

# DIRECTORY LISTINGS

## ACUPUNCTURE

### Stephanie Mouton Reed, MD - Centre Energique

[www.CentreEnergique.com](http://www.CentreEnergique.com)  
4219 Hillsboro Road, Suite 338  
615-347-1036 615-297-6838

Integrative Medicine • Acupuncture • Energy Healing  
• Ionic Foot Bath • Light Beam Generator • Lymphatic  
Cleanse • Clinical Nutrition • Aromatherapy Treatments •  
American Bd. of Holistic Medicine • Clinical Nutrition •  
Anesthesiology

### Rhonda Cook, M.Ac., A.D.S., L.Ac.

2815 Azalea Pl., Berry Hill  
615-957-9017

• Acupuncture  
• Healing Tuning Forks (Needle-less Acupuncture)  
• Facial Rejuvenation (Acupuncture Facelift)

### Dr. Xu Natural Healing

#### Dr. Xu, MD, MS., LAC

95 White Bridge Road, Suite 205, Nashville, TN 37205

[www.dr.xunaturalhealing.com](http://www.dr.xunaturalhealing.com)

615-356-5201 for appointment

\*Neuromuscular Pain \*Sciatica \*Arthritis \*Anxiety &  
Depression \*Stress \*Migraine \*Women's health & Infertility  
\*Men's health & Impotence \*Cancer Patient Energy  
Recovery\* Aging Graceful and more...  
Consultation, Acupuncture, Chinese Medicine,  
Tai Chi-DVD, Moving Meditation-DVD

### Sinantra Wellness Center

#### Dr. Enzo Sinantra

DC, Dipl. Acup. NCCAOM

4205 Hillsboro Pike  
Nashville, TN 37215

615 386-1445

[www.sinatraclinic.com](http://www.sinatraclinic.com)

## THE ALEXANDER TECHNIQUE

### Jo Ann F. Bibb, MS - AmSat Certified

#### In Harmony, for Wellness and Rejuvenation

1262 Old Hillsboro Rd. - Franklin, Tn. 37069

615-339-5857 or 615-794-2151

[jfbibb@aol.com](mailto:jfbibb@aol.com)

The Alexander Technique promotes relief from tension,  
stress, anxiety and pain. It has been known primarily in  
the field of performers, however it is appropriate for EVERY  
BODY.(06/08)

## AROMATHERAPY

### Gaia Tossing, FCCI, Certified Instructor

#### Center for Aromatherapy Research and Education

#### Young Living Independent Distributor #736715

(615) 496-3366 [www.peaceonthehill.com](http://www.peaceonthehill.com)

[www.youngliving.org/gaiaTossing](http://www.youngliving.org/gaiaTossing)

[Nashville/Brentwood/GreenHills](http://Nashville/Brentwood/GreenHills)

Board Certified Raindrop Specialist offering a certification  
program, CEUs, private sessions by appt. for Raindrop  
Technique and Emotional Clearing Aromatherapy, ther-  
apeutic-grade organic essential oils. New convenient office  
location in the Hobbs Bldg, 4219 Hillsboro Rd., Ste. 342,  
Green Hills.

## ARTS & CULTURE

### Art & Soul

2305 12th Ave., S. Nashville, TN 37204

615-460-1161 [www.eArtandSoul.com](http://www.eArtandSoul.com)

Art & Soul is a studio dedicated to creative development,  
artistic growth, and healing and transformation through the  
arts. Classes in artmaking, writing, movement and other  
expressive arts.

### Interplay

#### Diane Saliba Ault

[diane@interplaytn.org](mailto:diane@interplaytn.org)  
615-884-8074, 594-4410c

INTERPLAY is an accessible art form that anyone can do,  
a body-based spiritual practice that relieves stress & creates  
ease and a way to build community based on improvisational  
play. Nashville is one of 120 communities around the world.  
See [www.interplaytn.org](http://www.interplaytn.org) for a calendar of opportunities.

## ASCENSION COUNSELING

### El Ari An

#### Council of Light

#### Ascension Counseling, Karmic Healing

615-915-4158

Personal Spiritual Counseling, Ascended Master Teachings,  
Life Coaching & Healing, Christ Consciousness Activation,  
Spiritual Transformation & Consciousness Shifting,  
Ascension Techniques, Weekly Workshops of Ascended  
Master Transmissions & Divine Awakening. Call for Appt

## AYURVEDA

### The Devi Clinic

2306 12th Avenue South, Nashville, TN 37204

615.383.9119

[www.thedeviclinic.com](http://www.thedeviclinic.com)

We offer Ayurvedic health consultations, Ayurvedic marma  
massage therapy and Chakra Alignment therapy. Through  
Ayurveda you will discover your personal constitution and  
understand how these three basic energies ( doshas) operate  
and function. Through diet and lifestyle we can assist you  
in balancing your doshas in order to improve health and  
strengthen the immune system.

## BIOFEEDBACK

### Theresa Krenz CBT

#### EPFX-SCIO Sound Health Biofeedback Wellness

[VibrantSource.com](http://VibrantSource.com)

[tlkrenz@bellsouth.net](mailto:tlkrenz@bellsouth.net)

Serving, Nashville & Hendersonville Tn Area

### DEANNA J NADDY, RN, DSN

931-285-2543

#### ENERGY MEDICINE using the TECHNOLOGY OF QUANTUM PHYSICS

A safe, powerful evoked potential biofeedback device  
designed for powerful healing. Works naturopathically  
to stimulate and harness the tremendous capacity of the  
human system for self-healing. ; The SCIO scans the body  
and reports on the biological reactivity and resonance in your  
body and indicates needs, dysfunctions and vulnerabilities.

It provides the best energetic analysis possible. It is the most  
advanced system of analysis and therapy available in ener-  
getic medicine today.

### Mary J. Clement, Ph.D., JD/MSW

#### Trained and Certified Biofeedback Technician (CBT)

615-206-1553 [www.bold-eagle.com](http://www.bold-eagle.com)

Offices in Gallatin, Portland, Brentwood and Chattanooga.

Email [mjclenent@teammnational.com](mailto:mjclenent@teammnational.com)

### Oasis Wellness

3326 Aspen Grove Dr. #608

Franklin, TN 37067

[OasisWellnessTn.com](http://OasisWellnessTn.com)

615-778-1288

Here at Oasis Wellness our interest is your health. Our  
focus is to bring you non-drug, non-invasive solutions for a  
variety of problems. Our services include: Neurofeedback,  
ElectroDermal Screening, Microcurrent Facial Rejuvenation,

Cold Laser Therapy to Stop Smoking or Lose Weight, Detox  
Footbath, Far Infrared Sauna, and Organic Skin Care.

## BODYWORK/MASSAGE

### ACCELERATE HEALTH & WELLBEING

#### Sandra Marie, RN, LMT, Nationally Certified

615-426-3999

Rejuvenation Massage, Cranial Sacral Therapy, Acupressure/  
Energy Balancing, Lymph Drainage, Energy Healing with  
Reiki, Healing Touch, or Quantum Touch, FlorAlive Life  
Enhancement Therapy; Gift Certificates available; flexible  
schedule,  
[naturalhealthandwellbeing.net](http://naturalhealthandwellbeing.net)

### Balancing Act

#### Carol Martin, L.M.T.

615-292-4172

*Reflexology, energy work, muscle balancing. Certified, with 20  
years' experience.*

### Massage Envy

1731 Mallory Lane

Brentwood, TN

Phone 615-309-7575

[www.massagenvy.com](http://www.massagenvy.com)

A great massage for everybody

### John Minton, LMT, NCTMB

157A Belle Forest Circle, Bellevue

615-596-2564

[www.johnmintonmassage.blogspot.com](http://www.johnmintonmassage.blogspot.com)

Deep tissue, sports massage, stretching, injury recovery/  
prevention, carpal tunnel, Swedish \$70 per hr. \$90 per 90  
mins.

