

Complimentary
Please Take One

First Edition
April - September, 2014

Tri~Cities Natural Health & Wellness Connection *Resources Directory*

Your Complete, Trustworthy Source for
Local, Natural Health & Wellness
~ Education ~ Practitioners ~ Services ~ Products ~

Look Inside...for the Tools to
Take Control of Your
Happiness, Health and Wellbeing!



Acupuncture
Alternative Medicine
BioFeedback
Body Work
Books ~ Audios ~ Videos
Calendar of Events
Children's Health
Chiropractic
Classes ~ Workshops
Complementary Therapies
Counseling
Healthy Foods ~ Nutrition
Energy Therapy
Essential Oils
Green Products & Services
Maintaining Youthfulness
Massage Therapy
Natural Beauty
Natural Supplements
Pet Health
Retreats & Get-Aways
Spiritual Development

Published by
O.P. Publishing

NATURAL FOODS MARKET

... your healthy choice since 1981



HEALTH ADVISORS
 Whole Food Supplements
 Personalized Guidance
 Natural Medicines

PERSONAL CARE
 Food for the Skin
 Aromatherapy Oils
 Natural Hair Care



SPECIALTY FOODS
 Wheat & Gluten-free Foods
 Low-glycemic Sweeteners
 Dairy-free Alternatives
 Vegetarian & Vegan



NATURAL PET CARE
 Allergen-free Ingredients
 Human-grade Foods
 Pet Supplements
 Tasty Treats

LOCAL & ORGANIC
 Bulk Foods & Herbs
 Grass-fed Beef
 Raw Honey
 Local Eggs

Locally-Owned for 33 Years!
 Your Satisfaction Is Always Guaranteed...



3211 Peoples St., Suite 74
 Johnson City, TN 37604

www.NFMonline.com

Mon - Sat 10am - 8 pm
 Sun 1 pm - 5 pm

423-610-1000












BACK TO BASICS

Wellness Solutions

MASSAGE THERAPY  SKIN CARE

Facials Waxing

-  Back to Basics Facials
-  Rejuvenating Lemon Treatments
-  Purifying Acne Treatments
-  Gentlemen's Facial
-  Deep Back Cleanse
-  Extreme Extraction Cleansing
-  Microdermabrasion/Glycolic Peels/Lactic Peels
-  Eyelash Tint
-  Eyebrow Tint

2613 E. Center Street, Kingsport, TN 37664
423-245-2225 www.imassage4u.com

Table of Contents

<u>Abingdon Foot & Ankle - Clinic Drs. Brian Mazzei and Renee Mason ...</u>	<u>6</u>
<u>Ageless Skin & Laser Center - Seth McLaughlin</u>	<u>10</u>
<u>Back to Basics - Margaret Helms</u>	<u>Inside Front Page</u>
<u>Balanced Lives Resources - Ann Marie Byars</u>	<u>4</u>
<u>BASIC LISTINGS</u>	<u>7, 9, & 11</u>
<u>Bouton Acupuncture - Michelle Bouton</u>	<u>Outside Back Cover</u>
<u>CALENDAR OF EVENTS</u>	<u>11</u>
<u>CLASSIFICATIONS</u>	<u>5 - 6</u>
<u>Essential Health Massage - Cheryl Merriken</u>	<u>12</u>
<u>Healing Meals - Jennifer Raichlin</u>	<u>13</u>
<u>Healing Waters Day Spa & Salon - Gloria Striker</u>	<u>13</u>
<u>Hyatt, Jamie - Young Living Essential Oils & CARE.....</u>	<u>4</u>
<u>Lageman, August, PhD. - Healer, Shaman</u>	<u>6</u>
<u>LifeLight Chiropractic Wellness - Dr. Scott Vautrin</u>	<u>Inside Back Cover</u>
<u>LiveYourFairytale.com - Dr. Mitzi Collins</u>	<u>14</u>
<u>Natural Foods Market - Patsy Meridith</u>	<u>Inside Front Cover</u>
<u>ShearElegance Day Spa & Salon</u>	<u>5</u>
<u>Tri-Cities Natural Health & Wellness EXPO</u>	<u>8</u>
<u>Tri-CitiesEvents.com</u>	<u>8</u>
<u>Vaughn, Scott Douglas - Intuitive Reader/Intuitive Healer</u>	<u>13</u>



A Very
Special
Thank You
To

Troy
Bramlett

The Spa
Difference

Kingsport
TN



<https://www.youngliving.org/jamille>
JamieHyatt109@gmail.com
 423-323-8319

YOUNG LIVING®
 ESSENTIAL OILS

Therapeutic Grade Essential Oils



Center for Aromatherapy Research & Education

Classes and Seminars

Up to 25 CEU's approved by NCBTNB

~ Applied Vitaflex ~ Raindrop Technique
 ~ Essential Oil Chemistry ~ Healing Oils of the Bible
 ~ Science and Art of Aromatherapy
 ~ Emotional Release by Touch and Aroma

