

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



TRADITIONAL NATUROPATHIC
THERAPIES & SERVICES

Health  Wanted

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

SERVICES OFFERED

INDIVIDUAL WELLNESS CONSULTATION

Get a personalized wellness plan based on your specific needs. This is a team effort involving guided instruction and requires you, the client, to be responsible for your own wellness. **New clients receive a FREE* 15-minute introductory consultation.**



The AO Scan Digital Body Analyzer provides a thorough physiological, emotional, and voice analysis to determine

imbalances and may predict future imbalances. Health balance may be supported with subtle waves of energy, balancing sounds, and color frequency. Scan results are reviewed immediately with Dr. Graham and a copy of the results, with color and sound therapy is emailed to you.

During your first scan you receive a personalized wellness packet with an outlined health plan and other information that will be used in subsequent visits.

InnerScan Body Composition Monitor

(FREE with AO Scan) provides an insight into key health indicators such as weight, body fat percentage, hydration level, visceral fat rating, metabolic age, healthy caloric intake, muscle mass, and bone mass. It is Intended for adults aged 18–99, although limited readings are available for children.



Eat For Your Health

Learn the importance of your metabolic type, food combinations, label reading, nutritional content, organic foods, food sourcing, and how food can affect your wellness. Get a customized family food plan addressing the needs of each individual.



The Emotional Connection

Emotions play a large role in our physical health and overall wellness. Releasing hidden or blocked emotions can be achieved with services including: Psych-K®, The Emotion Code, Emotional Freedom Technique, therapeutic oils, flower essences, color therapy, magnets, and Light Healing Touch.

BODY WORK



Reflexology may alleviate many health problems including pain, limited circulation, lymphatic stasis, and other health imbalances. It also may be considered a preventive maintenance. Spa-like sessions include Biomat, Medi-Rub® 2000 Plus Foot Massager, essential oils, and heated towels.



Raindrop Technique, is a type of body work used to assist the body by utilizing several key essential oils. It has been known to be beneficial with spinal pain, scoliosis, anxiety, dizziness, boosting the immune system, and more.



CLEANSING/DETOXIFICATIONS

Cleansing and detoxification methods are vital to balanced health—especially immune function. Health Wanted offers several services to fit various needs including:

The Revive Cleanse Ultimate Ionic Foot Bath which rebalances the bio-energy in the body and detoxifies the cells. Session includes Biomat, Medi-Rub® 2000 Plus Foot Massager, essential oils, and heated towels.



VibaBody Slimmer delivers a mechanical stimulus that exercises the entire body, increasing muscle strength, power, and physical performance. Benefits may include reduction of pain and stiffness, rehabilitation from injury, weight & cellulite reduction, increased circulation, lymphatic movement and bone density, detoxification, stress reduction, improved balance, and more.



Tuning Element Jewelry optimizes brain and body function and may be helpful in easing problems with pain, balance, energy, strength, stress, and more. This attractive jewelry helps to keep us balanced in spite of EMFs (Electromagnetic Fields) caused by electronic devices. Five different levels of Tuning Elements can accommodate the wide range of imbalances in health. Temporary patches are also available and can be placed just about anywhere on the body or on electronic devices.

WHAT TO EXPECT

A Traditional Naturopathic Doctor can provide information and tools to assist in an individual's wellness. Your health is your responsibility.

A wellness consultation focuses on you as a unique individual. An in-depth review of the symptoms, medical history, and lifestyle habits are important, as well as current/past medications, or supplements. This information can help determine the root cause of the health imbalance and aids in developing a natural plan for balancing your health. In addition to learning the proper diet, wellness coaching teaches healthy life habits and techniques which may enhance wellness. Therapies and suggestions made are not intended as medical advice.

WHAT IS TRADITIONAL NATUROPATHY?

Traditional Naturopathy is a philosophy, art and science that recognizes and uses the human body's inherent ability to bring balance to itself physically, emotionally and spiritually.

Naturopathic therapies are known to be the oldest, safest, and most complete methods that assist health without suppressing, antagonizing, or hindering healthy balance.

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 modern medicine"; the idea that health comes from giving a disease a name and then giving a medicine for it. Dr. Graham uses an approach that nourishes body, mind, and spirit to support health.

Dr. Graham's goal is to work together with you to discover your personal path to wellness that empowers you to live your best life.

YOU CAN DO IT!

WHO IS AMY GRAHAM?

For most of her adult life, Amy Graham has been interested in health and natural living. 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.

Prior to becoming a Traditional Naturopathic Doctor, Amy 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.

Amy 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 has completed advanced courses at the International Institute of Reflexology and Clayton College of Natural Health.

*Schedule an appointment with
Dr. Graham today!*

*Dr. Graham is also available for
speaking engagements.*

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