### LeMesa Jacques, LMT

2919 Berry Hill

Nashville, TN

615 944-3502

### NASHVILLE NEUROMUSCULAR CENTER

615-354-1700

95 White Bridge Road, #405

Nashville, TN 37205

\*Branch office: Nashville Integrated Medicine

2933 Berry Hill Drive

By appointment only.

[www.NNCueb.com](http://www.NNCueb.com)

Nashville's Trusted Specialists in Pain Relief

Neuromuscular Therapists, Fitness Trainers, & Physical  
Therapists working together for a Holistic Orthopedic  
approach

Services:

Clinical Therapeutic Massage

Postural Assessments

Posture/Fitness Corrective Exercise

Ergonomic Evaluations & Education

If you have pain or tension call us.

### Kelly Grounds, LMT, NCBMT, Reiki Master

#### The Healing Grounds

615-881-5527

I am certified in massage for the cancer patient and post  
surgery massage. I also offer reflexology, deep tissue mas-  
sage, lymphatic drainage, pre natal, Reiki, sports massage  
and chair massages for the busy executive. Ask about the  
summer specials!

### The Devi Clinic

2306 12th Avenue South, Nashville, TN 37204

615.383.9119

[www.thedeviclinic.com](http://www.thedeviclinic.com)

We offer several massage therapies including deep tissue,  
craniosacral, lymphatic drainage, acu-massage, pain man-  
agement and raindrop therapy featuring ☒Devi Essentials☒

essential oil blends. In other bodywork we also offer BodyMind Therapy incorporating Jin Shin Do® and Fascial Freedom. Please visit our website for a complete description of our many modalities.

#### **Joy Kanies, LMT**

615-478-0266

Cloud Nine Massage Therapy

Sage Healing Homeopathy

Belmont Area

## BOOKSTORES

#### **Cosmic Connections**

1701 Portland Ave.

Nashville, TN 37212

615-463-7677

Mon-Sat 10am-6pm

Closed Sundays

[www.yourcosmicconnections.com](http://www.yourcosmicconnections.com)

#### **Davis-Kidd Books**

4007 Hillsboro Road, Nashville, TN 37215

615-385-2645

#### **First Church Unity Bookstore**

5125 Franklin Road, Nashville, TN 37220

615-333-1323

Monday thru Thursday: 9am - 4pm

Sundays: 9am - 12:30pm

Metaphysical, Wellness, Conscious Living. If we don't have it, we can order it for you!

#### **Goddess and The Moon**

New Location

603 8th Ave. South

Nashville, TN 615 251-9833

## BOWEN THERAPY

#### **Deanna J Nady, RN, DSN**

#### **Highland Realm Health & Wellness Center**

931-285-2543

4411 Hampshire Pike

Hampshire, TN 38461

A non-invasive hands-on technique with gentle moves across muscles and nerve plexuses that creates a harmonic frequency. Works by binging the autonomic nervous system into balance. Effective for any muscular, skeletal or nerve imbalance, injury or chronic condition. Reduces stress and/or pain.

## BREATHWORKERS

#### **Breathworks**

#### **Juliana Ericson, LRT Certified Rebirther**

- 9 years experience

Trained by Sondra Ray, Margo Powell, Kelly Walden

615-482-3535 [www.BreathWorks.net](http://www.BreathWorks.net)

Breathing is responsible for 80% of our bodies' detoxification, yet most people only use 20 - 30% of their capacity. Rebirthing is a gentle and powerful type of psychotherapy which uses Creative Thought and conscious breathing to create powerful, yet gentle changes in people's lives. As we use the Rebirthing breath we pull in Life Force and push out negative mental mass. You'll feel God loving you at a cellular level. It feels wonderful! [www.BreathWorks.net](http://www.BreathWorks.net)

#### **CONSCIOUS BREATHING with Binji Elder, M.S.**

(615-356-2667 — [binjielder@bellsouth.net](mailto:binjielder@bellsouth.net))

Is a natural method for promoting physical well-being, emotional mastery and spiritual awareness. Breathwork can alleviate stress, assist with pain management and lower the blood pressure. Alone or in combination with therapeutic counseling, unlocking the miracle of the breath is a key to a life filled with increased vitality and health.

## CANCER SUPPORT THERAPY

#### **Health and Wellness Compounding Pharmacy**

Mark Binkley, D. Ph. Pharmacist/Chemist

329 21<sup>st</sup> Avenue North

Nashville, TN 37203

615-383-3784

Ovarian, Breast, Testicular, Prostate

We specialize in custom compounding

We will work with your Medical Practitioner in your car

## CHEF

#### **Chef Julie Cicero**

#### **Tastebuds a Personal Chef Service**

615-714-6409

#### **Shoshana Abraham**

#### **Personal Chef**

Vegan, Raw, Special Diets

615-943-3794

#### **Raw N Ready**

#### **Chef Tim Parkinson**

615-300-5012

Raw food prepared for you to pick up weekly

## CHIROPRACTIC

#### **Dr. Brent Davis**

#### **Davis Vital Health Center**

550 Rosedale Ave.

Nashville, TN 37211

615-780-5927

Where energy healing and spinal/cranial adjustments meet. Chiropractic is not generic! 24 years' experience integrating six of the most advanced chiropractic techniques so that your adjustments STAY corrected (including applied kinesiology and B.E.S.T.: bio-energetic synchronization technique). Co-therapy with herbs/nutrients/homeopathy. Call for a complimentary consultation.

#### **Dr Christopher May**

#### **Nashville Integrated Medicine**

2933 Berry Hill Dr, Nashville, TN 37204

Make your appointment online at [DoctorMay.net](http://DoctorMay.net)

615-220-0777

[c@doctormay.net](mailto:c@doctormay.net)

\$35 office Visit - Includes exam & treatment

#### **Dr David Mason**

#### **Mason Chiropractic Health & Wellness**

1441 New Highway 96 West, Suite 3

Franklin, TN 37064

615-794-9155 \* [www.masonchiro.net](http://www.masonchiro.net)

Dr Mason's approach to conservative healthcare includes spinal adjustments, cold laser therapy, Active Release Technique, core stability work, and whole food nutritional products. We are equipped with the latest diagnostics and have a massage therapist on staff. Schedule a complimentary consultation today or visit our website for more information.

#### **Total Health Integration**

#### **Dr. Christopher J. Motley**

#### **Clinical Kinesiology**

426 Cummins St., Franklin, TN 37064

615-507-4430

"We specialize in fixing muscles."

#### **Dr. Suman Chaudhuri**

#### **Karuna Center for Natural Healthcare**

2933 Berry Hill Drive, Bldg B

Nashville, TN 37204

615-500-4679

[www.karunacenter.com](http://www.karunacenter.com)

True health comes from proper awareness and activation of the healing force within. By utilizing gentle structural alignment, energetic balancing, natural remedies, and stress/lifestyle management, one experiences healing and lasting transformation at all levels. Understand why you are not well and then learn how to be well for your whole life!

#### **Airport Physiotherapy**

#### **Dr. Kevin L. Snead, D.C.**

#### **Dr. Charles D. Crutchfield, D.C.**

519 Donelson Pike, Suite 107

Nashville, TN 37214

615-8892040

Our goal is to help our patients get free of the symptoms with which they suffer, but even more important to help them correct the cause of those problems which lead to long term health and vitality.

## COACHING/COUNSELING

#### **Michelle Chalfant**

615-373-4655

[www.michellechalfant.com](http://www.michellechalfant.com)

WHO DO YOU WANT TO BE?

ARE YOU LIVING IT?

Using an eclectic blend of intuition, counseling and other spiritual practices, Michelle guides you into the life you have been waiting for in just a few sessions.

Michelle Chalfant is a Traditional Counselor and Life Coach who offers individual sessions, lectures and workshops.

In person or phone sessions available.

#### **Smooth Sailing**

#### **Mary J. Clement, Ph.D., JD/MSW**

615-206-1553

[www.bold-eagle.com](http://www.bold-eagle.com)

Assisting loved ones who prepare to pass over and/or those who stay behind.