Contact Jamie Hyatt For Schedules or Information
 About Certification or Therapeutic Grade Essential Oils



Jamie Hyatt
 RN, FCCI, BCRS
 Young Living®
 Independent Distributor
 Certified Raindrop Practitioner
 Board Certified Raindrop
 Specialist
 Public Speaker/Teacher

nutraMetrix® Health Solutions Provider

BALANCED LIVES RESOURCES
 Unique Beauty, Health and Wellness Solutions

436 Oakmont Drive
 Kingsport, TN 37663
 Office: (423) 239-5628
 Cell: (423) 782-7440

Ann Marie Byars
 Medicine Woman, GHT, HHP

Email: ambyars@charter.net
 Shopping: www.AnnByars.com
www.BalancedLivesRs.com

BALANCED LIVES RESOURCES
 Unique Beauty, Health and Wellness Solutions

- Holographic Health Assessments, *HHP*
- Hypnotherapy, *GHT*
- Natural Weight Loss Programs, *TLS Coach*
- nutraMetrix® Solutions for Health Professionals
- Reiki Classes and Treatments, *Usui Reiki Master Teacher*
- Traditional and Non-Traditional Wedding Ceremonies, *Officiant*
- Custom Blended Mineral Cosmetics, Camouflage Cosmetics, Skincare
- Isotonic Nutritional Supplements, Herbal Supplements, Essential Oils
- Stress-Free Shopping with CA\$H BACK - www.annbyars.com

www.BalancedLivesRs.com

DISCLAIMER: Tri-Cities Natural Health & Wellness Connection is published by [O. P. Publishing](#), P.O. Box 6142, Johnson City, TN 37602. Inclusion in this resource directory does not constitute a recommendation by O. P. Publishing or Dr. Mitzi Collins. Resources in this directory are not intended to replace professional medical attention. We strive for accuracy, however, we cannot be held responsible for errors or omissions. We reserve the right to edit and to refuse any advertising we feel is not in line with the purpose of this publication.

CLASSIFICATION LISTINGS

BASIC LISTINGS PAGES 7, 9, & 11

CALENDAR LISTINGS ON PAGE 11

ACUPUNCTURE

Danda, Patricia, M.A, M.Ac. O.M, L.Ac. - New Paradigms Health Care - See Basic Listing
113 East Unaka Avenue, Johnson City, TN 37601
Phone: 423-928-9394

BIOFEEDBACK

PureLife Chiropractic - Dr. Christina Christiansen - See Basic Listing
217 E. Springbrook Drive, Suite #1, Johnson City, TN 37601
2020 Meadowview Parkway, Suite 110, Kingsport, TN 37660
Ph: (JC) 423-434-2080 Fax: 423-434-2185
Website: PureLife.Chiro.com

CHIROPRACTIC

PureLife Chiropractic - Dr. Christina Christiansen - See Basic Listing
217 E. Springbrook Drive, Suite #1, Johnson City, TN 37601
2020 Meadowview Parkway, Suite 110, Kingsport, TN 37660
Ph: (JC) 423-434-2080 Fax: 423-434-2185
Website: PureLife.Chiro.com

COUNSELING

Spirit of the Day Astrology - John Finessee Whitaker - See Basic Listing
PH: 423-341-2425, Johnson City, TN
E-mail: SpiritOfTheDayAstrology@gmail.com
Website: SpiritOfTheDayAstrology.wordpress.com

ENERGY HEALING - ENERGY THERAPY

LiveYourFairytale.com - Dr. Mitzi Collins, Spiritual Teacher, Energy Therapist, Healer, Spiritual Counselor, Author-See Basic Listing & Display Pg. 11
P.O. Box 6142, Johnson City, TN 37602
PH: 423-943-4307
Email: Mitzi@LiveYourFairytale.com
Website: LiveYourFairytale.com



Shear Elegance
Salon & Day Spa

2302 E. Center St.
Kingsport, TN 37664
(423) 245-9512

ShearEleganceKpt.com
Therapeutic Massage

EXPOS - CALENDAR OF EVENTS

O.P. Publishing - Dr. Mitzi Collins, Publisher - See Basic Listing and Display Ad Pg. 8
P.O. Box 6142, Johnson City, TN 37602
PH: 423-943-4307 E-mail: Mitzi@OP-Publishing.com
Website: www.OP-Publishing.com
Website: www.NaturalHealthWellnessConnection.com

HOLISTIC MEDICINE

Ageless Skin & Laser Center - Seth McLaughlin, FNP-BC LMT CPhT - See Basic Listing & Display Ad Pg 10
303 Med Tech Pkwy, Suite #110, Johnson City, TN 37604
Ph: 423-952-5300 Fax 423-794-3057
Email: AgelessSkinAndLaser@yahoo.com
Website: HolisticNursePractitioner.com

