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Tri~Cities

Second Edition  
April ~ October 2015

# Natural Health & Wellness Connection

## *Resources Directory*

Your Complete, Trustworthy Source for  
Local, Natural Health & Wellness

~ Events ~ Education ~ Practitioners ~ Services ~ Products ~

2015 Tri~Cities

## Natural Health & Wellness

### EXPERIENCE

*(Expo)*

October 3 & 4, 2015

D.P. Culp Center, ETSU

See Page 3

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Admission: \$4.00 in advance \$5.00 at door (ages 15 & up) Students Free with ETSU ID

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# CLASSIFICATION LISTINGS

SEE BASIC LISTINGS PAGES 7 & 9

## ACCESS CONSCIOUSNESS® BARS

Rev. Ann Marie Byars -Balanced Lives Resources  
 - See Basic Listing and Display Ad Page 6  
 436 Oakmont Drive  
 Kingsport, TN 37663  
 Ph: Ofc: 423-239-5628 Cell: 423-782-7440  
 Email: ambyars@charter.net  
 Website: www.BalancedLivesRs.com

## ACUPUNCTURE

Appalachian Acupuncture and Healing Arts  
 Center - Michelle Bouton, Owner- See Basic Listing  
 and Display Ad Outside Back Cover  
 113 E. Unaka Ave, Johnson City  
 Ph: 423-928-9394  
 Website: appalachianacupuncture.com

## CHIROPRACTIC

LifeLight Chiropractic Wellness Center - Dr. Scott  
 Vautrin - See Basic Listing  
 207 W. Unaka Avenue, Johnson City, TN 37604  
 Ph: 423-282-5483  
 Email: LifeLightCenter@gmail.com

## COLONIC IRRIGATION

Healing Waters Day Spa & Salon - Gloria Striker  
 - See Display Ad Page 4  
 107 Charwood Drive, Abingdon VA  
 Ph: 276-628-4233  
 Website: healingwatersdayspa.com

## COUNSELING - SPIRITUAL

Collins, Dr. Mitzi, Spiritual Teacher, Energy Therapist  
 - See Basic Listing & Display Ad Inside Back Cover  
 P.O. Box 6142 , Johnson City, TN 37602  
 Ph: 423-943-4307  
 Email: Mitzi@LiveYourFairytale.com  
 Website: LiveYourFairytale.com

## ENERGY HEALING - ENERGY THERAPY

Collins, Dr. Mitzi, Spiritual Teacher, Energy Therapist  
 - See Basic Listing & Display Ad Inside Back Cover  
 P.O. Box 6142 , Johnson City, TN 37602  
 Ph: 423-943-4307  
 Email: Mitzi@LiveYourFairytale.com  
 Website: LiveYourFairytale.com

## ENERGY HEALING - ENERGY THERAPY (CONT'D)

Lageman, August, Ph.D - Healer, Shaman  
 - See Basic Listing and Display Ad Page 8  
 20449 Alvarado Road, Abingdon, VA 24211  
 Ph: 276-475-3345  
 Email: AugustLightWorker@Wildblue.net  
 Website: AugustLightWorker.com

## ESSENTIAL OILS

Hyatt, Jamie, RN, FCCI, BCRS - Young Living  
 Essential Oils - See Display Ad Inside Back Page  
 Kingsport, TN Ph: 423-323-8319  
 Email: JamieHyatt109@gmail.com  
 Website: <https://www.oungliving.org/jamille>

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## METAPHYSICAL GROUP

Tri-Cities Metaphysical Group - Peggy Fitzgerald  
 - See Basic Listing  
 Ph: 423-477-3339 E-mail: pegtmg@wmconnect.com  
 (meets at Holston Valley Unitarian Church, Gray, TN)

## NATURAL FOODS STORE

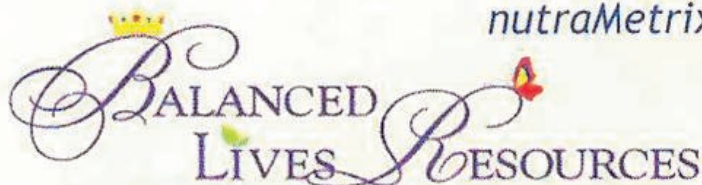
Natural Foods Market - Patsy Meridith, Owner  
 - See Basic Listing and Display Ad Inside Front Cover  
 3211 Peoples Street Suite #74, Johnson City, TN 37604  
 Ph: 423-610-1000 Website: nfmonline.com

## SHAMAN

Lageman, August, Ph.D - Healer, Shaman  
 - See Basic Listing and Display Ad Page 8  
 20449 Alvarado Road, Abingdon, VA 24211  
 Ph: 276-475-3345  
 Email: AugustLightWorker@Wildblue.net  
 Website: AugustLightWorker.com

## SPIRITUAL TEACHER

Collins, Dr. Mitzi, Spiritual Teacher, Energy Therapist  
 - See Basic Listing and Display Ad Inside Back Cover  
 P.O. Box 6142, Johnson City, TN 37602  
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# BASIC LISTINGS

## CLASSIFICATION LISTINGS ON PAGE 5

### **Appalachian Acupuncture and Healing Arts Center - Michelle Bouton, Owner - See Display Ad Outside Back Cover**

113 E. Unaka Ave, Johnson City, TN 37601

Ph: 423-928-9394

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

The 'Appy Ac' team is a dynamic group of holistic health professionals devoted to creating a joyful synergy of healthy options to meet the needs of our community. Our Acupuncturists are all masters' level certified in Oriental Medicine therapy, including herbals, diet, and manual therapies. Our team also offers massage therapy, essential oils, energy work, spiritual counseling and tea tastings. We look forward to you joining us on our path to vibrant, healthy living!