#### **Kristina Giard, MAEd, Certified Mindful Coach**

#### **Certified Laughter Yoga Leader**

[Lifechangelifecoach@yahoo.com](mailto:Lifechangelifecoach@yahoo.com)

615 423-4230

I coach my clients to reach their full potential through all aspects of their life: socially, physically, intellectually, emotionally, spiritually & more. Available evenings & weekends. Most sessions by phone.

Certified Laughter Yoga Leader: available for group events/team building.

#### **Holistic Recovery Coaching**

#### **Michele Samelson, MSW,**

#### **Certified Addictions Specialist/Holistic Nutrition Educator**

615.513.8605

[www.holisticrecoverycoach.com](http://www.holisticrecoverycoach.com)

Helping Individuals Get Healthy Starting from the Inside to the Outside.

Call for a free consultation today!

#### **Harmony InsideOut**

#### **Kara Brackney CHHC Holistic Health Counseling**

[kara@harmonyinsideout.org](mailto:kara@harmonyinsideout.org)

(213) 327-9754 • [www.harmonyinsideout.com](http://www.harmonyinsideout.com)

Are you looking for someone to help you change the way you think about food? Are you fooled by fad diets? Would you like to understand your cravings... learn to cook healthy meals. Understand how to nurture yourself? I am food and lifestyle coach and one conversation could change your life... "You live in the world you tolerate"

## COLON HYDROTHERAPY

#### **Jill McClure, MS, CST, CHT**

#### **International Association for Colon Hydrotherapy**

#### **American Holistic Nurses Association**

(615) 482-0318

2819 Columbine Place, Suite 4, Berry Hill, 37204

Ionic Footbath and Infrared Sauna Therapies Available

#### **Cleansing Concept**

1304 Central Court

Hermitage, TN 37076 (Off Int. 40E, Exit 221B)

615-972-3663

(tell them you heard about them in Health & Wellness Magazine)

**Able Body Colonics**  
118 S. 11th Street, Nashville, TN 37206  
1-888-615-COLON 1-888-615-2656  
FDA Approved closed system HYDROSAN  
with disposables  
COUPONS ONLINE [www.ablebodycolonics.com](http://www.ablebodycolonics.com)  
Accept all major credit cards -009

### The Well-Being Nashville - Franklin - Los Angeles

Integrated Wellness From The Inside-Out  
Promoting Personalized Wellness Since 1995  
Colon Hydrotherapy using sterile, FDA Equipment  
Whole Body Detox Programs, Ionic Lymph Footbath,  
Far Infrared Sauna, Nutritional Therapies.  
Certified by I-ACT, American Holistic Nurses Assoc.  
Nashville Office - Berry Hill Area (615) 243-7091  
Franklin Office - Historic Downtown Area (615) 397-5625  
Please Visit Our Website [www.thewellbeingTN.com](http://www.thewellbeingTN.com)

## COLON HYGIENE

NATURAL INTERNAL HYGIENE, the organic way!  
Gravity Flow Method. Helen Wood Institute, with 21 years  
experience. Best price with packages available! Call now  
for more information at 615-662-4888 and ask for Debora  
Lee Meehan.

## COLON THERAPY

**Abundant Life Health & Wellness**  
Amy McCullough CCT, CHM  
Cert. Colon Hydrotherapist  
615-593-8007

Using closed system w/ disposables  
Get Healthy, Stay Balanced classes

### INNER HEALTH

**Linn Smith**  
Member of the International Association of Colon Therapy  
(615) 793-0134 or (615) 336-6109 cell, *Laverne TN*  
Using the safest FDA approved closed system with dis-  
posables. See why people are talking about the ultimate  
detoxification

### Well Waters

**Leah Benjamin, Certified Colon Hygienist**  
**Helen Wood Gravity Flow System**  
615-243-6951

Don't hold on anymore! Experience the ultimate energy  
work and physical detoxification: remove old waste matter!  
Remove the blocks keeping you from your birthright of  
purity and experience your ability to regenerate. Located in  
Franklin off Hillsboro Rd (Grassland area). Convenient to  
Green Hills, Brentwood, Bellvue, and Cool Springs (I-65).  
Series/package pricing. By appointment only. I look forward  
to working with you in your healing process. You will not  
be held back.

### In Harmony Wellness Center

1262 Old Hillsboro Rd. • Franklin, TN 37069  
(between Green Hills and Franklin)  
615-794-2151

[inharmonycenter@bellsouth.net](mailto:inharmonycenter@bellsouth.net)

In Harmony LLC is a professional integrative health and  
wellness center located in the Grassland Community  
between Nashville and Franklin, TN. Located at 1262 Old  
Hillsboro Road.

Janice Doochin, RN

Colon Hydrotherapy  
(FDA approved closed loop Dotolo system)

Far Infrared Sauna Therapy  
Migun Massage Bed  
Massage/Lymphatic Drainage  
Iridology

### The Well-Being Downtown Historic Franklin

120 3rd Ave. South, Franklin  
37069 (615) 397-5625

[www.thewellbeingtn.com](http://www.thewellbeingtn.com)

Colon Hydrotherapy, Whole Body Detox Programs, Hair  
Analysis, Ionic Footbath, I-ACT Certified Therapists, FDA  
Equipment.

### Natural Internal Hygiene The Organic Way

21 Years of Experience  
Best Prices  
Great Package Rates for Existing Clients  
Introductory Offer for New Clients  
Receive a FREE consultation  
CALL 615 662-4888  
[www.coloniclady.com](http://www.coloniclady.com)

## CRANIAL SACRAL THERAPY

### Mary Beth Crawford, LMT CST

(615) 347-6151

Gentle, noninvasive method of detection and correction  
that encourages your own natural healing mechanisms.  
Can help alleviate a range of illness, pain and dysfunction,  
including migraine, chronic pain, stress related problems,  
scoliosis, TMJ, and many other conditions. Bellevue and  
Green Hills locations.

### Sandra Marie, RN, LMT

615-426-3999; [naturalhealthandwellbeing.net](http://naturalhealthandwellbeing.net)

Cranial Sacral Therapy, Light-touch therapy helping to  
reduce stress and imbalances in the body;

## CSAs

### Jeff Poppen

#### Long Hungry Creek Farm CSA

P.O. Box 163, Red Boiling Springs, TN 37150

[jeff@barefootfarmer.com](mailto:jeff@barefootfarmer.com), or call: 615-699-2493

[www.barefootfarmer.com](http://www.barefootfarmer.com)

This farm, one of Tennessee's oldest and largest certified  
organic vegetable farms, is a 300 acre diversified biodynamic  
farm. Biodynamics was initiated in 1924 when Rudolf  
Steiner recommended we farm with compost, not artificial  
fertilizers, because the latter would tend to make our food  
less nutritious and our thinking and feeling more material-  
istic. Along with entirely practical methods for integrating  
soil, plants and animals into a self-sustaining farm entity,  
biodynamic gardeners and farmers work with the spiritual  
element by using special homeopathic preparations to create  
superb compost and the highest quality produce. Visit our  
website and get in touch with us to receive weekly produce  
seasonally from one of the best farms in Tennessee...space  
is limited.

## Death and Conscious Dying Work

### Anke Nowicki - Bioenergetic Researcher Sacred Psychology, Light and Color Therapy

615 500 7637

[lightpartner@earthlink.com](mailto:lightpartner@earthlink.com)

Can we perceive the countless illusions that separate us  
from directly relating to our mortality? In the Death Series  
we move into a profound and intimate relationship with  
death. The result is the experience of being fully alive now.  
The SRS Light Instrument is used in the training (see list-  
ing: Light and Color). Groups are now forming.

## DENTISTRY

### Ann Tucker, DDS

#### The Aesthetic Dental Center

8333 Sawyer Brown Road

Nashville, TN 37221

[www.dramntucker.com](http://www.dramntucker.com)

615-646-2944

## DETOXIFICATION

### Diane Del Chiaro, RCRT

#### Nutritional Balancing

(615)957-4682 / email: [ddelchiaro@bellsouth.net](mailto:ddelchiaro@bellsouth.net)

Q2 ionizing footbath was created to realign balance and  
enhance the bioenergetic levels in water that are then  
used by the cells of all living things. The Q2 assists the  
body in eliminating toxins and heavy metals.