Johnson City Osteopathic Medicine - Coleen M. Smith, D.O. - See Basic Listing
111 W. Tenth Avenue, Johnson City, TN 37604
PH: Ofc: 423-722-9355 (WELL) Fax: 423-722-9333

HOLOGRAPHIC HEALTH

Balanced Lives Resources – Rev. Ann Marie Byars, BS, CHt, HHP, Medicine Woman, Certified nutraMetrix Consultant - See Basic Listing & Display Ad Page 4
436 Oakmont Drive, Kingsport, TN 37663
PH: Ofc: 423-239-5628 Cell: 423-782-7440
Website: BalancedLivesRs.com

HYPNOTHERAPY

Balanced Lives Resources – Rev. Ann Marie Byars, BS, CHt, HHP, Medicine Woman, Certified nutraMetrix Consultant - See Basic Listing & Display Ad Page 4
436 Oakmont Drive, Kingsport, TN 37663
PH: Ofc: 423-239-5628 Cell: 423-782-7440
Website: BalancedLivesRs.com

MASSAGE THERAPY

Back to Basics - Margaret Helms, Owner - See Display Ad Inside Front Cover
2613 E. Center Street, Kingsport, TN 37664
PH: 423-245-2225 Website: IMassage4u.com

Essential Health Massage - Cheryl Merriken, LMT - See Display Ad Pg 12
530 Gray Station Road, Johnson City, TN 37615
Ph: 423-791-4222
Email: Cheryl@EssentialHealthMassage.org
Website: EssentialHealthMassage.org

Thurman, Amanda, Licensed Massage Therapist
600 E. Unaka Avenue, Johnson City, TN 37601
PH: 423-202-4468

CLASSIFICATION LISTINGS (Continued)

MEDICINE WOMAN

Balanced Lives Resources – Rev. Ann Marie Byars, BS, CHt, HHP, Medicine Woman, Certified nutraMetrix Consultant - See Basic Listing & Display Ad Page 4
 436 Oakmont Drive, Kingsport, TN 37663
 PH: Ofc: 423-239-5628 Cell: 423-782-7440
 Website: BalancedLivesRs.com

METAPHYSICAL GROUPS

Tri-Cities Metaphysical Group - Peggy Fitzgerald
 See Basic Listing
 PH: 423-477-3339
 E-mail: pegtmg@wmconnect.com

NATURAL FOODS

Whole Health Center Natural Foods - Sean Bossie
 130 Pecan Street, Abingdon, VA 24210
 PH: 276-608-9550
 Email: Shop@WholeHealthCenter.net
 Website: WholeHealthCenter.net

PET CARE - HOLISTIC - CATS

Sophisticats Spa, Inc - Nancy Ward, CMCG, MGCC, CAH
 Professional Holistic Cat Grooming
 108 W. Main St. , Kingsport, TN 37660
 PH: 423-579-5397 Website: SophistiCatsSpa.com

PET CARE - HOLISTIC - DOGS

Classy Clawz & Pawz, Inc - Nancy Ward, C.A.H
 Professional Holistic Dog Grooming
 115 Old Moreland Drive, Kingsport, TN 37663
 PH: 423-239-2529 Website: CassyClawzAndPawz.com

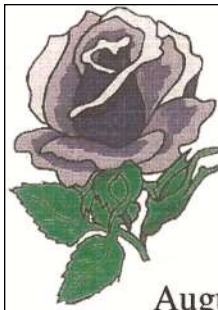
REIKI MASTER TEACHERS

Balanced Lives Resources – Rev. Ann Marie Byars, BS, CHt, HHP, Medicine Woman, Certified nutraMetrix Consultant - See Basic Listing & Display Ad Page 4
 436 Oakmont Drive, Kingsport, TN 37663
 PH: Ofc: 423-239-5628 Cell: 423-782-7440
 Website: BalancedLivesRs.com

Cox, Susan J. , CRM - Reiki
 Kingsport, TN PH: 423-245-7895
 Email: TemporaryJourney@charter.net

SHAMAN

Lageman, August, Ph.D - Healer, Shaman
 See Basic Listing & Display Ad Page 6
 20449 Alvarado Road, Abingdon, VA 24211
 PH: 276-475-3345
 Email: AugustLightWorker@Wildblue.net
 Website: AugustLightWorker.com



Healer/Shaman

August Lageman Ph.D.

276-475-3345

Augustlightworker@wildblue.net
www.augustlightworker.com

ABINGDON FOOT & ANKLE CLINIC
 Brian Mazzei, D.P.M. & Renee Mason, D.P.M.
 1231 West Main Street • Abingdon, VA 24210
 (276) 623-0333
Putting Our Best Feet Forward!