### **Atlantis - Kay Davis, Owner**

242 E. Main Street, Johnson City, TN 37604

Ph: 423-926-8884

Website: [AtlantisJohnsonCity.com](http://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 - See Display Ad Page 6**

436 Oakmont Drive, Kingsport, TN 37663

Ph: Ofc: 423-239-5628 Cell: 423-782-7440

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

#### **CLASSIFICATIONS: ACCESS CONSCIOUSNESS® BARS**

Ann Marie is a Medicine Woman and Nemenhah Minister who works with individual clients, health care providers, and businesses to provide unique beauty, health and wellness programs and solutions. Certifications include: Access Consciousness® Bars Practitioner, Holographic Health® Practitioner, Hypnotherapist, Usui Reiki Master, nutraMetrix® Consultant, TLS® Weight Loss System Coach. Ann uses these techniques to support and promote natural healing of body, mind and spirit. Holopathic/homeopathic remedies, Holopuncture light therapy, Isotonix® nutritional supplements, herbs, essential oils, anti-aging skincare and mineral cosmetics; unique Christian, nondenominational and handfasting wedding ceremonies; traditional Usui Reiki classes.

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

- See Display Ad Inside Back Cover

P.O. Box 6142, Johnson City, TN 37602

Ph: 423-943-4307

E-mail: [Mitzi@LiveYourFairytale.com](mailto:Mitzi@LiveYourFairytale.com)

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

#### **CLASSIFICATIONS: 1-ENERGY HEALING-ENERGY THERAPY 2- SPIRITUAL TEACHER 3- COUNSELING-SPIRITUAL**

Mitzi holds a Doctoral Degree in Metaphysical Science and a degree in Philosophy and Religious Studies. As a Natural Energy Therapist and Intuitive, she has worked with many individuals to facilitate their mental, emotional and physical healing. She facilitates monthly group meetings throughout the Tri-Cities and is the author of *Live Your Fairytale: How to Create Your Own Enchanting Life!*

### **Eason, Katherine, OTR/L - Essential Therapy Services**

323 W. Walnut Street, Suite 211, Johnson City, TN 37604

Ph: 423-418-3420

Email: [kathy@healinghothands.com](mailto:kathy@healinghothands.com)

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

Katherine is a registered, licensed Occupational Therapist. In 2001, she started training in Myofascial Release Therapy with John Barnes and in Craniosacral Therapy with the instructors of the Upledger Institute. Using these techniques, along with The Amygdala Connection Technique, Katherine releases restrictions, trapped energies and trapped emotions from the soft tissue, the fascia and the central nervous system. These releases help to balance the misalignment of the posture as well as to reduce/eliminate chronic and acute symptoms such as bodily pains, headaches, sinus problems, insomnia, and PTSD symptoms of fear, panic, anxiety and depression.





## Energy Healing by August Lightworker

My life has been one of being a seeker and a healer. I devote my energies to being a “hollow bone” and allowing the divine spirit to work through me in order to heal people, animals, and places.

As a young boy I was fascinated with how things grow and heal. This continued into my adult life and now looking back I realize that everything that I did had an element of healing in it from parish ministry to psychotherapy to military chaplaincy.

I did not discover the word “seeker” until about 20 years ago. I have always been a seeker. I have been blessed immensely since discovering the shaman path 12 years ago. Now as a seeker, I have found myself and my life’s true mission — to heal people and places.

My work is made up of removing the blockages in a person’s energy field that prevent them from being their true self or causing illness and allowing the spirit’s healing energy to flow into the person. The work that I do gives me a profound sense of joy.



August Lageman, Ph.D

## Shamanistic Healing Services

The healing process involves a 3 part process with each part built on the previous one.

### **Illumination**

This process centers on clearing out the client’s chakra system. Each of the 7 individual chakras are tested and the negative energy is removed from the effected one. Then the chakra is respun with positive energy.

### **Extraction**

This occurs when I pass my hand over (about 6” above the body) looking for heavy/blocked energy. When this energy is found, it is moved out of the body via a pathway into a crystal which receives this energy.

### **Soul Retrieval**

In this process, I go into a spirit world and find what is needed for that persons healing. The client takes notes on what is found and this becomes their homework, i.e. the things that this person needs to work and focus on to advance their healing.

### **Number of Sessions and Fees**

This varies from minimum of two to four sessions. For clients coming from a distance, any sessions after the first one can be done at a distance. Distance work is just as effective. Fees are based on a sliding scale. Sessions normally occur every two weeks.