### Dr. Brent Davis

#### Davis Vital Health Center

550 Rosedale Ave.

Nashville TN 37211

615-780-5927

The Ion Foot Bath is an amazing new way to  
IMMEDIATELY detoxify the body – draining toxins out  
of the congested lymphatic system into the footbath water.  
Combined with Dr. Davis' intestinal flora rejuvenation  
program to reduce internal toxicity, we see dramatic health  
benefits. Call for a complimentary lymph flow assessment.

### THE GODDESS AND THE MOON

#### Ionic Foot Bath Therapy

603 8<sup>th</sup> Ave. South

Nashville, TN

Detoxify your body painlessly. \$35 per session or 3 for \$90.  
For appointments call 615.251.9833.

### Healing Home

#### Angie Barberena

#### Sunlight Saunas Authorized Distributor

230 Franklin Road Suite 12 D

Franklin TN. 37064

615-423-5354

### Oasis Wellness

3326 Aspen Grove Dr. #608

Franklin, TN 37067

[OasisWellnessTn.com](http://OasisWellnessTn.com)

615-778-1288

Here at Oasis Wellness our interest is your health. Our  
focus is to bring you non-drug, non-invasive solutions for a  
variety of problems. Our services include: Neurofeedback,  
ElectroDermal Screening, Microcurrent Facial Rejuvenation,  
Cold Laser Therapy to Stop Smoking or Lose Weight, Detox  
Footbath, Far Infrared Sauna, and Organic Skin Care.

## DREAM INTERPRETATION

### Dr. Margaret M. Smith, Ed.D.

615-356-8886

[e-mail - drmsmith@yahoo.com](mailto:e-mail-drmsmith@yahoo.com)

Licensed Psychologist with 25 years experience. In one ses-  
sion you will learn a system for understanding your dreams.

## ENERGY HEALING

### Tisha Morris, Energy Healer

[www.mindbodyhome.net](http://www.mindbodyhome.net)

[tisha@mindbodyhome.net](mailto:tisha@mindbodyhome.net)

615.519.9995

Transformational Healing that works on the physical, emo-  
tional and mental levels to release the past and reclaim your  
soul.

## ENERGY TRANSFORMATION

### Access Energy Transformation

#### Deanna Iskowe, RN, BSN

615-479-4745; 615-370-5669

Clearing the Issues of Abuse. Freeing yourself from every  
form of Abuse you have ever experienced... Show up as the  
Infinite Being you are in a brand new way.

## ENERGY WORK/REIKI

### **Christopher Maltby** Miracle man, healing hands

615 424-1976  
email christophermaltb@aol.com  
www.healme2.com

Invite Christopher to your home or business

### **Sharon Kozy**

615-221-6145  
Barbara Brennan School of Healing Graduate  
Enhance your body's natural healing capability and deepen the connection with your true essence. Great success with humans and animals.

### **Camille Willson** Reiki Master Practitioner

Call 615 337-8002 to make an appointment  
Stress Relief, Wellness, Relaxation,  
Chakra Balancing for the body's optimal  
ability to renew itself. Buy a package of 5 sessions and receive the 6th one free - a \$60 value.

### **The Healing Grounds**

615-881-5527  
I am certified in massage for the cancer patient and post surgery massage. I also offer reflexology, deep tissue massage, lymphatic drainage, pre natal, Reiki, sports massage and chair massages for the busy executive. Ask about the summer specials!

### **Alexandra, Reiki Master Teacher** Angelic Master Reconnective Practitioner Heart Forgiveness/Core Health Practitioner

When you align with that which is already present, "has always been present," balance returns to the body. A consciousness shift is required, allowing your Superconscious to become conscious.  
All modalities are incorporated in each private session. 615-297-1082

### **Advanced Reiki Healing Classes**

Magical Journey Bookstore second and fourth Sunday 1:00-4:00

### **Eternal Heart**

Reiki Master, Jin Shin Jyutsu Practitioner  
Hand Crafted Metaphysical Jewelry & Wands  
(727) 455-3277 eternalheartbealing@gmail.com

Energetic Healing and Metaphysical Jewelry to help you heal your body and heart.

## ESSENTIAL OILS

### **Sabine E. Barnett** Young Living Independent Distributor #1303

(615) 714-4269  
Brentwood/Nashville, TN  
e-mail: sabineerica@bellsouth.net

Over 12 years experience with Young Living Essential Oils and the essential-oils enhanced products including: Thieves antibacterial products, Core Nutritional Supplements, NingXia Red Antioxidant Infusion, ART Skin Care, safe personal care products and much more. Offering private consultations, Raindrop Technique, classes on Essential Oil Basics and Healing Oils of the Bible.

### **Devi Essential, Inc.** Rudrani Devi, proprietor/CEO

615.269.9595  
www.deviessentials.com  
DEVI ESSENTIALS oil blends are designed to vibrationally open the channels within the physical and multidimensional bodies. They are 100% pure, tested essential oils providing optimum health benefits. Hand bottled by a licensed aromatherapist, these blends contain no synthetic fragrances, colors or preservatives. Visit our website for the complete line of essential oil products including oil blends, goat-milk soaps, bath salts and candles, all 100% pure.

You can find our complete line of products at The Devi Clinic, 2306 12th Avenue South, Nashville, TN 37204. Try before you buy with our testers for all 30 of our essential oil blends. Someone will be happy to muscle test you for the blend that's right for you! For more information, please contact The Devi Clinic at: 615.383.9119, or visit the website at: www.thedevclinic.com

## FITNESS FACILITIES

### **Baptist Health & Fitness Center**

2011 Church Street • Nashville, TN 37203  
615-329-5066

### **Centennial Sportsplex**

222 25th Ave North • Nashville, TN 37203  
615-862-8480

### **The Club At Bellevue**

130 Belle Forest Circle • Nashville, TN  
615-646-2357

### **The Club At Westside**

11 Vaughns Gap Road • Nashville, TN  
615-352-8500

## FLOWER ESSENCES

### **Dr. Brent Davis** Davis Vital Health Center

550 Rosedale Ave.  
Nashville, TN 37211  
615-780-5927

The FlorAlive™ method extracts flowers while they are still living and UNCUT, capturing much more healing life force in the remedy.

## HAIR ANALYSIS

### **Diane Del Chiaro, RCRT** Nutritional Balancing

(615)957-4682 / email: ddelchiaro@bellsouth.net

Why test for minerals? From a small sample of hair you can learn about your metabolic rate, stage of stress, immune system, blood sugar, adrenal and thyroid balance. Through nutritional balancing we help your body to come back into balance.

## HEALTH FOOD STORES

### **Eden's Bounty Natural Foods** Jody Zimmerman

247 Dickson Plaza, Dickson, TN 37055  
615-740-5660 - Business  
931-582-6537 - Home

Dried Fruits, Whole grains, Nuts, Herbs & Much More.  
Ask about bulk discount orders.

### **Harding Health Foods**

4649 Nolenville Road Nashville, TN 37211  
(Formerly Harding Mall Health Foods)  
615 834-3770

A full line of vitamin and Herbal supplements, beauty aids and some grocery items.  
Mon-Sat 10am-7pm

### **Healthfully Yours Nutrition Center** 3956 Lebanon Road, Hermitage, TN

615-883-3113  
Open Daily until 6:30 and Sunday 1-5  
Vitamins, Proteins, Herbs, Natural Foods

### **Len Rossi, N.D.** Len Rossi Health Foods

1605 Franklin Road • Brentwood, TN 37027  
615-373-9242

http://www.cdfnet.com/rossi

Email: lenrossi@cdfnet.com

Holistic Health Counselor • Product development  
Vitamins • Nutrition • Reflexology • Massage

### **OrbitCentral**

2601 Old Hickory Blvd.,  
Lakewood, TN 37138  
615-847-7773

### **Produce Place**

4000 Murphy Road, Nashville  
615-383-2664  
Produce • Groceries

### **Soteria Health Food Store** 130 Highway 76, White House, TN 37188

615-672-7087  
thevitaminstop@aol.com  
Vitamins, herbs, private label products & grocery items

### **Sunshine Nutrition Center**

621 S. Church Street  
Murfreesboro, TN 37130  
615-896-2972

### **Sunshine Nutrition Center II**

236 North Lowery Street  
Smyrna, TN 37167  
615-355-6890

### **The Turnip Truck**

970 Woodland St., Nashville, TN 37206  
615-650-3600

East Nashville's Healthy Grocer  
A Full Line of Groceries, Organic Produce, Health & Beauty Aids, Herbal Supplements & Vitamins

### **Whole Foods**

1735 Galleria Blvd., Franklin, TN  
615-778-1910

Visit us soon and feel the difference!