SKIN CARE

Back to Basics - Margaret Helms, Owner - See Display Ad Inside Front Cover
 2613 E. Center Street, Kingsport, TN 37664
 Ph: 423-245-2225 Website: IMassage4u.com

SPIRITUAL DEVELOPMENT

Spirit of the Day Astrology - John Finessee Whitaker - See Basic Listing
 PH: 423-341-2425, Johnson City, TN
 E-mail: SpiritOfTheDayAstrology@gmail.com
 Website: SpiritOfTheDayAstrology.wordpress.com

SPIRITUAL TEACHER

LiveYourFairytale.com - Dr. Mitzi Collins, Energy Therapist, Healer, Spiritual Teacher, Author - See Basic Listing & Display Ad Pg. 14
 P.O. Box 6142 , Johnson City, TN 37602
 PH: 423-943-4307
 Email: Mitzi@LiveYourFairytale.com
 Website: LiveYourFairytale.com

WEDDINGS

Balanced Lives Resources – Rev. Ann Marie Byars, BS, CHt, HHP, Medicine Woman, Certified nutraMetrix Consultant - See Basic Listing & Display Ad Page 4
 436 Oakmont Drive, Kingsport, TN 37663
 PH: Ofc: 423-239-5628 Cell: 423-782-7440
 Website: BalancedLivesRs.com

BASIC LISTINGS

CLASSIFICATION LISTINGS ON PAGES 5 & 6

CALENDAR LISTINGS ON PAGE 11

Ageless Skin & Laser Center - Seth McLaughlin, FNP-BC LMT CPhT - See Display Ad Page 10

303 Med Tech Parkway, Suite #110, Johnson City, TN 37604

PH: 423-952-5300 Fax 423-794-3057

Email: AgelessSkinAndLaser@yahoo.com Website: HolisticNursePractitioner.com

CLASSIFICATION: HOLISTIC HEALTH CARE

Comprehensive Integrative Medicine utilizing the best of conventional medicine with lifestyle medicine, IV nutritional therapy, therapeutic bodywork, dry trigger point needling, stem cell stimulating platelet rich plasma and advanced skin care. As a nurse practitioner and herbalist with holistic medicine experience since 1995, Seth can guide you through the process of safely combining herbal therapies with the medications you take. Bodywork specialties include: craniosacral therapy, myofascial release, Maya abdominal massage, and pelvic bodywork.

Atlantis - Kay McClain, Owner

242 E. Main Street, Johnson City, TN 37604

PH: 423-926-8884 Website: AtlantisJohnsonCity.com FaceBook: [facebook.com/AtlantisJC](https://www.facebook.com/AtlantisJC)

Atlantis has operated since May 1989, serving the Tri-Cities area. We carry the largest and greatest selection of metaphysical books, music, gemstones, silver and gemstone jewelry, incense and oils, clothing, home décor and more. Two years ago, Atlantis expanded to the adjoining space and created our Spiritual Center. We host regular events and classes to appeal to many interests. Like us on FaceBook.

Balanced Lives Resources – Rev. Ann Marie Byars, BS, CHt, HHP, Medicine Woman, Certified nutraMetrix Consultant - See Display Ad Page 4

436 Oakmont Drive, Kingsport, TN 37663

PH: Ofc: 423-239-5628 Cell: 423-782-7440 Website: BalancedLivesRs.com

CLASSIFICATIONS: 1-HOLOGRAPHIC HEALTH 2-HYPNOTHERAPY 3-MEDICINE WOMAN

4-REIKI MASTER TEACHERS 5-WEDDINGS

We provide and implement unique beauty, health and wellness solutions for individuals, health care providers and businesses, utilizing Holographic Health techniques including muscle testing, holopathic/homeopathic remedies, Holopuncture light therapy, hypnotherapy, Reiki, nutritional supplement programs, herbs, essential oils, anti-aging skincare and mineral cosmetics; unique Christian, nondenominational and handfasting wedding ceremonies; traditional Usui Reiki classes.

Danda, Patricia, M.A, M.Ac. O.M, L.Ac. - New Paradigms Health Care

113 East Unaka Avenue, Johnson City, TN 37601

Phone: 423-928-9394

CLASSIFICATION: 1- ACUPUNCTURE

Patricia Danda received a master's degree from the Oregon College of Oriental Medicine. She is a NCCAOM board certified acupuncturist who established New Paradigms Health Care in 1994. Patricia practices traditional Chinese acupuncture, and consults on the use of Chinese herbs and Oriental dietary therapy. Also located at New Paradigms Health Care are three massage therapists who offer deep tissue/neuromuscular therapy and massage for relaxation. Yoga classes and astrological chart consultations are available.

