECIALISTS IN IMPROVING YOUR OVERALL HEALTH

I am Barbara Myers and I am the owner of *Willow Health Food & Wellness Center*. I am a Doctor of Naturopathy, Certified Nutritional Counselor, Master Herbalist and Jin Shin Jyutsu practitioner. My mission at Willow Health Food & Wellness Center is to provide my customers with effective products and services that will meet their health and wellness needs. I have brought in local practitioners to provide a place for learning and healing for all. As a holistic practitioner I believe that our bodies are capable of healing themselves if given the proper therapies and nutrition to correct imbalances. Our goal here at Willow Health is to achieve health, maintain it and always work to prevent imbalances in the body.

SERVICES OFFERED:

Thermography
Massage
Reflexology
Acupuncture

Wellness Consultation
Nutritional Counseling
Ion Cleanse Therapy
Bach Flower Therapy

Aromatherapy
Jin Shin Jyutsu
Zyto Compass
Yoga classes

LECTURES, CLASSES & SPECIAL EVENTS AT WILLOW HEALTH

All services are by appointment. Please call to schedule.

Ion Cleanse Treatments available every day. \$25/30 minute treatment. Special 6 pack offer—buy 5 get one free.

Classes at Willow Health are scheduled every month. Please check our website and sign up for our newsletter to get the latest happenings at Willow Health

Classes available

- ◆ Introduction to Jin Shin Jyutsu Self Help
- ◆ Herbal Medicine Cabinet
- ◆ How to Make Herbal Preparations
- ◆ How to Make Herbal Oils & Salves
- ◆ Aromatherapy classes
- ◆ Chair Yoga
- ◆ Tai Chi Easy
- ◆ How to Make Soap
- ◆ How to Make Lotion
- ◆ How to Make Deodorant
- ◆ How to Make Soy Candles
- ◆ Make & Take sessions



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