### **Whole Foods Market**

4201 Hillsboro Pike Nashville, TN 37215  
(Green Hills-formerly Wild Oats)  
615 440-5100

Visit us soon and feel the difference!

## HEALTHY HOMES

### **CDH Environmental Services, LLC** Karen Moore Josephson

615-497-3888

CDHenvironmental@aol.com

Mold identification and all natural treatment options.

### **Healing Home at The Factory** (Show room for Sunlight Saunas)

230 Franklin Road Suite 12D  
615 423-0355

www.healinghome.net

Shown to assist in weight loss, pain management, detoxification and stress reduction

## HOLISTIC HEALTH SERVICES

### **Franklin Health & Wellness Center**

426 Cummins Street Franklin, TN 37064  
615-790-1307 Call today for a session

We offer Reiki, Massage, Hypnotherapy, Skin Health, Acupuncture, Chiropractic & Kinesiology. All staff licensed & certified.

### **Oasis Wellness**

3326 Aspen Grove Dr. #608  
Franklin, TN 37067

OasisWellnessTn.com

615-778-1288

Here at Oasis Wellness our interest is your health. Our focus is to bring you non-drug, non-invasive solutions for a variety of problems. Our services include: Neurofeedback, ElectroDermal Screening, Microcurrent Facial Rejuvenation, Cold Laser Therapy to Stop Smoking or Lose Weight, Detox Footbath, Far Infrared Sauna, and Organic Skin Care.

## HOMEOPATHY

**Dr. Brent Davis**  
Davis Vital Health Center  
550 Rosedale Ave.  
Nashville, TN 37211  
615-780-5927

Dr. Davis completed two years of post graduate training at Samuel Hahnemann College of Homeopathic Medicine in Los Angeles (under the direction of highly acclaimed Dr. K.O. George from Kerala State, India). Dr. Davis uses homeopathic therapy in the context of his integrative healthcare model, The Four Pillars of Health & Diet.

### Nashville Center for Homeopathy

5621 Lenox Ave  
Nashville, TN 37209

[www.homeopathytennessee.com](http://www.homeopathytennessee.com)

**Carole Kroner CCH RSHom (NA)** 615 300 3639  
**Tanya Kell CCH RSHom (NA)** 615 477 2019  
**Kathy Zimmerman RN** 615 513 1770  
**Debi Hood RN** 615 319 5931

We specialise in the art and science of homeopathy, being certified by the national Council for Homeopathic Certification.

### Joy Kanies, LMT

615 478-0266  
Cloud Nine Massage Therapy  
Sage Healing Homeopathy  
Belmont Area

## HYPNOTHERAPY

### Claudia Prange, BS, CCHT, RM Certified Clinical Hypnotherapist & Energy Balancing

Franklin & Nashville—615-591-8938

Medical hypnosis, relaxation techniques, stress & pain management, guided imagery, regression. Connecting within for self-awareness, empowerment, and healing.

### Positive Solutions Hypnosis

**Sally T. Bracey, M.A., CHT**  
**Joellen O. Miles, R.N., CHT**  
639 E. Main Street, Suite 204  
Hendersonville, TN 37075  
615-826-9180

Stop Smoking • Lose Weight • Control Stress  
24-hour hypnosis information line, 615-826-9100  
Available for speaking engagements

### Bo Sebastian

Green Hill Healing Arts 615-386-7088  
The Evelyn Frye Center 615-385-4090  
Home office 615-445-8861  
You can also visit his website at [www.BoSebastian.com](http://www.BoSebastian.com).

### Pamela Winkler, PhD

**Educational Psychologist, Hypnotherapist**  
4525 Harding Road in Belle Meade, Nashville  
615-662-4592

All areas of Clinical Hypnotherapy-private sessions and corporate programs. Over 36 years experience-International Hypnosis Hall of Fame--Public speaker on self-empowerment & self healing.

## INFRARED SAUNA THERAPY

### Diane Del Chiaro, RCRT Natural Horizons

1110 Hillsboro Road, Ste. 110  
Franklin • 615- 591-4008

### Healing Home at The Factory (Show room for Sunlight Saunas)

230 Franklin Road Suite 12D  
615 423-0355

[www.healinghome.net](http://www.healinghome.net)

Shown to assist in weight loss, pain management, detoxification and stress reduction

### In Harmony For Wellness and Rejuvenation

1262 Old Hillsboro Rd. • Franklin, TN 37069  
(between Green Hills and Franklin)  
615-794-2151

[inharmonycenter@bellsouth.net](mailto:inharmonycenter@bellsouth.net)

Experience the health benefits of detoxification through our Far Infrared Sunlight Sauna. Our other detoxification services include Colonics, Iridology, Massage/Lymphatic Drainage, Migun Therapeutic Bed therapy, Nutritional Counseling, and Reconnective Healing.

### Oasis Wellness

3326 Aspen Grove Dr. #608  
Franklin, TN 37067  
[OasisWellnessTn.com](http://OasisWellnessTn.com)  
615-778-1288

Here at Oasis Wellness our interest is your health. Our focus is to bring you non-drug, non-invasive solutions for a variety of problems. Our services include: Neurofeedback, ElectroDermal Screening, Microcurrent Facial Rejuvenation, Cold Laser Therapy to Stop Smoking or Lose Weight, Detox Footbath, Far Infrared Sauna, and Organic Skin Care.

## INTEGRATED HEALTH CLINICS

### Nashville Integrated Medicine

J. David Forbes, MD  
2931 Berry Hill Dr., Ste. 100, Nashville, TN 37204  
615-385-7001

[www.nashvilleintegratedmedicine.com](http://www.nashvilleintegratedmedicine.com)

Stress & Wellness Management • Traditional Western Medicine • PEER® Therapy • Meditative Energetic Bodywork • Natural/Herbal/Nutritional Medicine

## IRIDODOLOGY

### Brenda Star, Iridologist Certified National Health Professional

2400 Crestmoor Dr.  
615-386-7011

[www.brendastar.org](http://www.brendastar.org)

As the pioneer of Iridology in the Nashville area, Brenda Star has become the most noted Iridologist in Tennessee. With 20 years in the field of Iridology and having studied thousands of eyes, Brenda has obtained the knowledge and experience to work with and bring about healing and restoration in most all health challenges.

## LAW/LEGAL & MEDIATION SERVICES

Call Forward Focus Mediation Services, PLLC for all your dispute resolution and legal needs. Trained experienced, local attorney-mediators at very reasonable rates offering quality mediation services for individuals going through divorce, business and community conflicts. Avoid litigation costs and resolve disputes with your family, neighbors, competitors, employees and others, holistically and with efficiency and integrity. Support for small businesses and individuals also available at extremely reasonable rates. Call Forward Focus for a FREE consultation (615) 236-1488 and visit [www.ForwardFocusMediation.com](http://www.ForwardFocusMediation.com) for more information. Conflict Management assessments and training also available for more peaceful work environments!

## LIGHT & COLOR THERAPY

### Anke Nowicki - Bioenergetic Researcher Light and Color Therapy, Sacred Psychology, Homeopathy

[lightpartner@earthlink.net](mailto:lightpartner@earthlink.net)  
615-500-7637

Anke combines Light & Color, Sacred Psychology and Homeopathy in her private practice. Her SRS Light Instrument bypasses the mind and decrystallizes old defense strategies. Her Sacred Psychology format is grounded in Alice Bailey's Ray Profile Analysis and Buddhist 5 Element Mandala work. She facilitates groups to access unresolved emotional issues and addictions through Light protocols and Inquiry.