Essential Health Massage - Cheryl Merriken, LMT - See Display Ad Pg. 10

530 Gray Station Road, Johnson City, TN 37615

Ph: 423-791-4222

Email: Cheryl@EssentialHealthMassage.org Website: EssentialHealthMassage.org

CLASSIFICATION: MASSAGE THERAPY

Cheryl believes that everyone can benefit from massage therapy, which is the reason she chose this profession. Taking care of yourself is very important. A consistent massage therapy routine, along with eating healthy and exercising, assists in achieving the highest quality of life, longevity, and happiness. Cheryl's focus is to help you maintain good health and well-being. By charging reasonable rates she is able to accommodate you financially and make your health goals a reality. Cheryl specializes in Relaxation Massage, Therapeutic Massage, Skinny Massage, Hot Stone Therapy and Sacrology. She also offers Organic Lip Balm, Organic Comfrey Arnica Salve, and Lavender scrub.

Healing Hands Massage & Holistic Therapies

Office of Sarah E. Otis, CMT, LMT, NCTMB

Located off Exit 7 in Bristol, VA 24201

PH: 423-646-9961 Email: Sarah@hnmht.com Website: hnmht.com

Photography Website: WorldThroughMyEyesPhotography.com

Tri~Cities Natural Health & Wellness EXPO

Saturday & Sunday, November 8 & 9, 2014

Appalachian Fairgrounds
100 Lakeview St, Johnson City, TN 37615

For Tickets Or Vendor Information, Visit:
OP-Publishing.com

Produced by O.P. Publishing
P.O. Box 6142 Johnson City, TN 37602 423-390-1175 or 423-943-4307
E-Mail: Expo@OP-Publishing.com

Events Calendar

List Your Upcoming Events Online...
For Free At

Tri-CitiesEvents.com

Classes ~ Retreats ~ Workshops ~ Get Togethers ~ Seminars ~ Lectures ~ Special Celebrations ~ Etc.

Natural Health ~ Wellness ~ Holistic ~ Spirituality ~ Green ~ Complementary ~ Alternative ~ Integrative

BASIC LISTINGS (Continued)

Healing Hands Massage & Holistic Therapies - Sarah Otis (Continued from previous page)

Sarah has been in practice for over 10 years, helping to improve the lives of those suffering with pain and physical imbalances, utilizing many different modalities and disciplines. Although her practice has evolved much over the years with her newly gained knowledge concerning the body, energy systems and healing, her focus has always remained on restorative healing of the Body, Mind and Spirit. Sarah's emphasis is helping her clients restore balance in their lives once more, so that they can be their best advocate for their own healing. Sarah is simply the one who helps facilitate the clients own innate healing abilities, activating them once more.

Johnson City Osteopathic Medicine - Coleen M. Smith, D.O.

111 W. Tenth Avenue, Johnson City, TN 37604 PH: Ofc: 423-722-9355 (WELL) Fax: 423-722-9333

Dr. Coleen Smith is an Osteopathic Physician. She is board certified in Holistic Medicine and Family Practice. Dr. Smith integrates Osteopathic Manipulative Medicine with your traditional medical practitioner's methods to enhance wellness. She utilizes all aspects of Osteopathic Manipulative Medicine, including: Myofascial Release, Counterstrain, and Cranio-sacral Therapy. Her work is valuable to any person desiring to recover from illness, as her emphasis is on finding the HEALTH within each person. She assists both adults and children to reach their maximum health potential.

Lageman, August, Ph.D. - Shaman - See Basic Listing and Display Ad Page 6

20449 Alvarado Road, Abingdon, VA 24211

PH: 276-475-3345 Email: AugustLightWorker@Wildblue.net Website: AugustLightWorker.com

CLASSIFICATION: SHAMAN

August initially meets with his clients for two sessions, usually one or two weeks apart. Appointments last about one hour and are held at his office in Abingdon. The two step process he uses consists of 1) An Illumination, which is a clearing of your seven Chakras and (2) An Extraction, which is the removal of any heavy energy. August is a graduate of the Healing the Light Body School and he is a Member of the American Psychological Association and the American Philosophical Association. For more information, please visit AugustLightWorker.com.

LiveYourFairytale.com - Dr. Mitzi Collins,- Energy Therapist, Spiritual Teacher, Spiritual Counselor, Author -

See Display Ad Page 14 P.O. Box 6142, Johnson City, TN 37602

Tel: 423-943-4307 Website: www.LiveYourFairytale.com E-mail: Mitzi@LiveYourFairytale.com

CLASSIFICATIONS: 1-ENERGY HEALING-ENERGY THERAPY 2- SPIRITUAL TEACHER

Mitzi is an intuitive Spiritual Teacher, Healer, Energy Therapist and Author. She holds a Doctoral Degree in Metaphysical Science and a degree in Philosophy and Religious Studies. As a Natural Healer, Mitzi has worked with many individuals to facilitate their mental, emotional and physical healing. Mitzi has persisted through seemingly insurmountable odds to live her vision, her truth, and to ultimately create her own fairytale life. She satisfies one of her many passions by assisting others to live their fairytales and become as happy, healthy, peaceful and prosperous as they desire. Mitzi is the author of, *Live Your Fairytale: How to Create Your Own Enchanting Life!*, available on Amazon.com and LiveYourFairytale.com.