### **Owners and Pets**

Owners and pets clearing at the same time. Follow up sessions can be done remotely.

### **Land, home, office clearings**

Clearing of homes, offices, and land.



See Basic Listing





**BASIC LISTINGS ( Continued)**

Continued from Page 7

**Healing Meals - Jennifer Raichlin, Chef/Owner**  
**1250 Volunteer Parkway, Suite 6, Bristol, TN 37620**  
**Ph: 423-573-3257**

**Website: [www.healingmeals.biz](http://www.healingmeals.biz)**

Chef Jennifer received her certification as a Raw Culinary Associate Chef and Chef Instructor from the Living Light Raw Culinary Institute in February of 2014. She offers whole food, vegan meals, which are prepared fresh daily. Jennifer lovingly prepares each delicious recipe using only gluten free, dairy free, fresh, natural ingredients with no refined sugars. The café is open Monday 11:30am - 5:00 p.m. and Tuesday - Friday 11:30 a.m. - 6:00 p.m.. Please visit her website for menus and additional information.

**Lageman, August – See Basic Listing and Display Ad Page 8**

**20449 Alvarado Road, Abingdon, VA 24211**

**Ph: 276-475-3345 Email: [AugustLightWorker@Worldblue.net](mailto:AugustLightWorker@Worldblue.net) Website: [AugustLightWorker.com](http://AugustLightWorker.com)**

**CLASSIFICATION: (1) Energy Healing/Energy Therapy (2) 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 three-step process he uses consists of an Illumination, which is a clearing of your seven Chakras, an Extraction, which is the removal of any heavy energy and Soul Retrieval, in which he visits the spirit world and finds what is needed for that persons healing. August is a graduate of the Healing the Light Body School. He is retired from his positions as a Psychologist, a United Methodist minister, and a Colonel U.S. Army Reserves (Chaplain). For more information, please visit his website.

**LifeLight Chiropractic Wellness Center - Dr. Scott Vautrin**

**207 W. Unaka Avenue, Johnson City, TN**

**Ph: 423-282-5483 Email: [LifeLightCenter@gmail.com](mailto:LifeLightCenter@gmail.com)**

**CLASSIFICATION: CHIROPRACTIC**

Dr. Vautrin's mission is to Assist In Allowing Wellness Through The Enhanced Flow Of Your Inner Healing Potential. He and his team at LifeLight Chiropractic provide the beneficial services of Chiropractic, Yoga, Massage, Asyra Biofeedback and Nutritional Analysis. Call today and mention this listing to 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.

**Natural Foods Market - Patsy Meridith, Owner - See Display Ad Inside Front Cover**

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Natural Foods Market caters to those of you in search of quality and selection of wholesome, nutritious foods and safe, effective dietary supplements guaranteed to meet your satisfaction. Our well-informed advisors provide you personalized service and extensive up-to-date resources to assist in finding solutions to best suit your health-care needs. Our informative website offers daily news briefs, delicious recipes, interactive health evaluations and authoritative discussions on numerous health conditions, herbs and supplements. We are open Mon.-Sat. 10 a.m. - 8 p.m. and Sunday 1:00 p.m. - 5:00 p.m.

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**P.O. Box 6142, Johnson City, TN 37602**

**Ph: 423-943-4307 E-mail: [Mitzi@OP-Publishing.com](mailto:Mitzi@OP-Publishing.com) Website: [OP-Publishing.com](http://OP-Publishing.com)**

**CLASSIFICATION: EXPOS - EVENTS**

O. P. Publishing was founded in 1999 by Dr. Mitzi Collins. The major intention for creating the company is to publish local natural health and wellness resource directories. O.P. Publishing 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 Events.

**Tri-Cities Metaphysical Study Group -Peggy Fitzgerald**

**Ph: 423-477-3339 E-mail: [pegtmg@wmconnect.com](mailto:pegtmg@wmconnect.com) (meets at Holston Valley Unitarian Church, Gray, TN)**

**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, April 24-26, 2015 at the *Holiday Inn in Johnson City, TN. Everyone welcome, but you must pre-register. Free-will offerings. The theme of the conference is "Goals of the I Am Presence, Selfless Service & Planetary Universality, You Make A Difference!"* These events are presented annually by the Tri-Cities Metaphysical Group and the Coptic Fellowship International.



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Spiritual Teacher  
Energy Therapist  
Author/Publisher

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[Mitzi@LiveYourFairytale.com](mailto:Mitzi@LiveYourFairytale.com)

Contact Mitzi For Your Complimentary Initial Consultation - First Come, Limited Offer



# SO WHO GETS ACUPUNCTURE?

*Appalachian*   
ACUPUNCTURE

I am a Mixed Martial Arts competitor, and training pushes my body into a lot of discomfort at times. I feel medication only suppresses my pain rather than heal it.

Before acupuncture, my life was mind over matter; it felt as though every day I was just grinding it out.

Now I know that my body is healthier, and I no longer have to compete with my pain. I feel stronger mentally, physically, and spiritually.



**Doug Williams**  
Marine Corps Veteran  
3 combat tours