## Lymphatic Drainage Massage

### Gena Kennedy, LMT

**Belle Forest Massage**  
157A Belle Forest Circle • Nashville, TN 37221  
306-0203

## MASSAGE

### Cumberland Institute of Holistic Therapies

615-370-9794 - [www.cumberlandinstitute.com](http://www.cumberlandinstitute.com)  
500 Wilson Pike Circle, Suite 121, Brentwood, TN 37027  
TN's oldest school of holistic therapeutic massage  
Self-paced 500-hour certification program  
Day or evening classes, Intern clinic onsite

### Healing Hands Massage Therapy

**Scott & Antoinette Baily**  
2200 21st Ave S, suite 409  
Nashville, TN 37212  
292-9270

In Business since 1992 Vandy Area  
Swedish massage, Neuromuscular Therapy, Spinal Reflex  
Analysis  
NOW ACCEPTING NEW CLIENTS

### Massage Envy

1731 Mallory Lane  
Brentwood, TN  
Phone 615-309-7575  
[www.massageenvy.com](http://www.massageenvy.com)  
A great massage for everybody

### The Lotus Center of Berry Hill

**Lemesa Jacques, LMT, NMT**  
615-944-3502 or 615-577-0995

Deep Tissue and Neuromuscular Certified  
Increased ROM, pain relief, deep relaxation, in a nurturing  
environment.  
Gift Certificates available.

### A Soothing Touch Therapeutic Massage

**Susan "Kelly" Sanders**  
2565 Seven Acres Rd, Pleasant View, TN 37146  
615-746-3500  
[www.Rejuven8byKelly.com](http://www.Rejuven8byKelly.com)

### The Devi Clinic

2306 12th Avenue South, Nashville, TN 37204  
615.383.9119  
[www.thedevclinic.com](http://www.thedevclinic.com)

We offer several massage therapies including deep tissue, craniosacral, lymphatic drainage, acu-massage, pain management and raindrop therapy featuring Devi Essentials essential oil blends. Please visit our website for a complete description of our massage therapies.

### Scott Isaacs, LMT

### Licensed Massage Therapist

615 423-4576  
615 799-2047

Stress Reduction, pain relief, relaxation, chair massage  
Body Renewal

## MEDITATION

### Shambhala Meditation Group of Nashville Creating Enlightened Society

[www.shambhala.org/center/nashville](http://www.shambhala.org/center/nashville)  
[nashville.sangha@comcast.net](mailto:nashville.sangha@comcast.net) 262-2895  
12South Dharma Center  
2301 12th Ave. So., rear upstairs 007

### Spiritual Meditation

### Louise Mallory-Elliott, Ph.D.

615-792-4790 • [mallell@email.msn.com](mailto:mallell@email.msn.com)

Experience an unprecedented quantum jump in upper-chakra activation.

## Innerlight Meditation

### Lee & Carol Martin, 30+ years experience

(615) 292-4172 - [Lealand419@hotmail.com](mailto:Lealand419@hotmail.com)

An East-West blend of traditional and modern approaches, including in-depth work with the human energy system. Classes and seminars for beginners and experienced students.

## Synchronicity Contemporary High-Tech Meditation & Holistic Lifestyle

[www.synchronicity.org](http://www.synchronicity.org)

[www.rudranidevi.com](http://www.rudranidevi.com)

615.269.9595 • [rudrani@comcast.net](mailto:rudrani@comcast.net)

The 'Synchronicity Experience' is the ideal approach to the ancient art of meditation. It utilizes precision sonic technology embedded in musical meditation soundtracks that meditate you while you listen. Created by Master Charles Cannon, an authentic modern mystic and Master of Meditation, this 'high-tech' version delivers holistic awareness quickly and consistently. Weekly classes are held in Yoga Source and Balance Bodyworks. First class is free.

## The Devi Clinic

2306 12th Avenue South, Nashville, TN 37204

615.383.9119

[www.thedevclinic.com](http://www.thedevclinic.com)

[www.synchronicity.org](http://www.synchronicity.org)

615.269.9598

The Synchronicity Experience is the ideal approach to the ancient art of meditation. It utilizes precision sonic technology embedded in musical meditation soundtracks that meditate you while you listen. Created by Master Charles Canon, this 'high-tech' version delivers holistic awareness quickly and consistently. Several classes are offered throughout the week. Please check the website for the class and workshop schedules.

## MEN'S HEALTH

## Heath and Wellness Compounding Pharmacy

### Mark Binkley, D. Ph. Pharmacist/Chemist

329 21<sup>st</sup> Avenue North

Nashville, TN 37203

615-383-3784

Andropause (Male hormone decline), Hormone Saliva Testing, Prostate care, Erectile Dysfunction, Hormone, Thyroid, Adrenal and Nutritional Consultations

We specialize in custom compounding

We will work with your Medical Practitioner in your care

## NEW AGE CENTER

## Cosmic Connections

1701 Portland Avenue, behind Belmont University

Nashville, TN 37203

615-463-7677 [www.yourcosmicconnections.com](http://www.yourcosmicconnections.com)

We have a variety of classes, workshops, meetings, and services daily. Come and check us out!

## NUTRITION

## Diane Del Chiaro, RCRT

### Nutritional Balancing

(615)957-4682 / email: [ddelchiaro@bellsouth.net](mailto:ddelchiaro@bellsouth.net)

## The Herbal Heart and Healing Hands

615-292-9200 [theherbalheart@myisp.com](mailto:theherbalheart@myisp.com)

Independent Distributor of Nature's Sunshine Products. Full line of Capsulated Herbs, Vitamin, Minerals, Homeopathics, Aromatherapy, Hair & Skin Products, Children's Herbs & Liquid Herbs. We have Crystals, Books, Incense, Ear Candles and offer Energy Healing as well.

## ORGANIC FARMS

## Franklin Farmer's Market at The Factory

230 Franklin Rd., Franklin, TN

615-595-0511

[franklinfarmersmkt@comcast.net](mailto:franklinfarmersmkt@comcast.net)

Fresh produce from local Tennessee farmers.

## Jeff Poppen

### Long Hungry Creek Farm CSA

P.O. Box 163, Red Boiling Springs, TN 37150

[jeff@barefootfarmer.com](mailto:jeff@barefootfarmer.com), or call: 615-699-2493

[www.barefootfarmer.com](http://www.barefootfarmer.com)

This farm, one of Tennessee's oldest and largest certified organic vegetable farms, is a 300 acre diversified biodynamic farm. Biodynamics was initiated in 1924 when Rudolf Steiner recommended we farm with compost, not artificial fertilizers, because the latter would tend to make our food less nutritious and our thinking and feeling more materialistic. Along with entirely practical methods for integrating soil, plants and animals into a self-sustaining farm entity, biodynamic gardeners and farmers work with the spiritual element by using special homeopathic preparations to create superb compost and the highest quality produce. Visit our website and get in touch with us to receive weekly produce seasonally from one of the best farms in Tennessee...space is limited.

## ORGANIZING FOR YOUR HEALTH

### EZ Organizing - Ellen R. Zucker

#### ORGANIZING FOR YOUR HEALTH

615-400-7229 • [www.ezorganizing.com](http://www.ezorganizing.com)

Overwhelmed and don't know where to start? Organizing made e z. One on one motivational consultations and hands-on organizing will help to simplify your life-style. Learn to declutter & gain peace of mind. Encouraging families to spend time together and work as a team. Gift certificates available. Give the gift of organizing. Member of NAPO, NAPO Nashville

## PERSONAL TRAINERS

## Bella Fitness Training

615-497-5541

In-Home Personal Training

Free Consultation

## PHYSICAL THERAPY

## Karen Pryor, PhD, PT

### Holistic Physical Therapist

#### Health Sphere Wellness Center, LLC

5054 Thoroughbred Ln, Brentwood, TN 615-376-7876

1589 Sparta St Ste 205 McMinnville, TN 931-815-0005

[www.Health-Sphere.net](http://www.Health-Sphere.net)

## Airport Physiotherapy

### Dr. Kevin L. Snead, D.C.

### Dr. Charles D. Crutchfield, D.C.

519 Donelson Pike, Suite 107

Nashville, TN 37214

615-8892040

Our goal is to help our patients get free of the symptoms with which they suffer, but even more important to help them correct the cause of those problems which lead to long term health and vitality.