O.P. Publishing - Dr. Mitzi Collins, Publisher - See Display Ad Page 8

Tri-Cities Natural Health & Wellness Expo & Tri-CitiesEvents.com P.O. Box 6142, Johnson City, TN 37602

Tel: 423-943-4307 Website: www.op-publishing.com E-mail: Mitzi@OP-Publishing.com

CLASSIFICATION: 1- EXPOS - CALENDAR OF EVENTS

O. P. Publishing was founded in 1999 by Dr. Mitzi Collins. Mitzi's major intention for creating the company is to publish local natural health and wellness resource directories. She provides a simple, effective and inexpensive way for practitioners and providers to educate the public, as they promote their invaluable natural health and wellness products and services. O.P. Publishing also produces Natural Health & Wellness EXPOS and maintains a free online, interactive Calendar of Events available to local practitioners.

PureLife Chiropractic - Dr. Christina Christiansen

217 E. Springbrook Drive, Suite #1, Johnson City, TN 37601 & 2020 Meadowview Parkway, Suite 110, Kingsport, TN 37660

Ofc. Phone: 423-434-2080 Fax: 423-434-2185 Website: PureLife.Chiro.com

CLASSIFICATIONS: 1- CHIROPRACTIC 2- BIOFEEDBACK

Dr. Christina is a Chiropractor Physician and a graduate of Logan University. She is well known in the fields of individual patient care with a focus on Primary Care Physician. She is board certified in Physical Therapy/Rehabilitation and Radiology. She uses state of the art technology as well as combining, nutrition, safe and effective supplements, to aid in obtaining the best results for her patients. Dr. Christina practices several Chiropractic Techniques so all ages and health conditions can be treated safely. Some alternative therapies she offers include Audio-Visual Entrainment (A.V.E), or brainwave entrainment, uses flashes of lights and pulses of tones to gently and safely guide the brain into various brain wave patterns to boost your mood, help with sleep, sharpen your mind and increase your level of relaxation. It is an effective, inexpensive alternative therapy for many disorders, such as: ADD, SAD, fibromyalgia, chronic pain, PTSD, dementia/memory loss, sleep disorders, anxiety/depression, and traumatic brain injury. Hydrotherapy is also used to help reduce pain and promote healing.

Don't just fight disease Optimize your health!



Lifestyle Medicine—Nutrition, Exercise, Meditation, Smoking Cessation, Weight Management

IV Nutritional Therapy—Bypass the digestive tract for truly therapeutic doses of nutrients

Therapeutic Bodywork—Craniosacral Therapy, Myofascial Release, Dry Trigger Point Needling, Pelvic & Abdominal Bodywork

Advanced Skincare—Laser Hair Removal, Botox, Microneedling Collagen Induction, Chemical Peels, Mole Removal, Varicose Vein Sclerotherapy, Juvederm

Integrated Medicine—Using the best tools : Medicines, Herbs, or Nutritional Supplements

AGELESS
SKIN AND LASER CENTER

Dean McLaughlin, MD

Supervising Physician

303 Med Tech Parkway #110

Johnson City (423) 952-5300

Seth McLaughlin, FNP LMT

www.holisticnursepractitioner.com

See Basic Listing

BASIC LISTINGS (Continued)

Samadhi Healing Arts Center**423 W. Walnut Street, Johnson City, TN 37604 PH: 423-926-2020**

Services Offered: Various Yoga Classes, Tai Chi & Qi Gong Classes, Aikido Classes, Energy Work, Massage Therapy, Tesla Energy Lights & Energetic Fitness System / Electrostatic Multiwave Oscillating Wellness Device, Quantum Scaler Wave Laser, Amethyst Bio-Mat, Color Attunements, Spinal Rejuvenation, Chakra Activation, Reiki Sessions & Empowerments, Over 40 Custom Blends Of Essential Oils, Crystal Singing Bowls, Meditation, Drum Circles, Kirtan & Live Music, Samadhi Emporium Store & More.

Spirit of the Day Astrology - John Finessee Whitaker**PH: 423-341-2425, Johnson City, TN****E-mail: SpiritOfTheDayAstrology@gmail.com Website: SpiritOfTheDayAstrology.wordpress.com**

CLASSIFICATIONS 1-COUNSELING 2-SPIRITUAL DEVELOPMENT

Astrology is a powerful and foundational tool for self exploration and spiritual growth. Engage your birth chart to experience profound insight, healing, transformation; as well as to see what's coming into your life now. Explore birth charts of your children for deeper understanding of their original gifts, challenges and life passages. Explore birth charts of your parents to glean their gifts to you, even if they weren't fully capable to offer them at the time. Also offering classes, including astro-drama and dynamic meditations; workshops, and astrology based life passages and initiation ceremonies.

