

IS OUR HEALTH
FAILING US OR
ARE WE FAILING
OUR HEALTH?



MENU OF SERVICES

Health  Wanted

Dr. Amy L. Graham B.M., M.A.E., B.C.N.D.

WHAT IS NATUROPATHY?

Traditional Naturopathy is a philosophy, art and science that recognizes and uses the human body's inherent ability to heal itself. Naturopathy does not suppress, antagonize or hinder the body's natural forces in any way and instead only assists to bring the body to its natural level of health. Naturopathy encompasses the oldest, safest and most complete healing methods known to human kind. It takes into consideration the integrity of the whole person (physical, emotional & spiritual) and aids the healing process using therapies meant to improve the cause of the illness, not the symptoms.

The Foundation of Traditional Naturopathy:

1. First, do no harm
2. The healing power of nature
3. Deal and work with the cause
4. Heal the whole person
5. The doctor as teacher

Many have bought into the “myth of medicine”; the idea that health comes from giving a disease a name and then giving a remedy for it. Dr. Graham doesn't treat diseases—she helps people build health using an approach that nourishes body, mind and spirit.

Dr. Graham's goal is to work together with you to discover your personal path to wellness and to empower you to make healthy choices that allow you to live your best life.

YOU CAN DO IT!

SERVICES OFFERED

INDIVIDUAL WELLNESS CONSULTATIONS

A personalized wellness plan is created based on the needs of each client. This is a team effort involving guided instruction and requires the client to be responsible for their own wellness.

(\$1.00 per minute 15, 30, 60 or 90+ minutes)

Areas of concentration may include:

PUT YOUR MONEY WHERE YOUR MOUTH IS

Food counseling teaches the importance of metabolic typing, food combinations, label reading, organic foods, and the sources of foods. Learn the nutritional content of foods and how they can impact your healing and wellness. Also available are diet plans for the whole family based on the needs of each person. *Let's go grocery shopping together!*

THE EMOTIONAL CONNECTION

Using therapeutic oils, Flower Essences, magnets or energy healing techniques such as EFT (Emotional Freedom Technique), we can release hidden or blocked emotions that may be keeping you from achieving desired wellness results. *Free yourself to experience your life!*

CLEANSING/DETOXIFICATION

The Revive Cleanse Ultimate ionic foot bath rebalances the bio-energy in the body and detoxifies the cells. Session includes Medi-Rub® 2000 Plus Foot Massager, essential oil therapy and heated towels. **(\$40.00 per session; 4 sessions \$140.00).**

Cellular receptor site cleansing

involves a 3-week protocol which uses a different essential oil each week to cleanse your body on a cellular level.

The **Forms of Cleansing** manual can be purchased for **\$5.00**. It contains valuable information on various methods for cleansing and detoxifying. *Give yourself the gift of wellness by cleansing and detoxing!*

OVERALL WELLNESS

Reflexology can help many health problems in a natural way, and is also a type of preventative maintenance. It improves blood supply and relaxes pressure on the nerves and blood vessels. Session includes Medi-Rub® 2000 Plus Foot Massager, essential oil therapy and heated towels. *Enjoy this spa-like experience! (\$60.00)*

The SCIO reduces stress with a very individualized approach, based on your unique biofeedback reactions. This amazing technology returns the body to a state of health by reducing physical, emotional and physical stressors that block the healing process. Therapies may also be performed remotely.

LED (light emitting diode) light therapy is a non-invasive procedure that works like photosynthesis for the skin to promote healing and anti-aging effects. **(\$2.00 per minute)**

Cold laser mimics the natural healing power of UV light generated by the sun. It decreases recovery time in healing and can reduce pain, especially in joints. **(\$2.00 per minute)**

The Frequency pillow transmits healing frequencies for relief of health issues such as arthritis, anxiety, and depression. Enjoy the pillow with other therapies for added benefit. **(\$10.00 per 20 minutes, combined with another therapy \$5.00 per 20 minutes)**

InnerScan Body Composition Monitor gives an insight into key health indicators such as weight, body fat percentage, hydration level, visceral fat rating, basal metabolic rate, metabolic age, healthy caloric intake, muscle mass, and bone mass. It is Intended for adults aged 18-99, although limited readings are available to children. **(\$1.00 per use)**

Vibra Slim Light addresses spot fat reduction or inch loss and body contouring with a healthy lifestyle program. It enables all of the efficacy of liposuction without the need for surgery, pain and recovery time. The Vibra Slim Light is 100% non-invasive with no known side effects. **(Price varies)**

SERVICES CONTINUED

OVERALL WELLNESS

VibaBody Slimmer delivers a mechanical stimulus that exercises the entire body, increasing muscle strength, power and physical performance. Benefits include reduction of pain and stiffness, rehabilitation from injury, weight & cellulite reduction, increased circulation and bone density, detoxification, stress reduction, and improved balance to name a few. (**\$3.00 for 5 min; \$5.00 for 10 min.**)

Tuning Elements are attractive jewelry that optimize brain and body function and accelerate the body's natural ability to heal itself. This jewelry also serves as protection against EMFs (Electromagnetic Fields) caused by the overabundance of electronic devices in our world. Tuning Elements can be especially helpful in easing pain. (**\$5.00 and up**)

WHAT TO EXPECT

A wellness consultation focuses on the client as an unique individual. The whole person is important, physically, mentally and spiritually. An in-depth review of the symptoms, medical history and lifestyle habits are important, as well as current/past medications, or supplements and any current lab work results. This information is used to determine the root cause of the health imbalance and to develop a natural healing plan that is ideal for the client as an individual. In addition to learning the proper diet for their individual type, wellness coaching teaches about healthy life habits and other therapies which may enhance their wellness.

A client's health is their responsibility. A naturopathic doctor can only provide information and tools to assist in the individual's wellness. Therapies and suggestions made are not intended as medical advice.

Remember, we are all as individual as snowflakes, therefore we need an individual wellness plan. Some of us are flakier than others!

WHO IS AMY GRAHAM?

Dr. Amy Graham retired as a public school teacher with a degree in Music Education from Bowling Green State University in Bowling Green, Ohio, a Master's Degree of Educational Arts from Defiance College in Defiance, Ohio and Post Graduate work in education at Walsh University in North Canton, Ohio.

Additional graduate work was completed at BGSU and Vandercook College of Music in Chicago, Illinois.

Dr. Graham is a ***Board Certified Naturopathic Doctor***. She completed the requirements for certification as a Traditional Naturopathic Doctor in February 2016 from The Naturopathic Institute of Therapies and Education in Mt. Pleasant Michigan. She passed her American Naturopathic Medical Certification Board test in October of 2015. She also completed advanced courses at the International Institute of Reflexology, Seriously Smart Technologies and Clayton College of Natural Health.

Dr. Graham has been interested in health and natural living most of her adult life. Her pursuit of Naturopathy as a career began after a near-fatal motorcycle incident threatened the amputation of her left leg and the likely need for cadaver parts in her right leg. Doctors and surgeons were surprised by the healing of both legs facilitated by using natural methods. Her orthopedic surgeon called it a "great save"! Sixteen modern surgeries put her leg back together and traditional natural modalities, natural practitioners, and prayer saved her leg and healed her other injuries.

She provides wellness consultations for holistic health, biofeedback, Light Healing Touch, cleansing/detoxifying programs, reflexology, and additional natural health therapies.

Schedule a consultation with Dr. Graham at Edison Chiropractic Center today!

105 S. Pearl St. Tecumseh, MI 49286
517.423.3600
info@Health-Wanted.com