## PHYSICIANS

## Nashville Integrated Medicine - J. David Forbes, MD

2931 Berry Hill Dr., Ste. 100 Nashville, TN 37204

615-385-7001

[www.nashvilleintegratedmedicine.com](http://www.nashvilleintegratedmedicine.com)

Stress & Wellness Management • Traditional Western Medicine • PEER® Therapy • Meditative Energetic Bodywork • Natural/Herbal/Nutritional Medicine

## The Plastic Surgery Center of Nashville

### Mary Gingress, M.D.

1915 State Street, Nashville, TN

615-329-3900

[www.theplasticsurgerycenterofnashville.com](http://www.theplasticsurgerycenterofnashville.com)

## Stephanie Mouton Reed, MD - Centre Energique

[www.CentreEnergieque.com](http://www.CentreEnergieque.com)

4219 Hillsboro Road, Suite 338

615-347-1036 615-297-6838

Integrative Medicine • Acupuncture • Energy Healing • Ionic Foot Bath • Light Beam Generator • Lymphatic

Cleanse • Clinical Nutrition • Aromatherapy Treatments • American Bd. of Holistic Medicine • Clinical Nutrition • Anesthesiology

## Holistic Growth Center at NIMA

211 22nd Ave., N, Nashville

615-340-3430

[www.nimamedspa.com](http://www.nimamedspa.com)

We are an integrative wellness center that blends conventional medicine with holistic and complementary medicine. We specialize in health and prevention of disease as well as integrative management of disease, vitamin therapy, bio identical hormones for female menopause, nutritional medicine - disease specific diets, weight management, male menopause or andropause, emotional discontent, pain management and anti-aging.

## PSYCHOTHERAPY

## Linda Odom, Ph.D.

### Clinical Psychologist

3515 Stokesmont Rd., Nashville, TN 37215

615-385-2550

Psychotherapy in a spiritual context. Special interest in dreamwork.

## Binji Elder

615-662-8000

[binjielder@bellsouth.net](mailto:binjielder@bellsouth.net)

Breath-centered therapy to access and heal self-limiting patterns and emotions, allowing one's authentic self to emerge and leading to emotional mastery and spiritual awareness.

## Sandra Wills, LPC/MHSP

### Personal Growth Counseling Center

8120 Sawyer Brown Road Suite 108 B

Nashville, TN 37221

615 423-0605

Now accepting new clients, Individuals, Couples & Group Evening and Weekend appointments available.

## QIGONG

## Jan Kendy, Reiki Master,

### Certified Tai Chi Instructor

615/426-0993

Get your energy flowing! Clear out the stress & learn to relax! Private sessions & group classes at two Nashville locations.

## J. Michael Wood, Master of Medical Qigong

Nashville - 615-366-8940 or [jmichaelwood@comcast.net](mailto:jmichaelwood@comcast.net)

Specializing in Chinese Energetic Medicine. Private treatments for chronic diseases.

Medical Qigong & Breathwork Seminars, Certification Classes, & CEU's for Massage Therapists.

## REFLEXOLOGY

## Balancing Act

### Carol Martin, LMT

Green Hills, Nashville, TN

615-292-4172

25 years experience

Reflexology • Energy Work • Muscle Balancing

Touch for Health • Physiological Massage

Brain Integration • Stress Reduction

Yoga & Meditation

## Diane Del Chiaro, RCRT

### Nutritional Balancing

(615)957-4682 / email: [ddelchiaro@bellsouth.net](mailto:ddelchiaro@bellsouth.net)

## Peace On The Hill Reflexology

### Gaia Tossing, RCR, Certified Reflexologist

[www.peaceonthehill.com](http://www.peaceonthehill.com)

Nashville/Brentwood/Green Hills

(615)496-3366

Advanced Reflexology Technique, Original Ingham Method, Vitaflex, ReflexEssential Aromatherapy, Detox Ion Foot Bath. Member AMTA, RAA IIR, 20+ yrs. exp. New convenient office location in the Hobbs Bldg., 4219

Hillsboro Rd., Ste. 342, Green Hills. "The feet are nature's pathway to health."

**Wendy Vermeulen**  
**Intuitive Healer - Reiki Master**

615 430 2687

<http://www.intuitiveenergyhealing.com>

Wendy uses Reiki in combination with her intuitive gifts to offer energy and information that promotes physical, mental, emotional and spiritual healing. Wendy lets her hands travel your body to find the places that need healing. She will share and discuss with you any intuitive information that comes up along the way so that you may use this information for your own healing process.

**Anne Ralston, RCR**

[www.EssentialReflexology.com](http://www.EssentialReflexology.com)

615-715-8449 Located in Franklin

Foot & Hand Reflexology, Maternity Reflexology, Aromatherapy

## REIKI

**Jan Kendy, Reiki Master,**  
**Certified Tai Chi Instructor**

615/426-0993

Get your energy flowing! Clear out the stress & learn to relax! Private sessions & group classes at two Nashville locations.

## RESTAURANTS

**Sitar Indian Restaurant**

116 21st Ave. N, Nashville, TN • 615-321-8889

Offering great vegetarian dishes!

**Las Maracas Mexican Restaurant**

Belle Meade 4520 Harding Road

615-783-0555

3 locations Belle Meade - Inglewood - Whitehouse  
Fish and Seafood and Vegetarian Menu as well! Delicious!

**Goldie's Deli**

4501 Murphy Road in Sylvan Park

615 292-3589

Best Chicken Soup in the world!

Kosher

## ROLFING

**Randy Mack, Advanced Certified Rolfer**

Berry Hill

615-342-0095

[randy@randymack.com](mailto:randy@randymack.com)

\$75 Introductory Consultation and Session

Rolfing is a reliable way to reduce chronic pain and tension while improving your posture. It accomplishes this by firmly yet gently manipulating your body's ligaments, tendons, and fascia. You'll stand straighter, move easier and feel better. Randy has had over 25 years' experience as a Rolfer.

## SOUND THERAPY

**Elaine Bennett**

2110 Sue Lane, Spring Hill, TN 37174

931-451-1270

Vo-Cal 360 makes up a map of frequencies in your voice. Emotional healing occurs as missing frequencies are added. Inherited and acquired dysfunctional emotional patterns are addressed and balanced. You become unstuck.

Call Elaine Bennett, M.S. Psychotherapist at 931-451-1270

Call Suzi Ambar-Worrell, Reiki Master at 615-799-0813

## SPIRITUAL HELP & ORGANIZATIONS

**Louise Mallory-Elliott, Ph.D.**

**Spiritual Solutions/Christ Consciousness Classes**

615-792-4790 • [mallell@email.msn.com](mailto:mallell@email.msn.com)

Real Life, Real Results, Spiritual Mentoring.

End the Confusion, Weariness, Anxiety & Pain.

Telephone consultations available.

**ISHA Yoga**

866-424-ISHA (4742)

[www.ishayoga.org](http://www.ishayoga.org)

Isha yoga offers meditation, the transmission of an ancient energy base yoga practice, and the presence of renowned south Indian yogi Sadhguru Jaggi Vasudev. Practices are carefully designed to rapidly accelerate one's spiritual growth, as well as mind, body, and emotional well-being. To receive a notice when the next class is scheduled in Nashville, please call 866-424-ISHA (4742).