Tri-Cities Metaphysical Study Group -Peggy Fitzgerald**PH: 423-477-3339 (meets at Holston Valley Unitarian Church, Gray, TN) E-mail: pegmtg@wmconnect.com**

CLASSIFICATION: METAPHYSICAL GROUPS

Tri-Cities Metaphysical Study Group meets at 7:00 p.m. each Thursday at Holston Valley Unitarian Church in Gray, TN. TMSG is a group dedicated to love, peace and wisdom and provides a place to share information for those interested in new age sciences. Call Peggy for a brochure about the Annual Metaphysical Holistic Conference on May 16 - 18, 2014 at the Holiday Inn in Johnson City, TN. Everyone welcome, free-will offering. The theme of the conference is "Who Are You? Celebrating the Oneness of the I AM of a Powerful Spiritual Being." These events are presented annually by the Tri-Cities Metaphysical Group and the Coptic Fellowship International.

Villeneuve, Michele - Certified Life Coach, Reiki Master**Kingsport, TN Phone: 570-367-3845 Website: www.liftrns.com Email: mwilleneuve44@hotmail.com**

Michele is a certified Life Coach and Reiki Master. She combines down to earth spiritual consulting with various energy practices in supporting her clients in self-discovery and exploring life paths. She believes in creating a relaxed nonjudgmental coaching atmosphere, and in inspiring clients to connect with their intuition and follow their passions. Michele also has a love for animals. She understands the roles they play in our lives and how difficult it can be when they leave us. Due to this passion, Michele also offers 1:1 and group sessions for those experiencing the loss of an animal companion.

CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2nd Mondays Open Discussion/ Meditation Sessions Dr. Mitzi Collins 6:00 - 8:00 p.m. Kingsport, TN</p>	<p>List Your Events Online for Free at Tri-CitiesEvents.com</p>	<p>MELT FAT Lose Inches Call 423-232-0333 To Schedule Tasting And For More Information Aromatones - Bruce Johnson City, TN</p>	<p>The Truth About Manifestation 10-Week Workshop Thursdays Beginning June 5 Dr. Mitzi Collins Kingsport, TN</p>	<p>Dilly's Curiosity Shop We Are Your ORIGINAL Source For All Things Unique! 1121 N. Eastman Road Kingsport, TN 423-288-7812</p>

Open Discussion/Meditation Sessions - Dr. Mitzi Collins, Spiritual Teacher, Energy Therapist, Healer, Spiritual Counselor and Author. Meeting the 2nd Monday of each month. Come, learn, and share with us. Kingsport location. For more information visit LiveYourFairytale.com, email: Mitzi@LiveYourFairytale.com or call 423-943-4307 for more information.

Aromatones - Bruce Smith. MELT FAT - Tired of the bulges and the low energy? Please allow me to share with you a delicious, vibrant meal. Our shakes are Non-SMO, organic, non-irradiated, vegan, soy free, dairy free, and of course, delicious. Personally: I have lost 44 lbs and 7 ½ inches. Call Bruce Smith today to schedule your tasting or to receive additional information: 423-232-0333. Aromatones, 323 E. Main Street, Johnson City, TN 37601.

The Truth About Manifestation - Dr. Mitzi Collins, 10 - Week Intensive Workshop facilitated by Dr. Mitzi Collins. Available in classroom and online. June 5 - August 14. Each student will be assisted in manifesting at least one major goal. Complimentary private consultation with Mitzi included. Come, learn to live your dream life! Visit LiveYourFairytale.com, email: Mitzi@LiveYourFairytale.com or call 423-943-4307 for more information. Meeting in Kingsport.

Dilly's Curiosity Shop - Dagny & Todd Gray, 1121 North Eastman Road, Kingsport, TN 37664. 423-288-7812. We offer unique items that are spiritually inspired from around the world. Sterling silver jewelry, statuary, incense, books, herbs, stones, crystals, divination tools, tapestries, musical instruments, local artwork, candles, ritual items, beads, and much more. Family owned and operated since 1986. Email: info4dillyshop@peoplepc.com Website: dillyshop.com.

- Relaxation Massage
- Therapeutic Massage
- Hot Stone Therapy
- Skinny Massage
- Sacrology

Aromatherapy comes complimentary with every service.



Organic Lip Balm, Organic Comfrey Arnica Salve, and Lavender scrub



Cheryl Merriken, LMT

530 Gray Station Road
Johnson City, TN 37615
423-791-4222



EssentialHealthMassage.org

Cheryl@EssentialHealthMassage.org

Essential Health Massage



**For Take-out
You Feed Good About™**

1250 Volunteer Parkway, Suite 6
Bristol, TN 37620
423-202-5306

**Whole food, vegan meals
prepared fresh daily!**

Lunch and dinner available for take-out
Monday—Friday only

See our current online menu at
www.healingmeals.biz

Information.
Revelation.
Transformation.



Intuitive Healing For Everyone

www.scottdouglasvaughn.com

Scott Douglas Vaughn

Intuitive Reader/Intuitive Healer

scottdouglasvaughn@gmail.com

423.449.9861

www.facebook.com/scottdouglasvaughn
www.scottdouglasvaughn.com

5000 Sq Ft of Elegant Relaxation



*Gift Certificates
Available*



**Healing
Waters**
day spa & salon



Day Packages with Lunch & Party Facility Available

276.628.4233

107 Charwood Dr, Abingdon VA

www.healingwatersdayspa.com

Services Offered

*Spa Retail
Detox Herbs
Pervonia Skin Care
Jane Iredale Makeup
& Much More*

*Sauna
Steam
Massage
Facials
Nails
Waxing
Body Wraps
Colonic Irrigation*

*Men and Women
Welcome*

Live Your Fairytale

How To Create Your Own Enchanting Life!

It's Not Just A Book, It's A Way Of Life!!



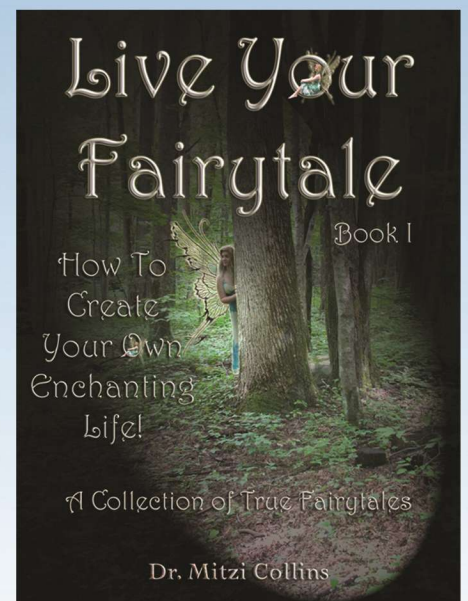
Learn To:

- ~ **Be Free, Satisfied & Happy**
- ~ **Transform Your Self, Immediately**
- ~ **Accumulate Your Abundance, Now**
- ~ **Do The Work You Love & Be Paid Well**
- ~ **Cultivate & Maintain Your Perfect Health**
- ~ **Enjoy More Free Time - To Do As You Please**
- ~ **Experience Exhilarating Personal Relationships**
- ~ **Discover Your Perfect Romantic, Intimate Partner**
- ~ **Begin Creating The Amazing "Life Of Your Dreams"**



Dr. Mitzi Collins
Spiritual Teacher
Healer
Energy Therapist
Spiritual Counselor
Author/Publisher

Classes
Retreats
Workshops
Online Classes
Private Sessions
Speaking Engagements



Available on Amazon.com &
LiveYourFairytale.com

LiveYourFairytale.com **Mitzi@LiveYourFairytale.com**

P.O. Box 6142, Johnson City, TN 37602 423-943-4307

Chiropractic

Yoga

Massage

ASYRA Biofeedback

Nutritional Analysis

LifeLight Chiropractic Wellness Center

Dr. Scott Vautrin

207 W. Unaka Avenue Johnson City, TN 37604 423-282-5483

LifeLightCenter@gmail.com

Mention this ad and receive

- * 1/2 Off Your First Exam
- * \$10 Off Your First Adjustment Or Massage
- * A Complimentary Computerized Digital Postural Analysis
- * And...Your first Yoga Class Is Free

Assisting In Allowing Wellness Through
The Enhanced Flow Of Your Inner Healing Potential.

Tri~Cities Natural Health & Wellness Connection

Acupuncture.

A healing practice for all.

"I found acupuncture to be great help for my neck and back pain. I had tried everything else, and this really works to give me lasting relief."

Jeff Banyas, DDS
Johnson City Commissioner

So, who gets Acupuncture?

People with conditions treated with Western medicine.

Scientific studies recognize the benefits of acupuncture as complimentary care for conditions such as MS, Lupus, fibromyalgia, and even playing a supportive role of easing side effects during cancer treatments.

People experiencing mild pain or illness.

Acupuncture offers a low-risk, cost-effective option for those considering medication or surgery for pain, for digestive, neurological, gynecological conditions, and even has shown to help with infertility.

People in good health.

Healthy individuals realize that prevention is the key. Acupuncture boosts recovery time from performance sports, normalizes stress cortisol, and increases neurotransmitters for better mood and energy levels.

Michelle Bouton,

Licensed Acupuncturist & Herbalist,

holds a Masters degree in Chinese Medicine. In addition to helping resolve symptoms, she assists patients in addressing the root cause of imbalance and proactively building their health for the future.



**BOUTON
ACUPUNCTURE**

111 West 10th Ave. Johnson City
(423) 612-7494

Bouton-Acupuncture.com