**Nashville Center for Spiritual Living**  
**(formerly Religious Science of Nashville)**

6705 Charlotte Pike

Nashville, TN 37209

Phone: 615-356-0174 • Fax: 615-356-4571

Prayer Treatment Line: 615-356-4572

Office and bookstore open:

Sun - 8am - 3:30pm

Monday - Thursday 9am - 4:30pm

Sunday Services: 9:00 & 11:00am

**First Church Unity Institute For Metaphysical Studies**

5125 Franklin Road, Nashville, TN 37220

615-333-1323

**MUSIC CITY CENTER FOR SPIRITUAL LIVING**

COURTYARD MARRIOTT

in Brentwood 103 East Park Dr.

(across from O'Charley's in Maryland Farms)

Phone: 615-662-5539

email: [thewoodysmusic@comcast.net](mailto:thewoodysmusic@comcast.net)

SUNDAY Mornings at 10:30am

Guided Meditation

Inspirational Readings

Song & Sermon

Website: [MusicCityCenterForSpiritualLiving.com](http://MusicCityCenterForSpiritualLiving.com)

Religious Science International/Rev.'s Dyan & Michael

Woody

**Unity Church for Positive Living**

4319 Saundersville Road

Old Hickory, TN 37238

615-847-7480 • [www.unitynashville.org](http://www.unitynashville.org)

• Sunday Services: 8:45 AM and 10:45 AM

• Spiritual Counseling

• Course In Miracles

• Wednesday Evening Classes

## STRESS MANAGEMENT

**Jo Ann F. Bibb, MS**

**In Harmony, For Wellness and Rejuvenation**

1262 Old Hillsboro Rd. - Franklin, Tn. 37069

615-339-5857 or 615-7942151

[jfbibb@aol.com](mailto:jfbibb@aol.com)

In individual and/or group sessions the student learns skills that support an easeful way to "Live Life".

Jo Ann F. Bibb has a masters degree in Rehabilitative Counseling and was trained by Harvard Medical Mind-Body program. She is a certified Alexander Technique teacher and a certified yoga instructor.

## STRUCTURAL INTEGRATION

**MARY ALICE FELDER, LMT**

615-260-1929

[www.maryalicefelder.com](http://www.maryalicefelder.com)

Is your body at war with gravity? Have you tried many different types of therapy with little or no lasting results? Experience improved balance, posture, and a greater sense of well-being through Structural Integration.

"When the body gets working appropriately, the force of gravity can flow through. Then spontaneously the body heals itself." - Ida P. Rolf, PH.D.

**Higher Octave Bodywork**

**Brant C.V. Keany, LMT**

2510 White Ave., Berry Hill, TN 37204

615 386-3337

Are you Tuned up enough for Music City? Do you spend more \$ on your car than on yourself? Fire equally on all

cylinders and transform your relationship with the most powerful physical force of your life GRAVITY! Preventative maintenance packages available.

## SUNLIGHT SAUNA

**The Devi Clinic**

2306 12th Avenue South, Nashville, TN 37204

615.383.9119

[www.thedeviclinic.com](http://www.thedeviclinic.com)

Enjoy the benefits: detoxification, relaxation, Pain Relief, weight loss, lowers blood pressure, improves blood circulation and skin purification. Scientific evidence shows that far infrared heat therapy, the type of a Sunlight Sauna generates, helps the body to maintain healthy levels of cortisol.

## T'AI-CHI CH'UAN

**Chinese Ch'uan Systems International**

615-662-1171

Since 1976 Nashville's leading school of T'ai-chi Ch'uan • By appointment only.

Authentic classical training in the art of T'ai-chi (the Supreme Ultimate), meditation and total relaxation in movement. Master Teacher with over 40 years experience. No minors, contracts, tournaments, or special uniforms. One class-hour per week. Inquire about our classes in scientific Chinese Street Fighting for Self-Defense. We start you out where all others leave off!

**Jan Kendy, Reiki Master,**  
**Certified Tai Chi Instructor**

615/426-0993

Get your energy flowing! Clear out the stress & learn to relax! Private sessions & group classes.

## TESLA LIGHTS

The Lights are here!

Technology with consciousness.

\*Detoxifies by raising cell voltage down to the DNA

\*Anti Aging

\*Reduces Pain

\*Adjunct to Alternative Healing

\*Personal Holistic Fitness

Call now for more information, package prices available.

615-662-4888, ask for Lee.

## TRANSFORMATIONAL ENERGY

**Tania Smith - Certified Hypnotherapist**

615.948.0097 or [empoweryourlife@comcast.net](mailto:empoweryourlife@comcast.net)

Re-empower your life through a combination of hypnotherapy, reiki, and focused intention.

## VIBRATIONAL HEALING

**The Devi Clinic**

2306 12th Avenue South, Nashville, TN 37204

615.383.9119

[www.thedeviclinic.com](http://www.thedeviclinic.com)

Life Alignment Technique® (formerly Body Alignment Technique®) incorporates Vibrational Healing techniques that assess the body's bio-computer to identify, locate and correct energy imbalances. This method of healing facilitates the release of energetic and emotional blockages from the physical and subtle bodies, assisting in the experience of self-empowerment and self-awareness. Within the balance, certified vibrational healer and medical intuitive, Rudrani Devi, identifies and corrects the cause of the imbalances at the energetic level thus having an immediate and direct effect on the physical body. As the body is approached as a whole, this healing modality assists in aligning the many seemingly disconnected parts to function as one. All appointments are held in an atmosphere of mutual respect and ease with the client fully clothed. This work may also be conducted by remote.

## WATER PURIFIERS

### **Berkey® Water Purifiers Smart Health, Inc.**

*TheSmartHealth.com*  
615-712-9174

Removes Pathogens, Toxic Metals & Chemicals Berkey Systems are capable of purifying both treated & untreated raw water from sources as remote lakes, streams, stagnant ponds & water supplies in foreign countries. A must in normal & hostile environments where electricity, water pressure and/or treated water aren't available.

## WOMEN'S HEALTH

### **Heath and Wellness Compounding Pharmacy Mark Binkley, D. Ph. Pharmacist/Chemist**

*329 21<sup>st</sup> Avenue North  
Nashville, TN 37203*

615-383-3784  
Bio-Identical Hormone Replacement (Natural BHRT)  
Hormone Saliva Testing, Adolescents through Menopause  
Hormone, Thyroid, Adrenal, and Nutritional  
Consultations

We specialize in custom compounding  
We will work with your Medical Practitioner in your care

### **Nurturing the Mother Sandra Marie, RN,LMT,Nationally Certified**

*615-426-3999*

Pregnancy Massage, Fertility Massage,  
Postpartum Massage, PMS Release, Infant Massage Classes  
for parents

**The Menopause Center at Baptist Hospital**  
**Larry D. Gurley, MD, Medical Director**  
**Jenny B. Verner, MSN, RNC**  
*300 20th Ave. North, Suite 102  
On the campus of Baptist Hospital  
615-284-1500*

*themenopausecenter.com*

- Fine Tuning of Hormone Therapy
- Alternative Menopause Treatments
- Treatment of Bladder Control Problems

## YOGA

**One 2 Yoga Studio**  
**Jan Thrasher, Certified Yoga Instructor**  
*211 Donelson Pike, Nashville, TN 37214  
615-884-9021*

*www.one2yoga.com*

Convenient to Donelson, Hermitage, Mt. Juliet & Lebanon.  
Classes for all levels. Private instruction available.

### **"Journeying Toward Wholeness"**

**Julie Russell**

*615-831-0440 JulieRussell.org*

Julie is an experienced teacher of Yoga and T'ai Chi; in classes and privately, for all ages. She teaches in Nashville, Dragon park and the Martin Senior Center in Brentwood. Workshops in The Painting Journal™ are offered during the year.

### **The Devi Clinic**

*2306 12th Avenue South, Nashville, TN 37204*

*615.383.9119*

*www.thedeviclinic.com*

We offer several types of yoga including, Yin Yoga, Vinyasa Yin, Vinyasa Flow and Mysore Astanga Yoga. We also offer private one-on-one and semi-private instruction. Please visit our website for class schedules and additional information.

ARE YOU  
REACHING  
YOUR  
TARGETED  
MARKET..

To list your business in  
the directory listings  
call

**615-356-8404**