

Healing Waters Clinic & Herb Shop

Healing for the Body, Mind, and Spirit

26 Clark St. (Just South of King St. on US 1)
Open Monday–Saturday 10 am to 6 pm
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We offer unique Integrative Natural Healing
for Pain Relief and Chronic Health Issues

This Document Covers:

1. Overview of Our Services
2. Why People Come to See Us
3. How Our Integrative Approach Works

We specialize in:

- Advanced Manual Therapy & Massage
- East West Herbalism
- Energy Medicine
- Nutrition

Practitioners:

Laurence Layne, LMT, CNMT, EWCH
Jackie Shank, RD, LNC (Nutrition Advisor to our clinic)
Suzanna Hughes, LMT, Herb Shop Assistant
Mark McCudden, LMT, Herb Shop Assistant
Caleb Hicks, LMT

Overview of Our Services:

Manual Therapy and Massage:

The Basics:

- Therapeutic Massage (Swedish)
- Deep Tissue Therapy
- Neuromuscular Therapy
- Craniosacral Balancing
- Oriental Bodywork:
 - Shiatsu
 - Acupressure & Pointing Therapy
 - Barefoot Doctor Techniques
- Reflexology
- Pregnancy Massage
- Lymphatic Massage

- Myofascial Release

Advanced Techniques:

- Onsen Technique (Muscle Energy Technique & Cyriax Technique)
- Myoskeletal Alignment Technique
- Chapman's Reflexes
- Soft Tissue Manipulation (Osteopathic): Positional Release/Counterstrain, Orthobionomy, Muscle Energy Technique, Neuromuscular Technique, Visceral Manipulation, INIT
- Myokinesthetic System
- Craniopathy
- American System of Lymphatic Therapy

We are certified and/or trained in the above techniques. If we say we do it, we really can—we are committed to excellence in wholistic care.

Hydrotherapy

Use of hot and cold water to influence circulation for healing effects; Contrast Therapy, Constitutional Therapy, and Foot Baths are typical methods.

Practitioner Services: Herbs, Nutrition:

- Herbal Education/Consultation: one on one time with an herbalist
- Wholistic Nutrition
- Resources and Support:
 - we can help you put together a personalized healing program

Herbal Products and Services:

- Largest Selection of Bulk Herbs in Northeast Florida
 - Chinese Herbs
 - Ayurvedic Herbs
 - Western Herbs
- Rare and Hard to Find Herbs and Natural Remedies
- Chinese Patent Remedies and Ayurvedic Specialty Herbs
- Specialty Herb Orders:
 - we can find and order most herbs in trade and work with special requests
- Custom Blended Herbal Formulas:
 - we can create almost any formula for you from herbal books and the latest scientific research.
- Herbal Research
- Patient Service/Prescriptions:
 - we can fulfill recommendations by practitioners and doctors
- Healing Waters Formulary:
 - our own collection of uniquely crafted herbal remedies
- Herbal Tonics and Teas
- Place orders 24 hours a day on our secure web site!

Our Herb Shop is founded on the integrative principles of East West Herbalism and Physiomedicalism. We are an East West Herbal Dispensary and have advanced training with some of North America's most famous herbalists.

Energy Medicine:

- Therapeutic Touch
- Polarity Therapy
- Attunement
- Reiki (Mark McCudden)

Energy Healing has been called "the medicine of the future." This is a great place to experience what energy healing is and how it can help you.

Fitness & Function:

- Basic Stretching and Strengthening
- Active Isolated Stretching and Strengthening
- Energy Exercises:
 - Chi Kung and Tai Chi
 - Pranayama (Yogic Breathing)
 - Somatics
- Select Yoga Postures
- Posture Education

We take an East West approach to fitness that goes beyond the regular methods of rehabilitation and fitness.

Holistic Practices:

Advanced Wellness Modalities, Health Education and Integrative Therapies which address stress, activities of daily living, belief systems, and other factors which affect the health of the "whole person."

Programs:

- Postural Analysis and Alignment
- Digestive Wellness
- Detoxification and Cleansing Program
- Immune Repair and Support
- Energy Healing as Health Care

We combine different techniques to offer integrative care for specific prevention and wellness goals.

FAQ (Frequently Asked Questions)

Yes...

We accept some insurance (Medicare won't pay for services unfortunately)

We help people who have been in car accidents when other methods don't work

We work with pregnant women

We work with children and babies

We work with elders into their 90s

We work with cancer patients

Why People Come to See Us:

Typical Musculoskeletal Conditions

Low Back Pain

Cervical (Neck) Pain

Shoulder Pain

"Torn" Rotator Cuff

Sciatica

Hip Pain

Knee Pain

Ankle and Foot Pain

Headaches

Jaw (TMJ) Pain

Numbness and Tingling

in Arms and Legs

Wrist and Hand Pain

"Carpal Tunnel" Pain

Tennis/Golf Elbow

Whiplash

Scar Tissue

Sports Injuries

Advanced Musculoskeletal Conditions

Trigeminal Neuralgia

Reflex Sympathetic Dystrophy

Mysterious Pelvic Pain

Plantar Fasciitis

Migraine Headaches

Fibromyalgia

Costochondritis

Rheumatoid Arthritis

Scoliosis

Abdominal Adhesions

Chronic Health Conditions

Digestive Issues:

- Irritable Bowel Syndrome
- Diverticulitis
- Chronic Constipation
- Colitis
- Crohns
- Gas
- Bloating
- Acid Reflux
- Gut Inflammation
- Ulcers

Urinary Tract Issues:

- Urinary Frequency
- Urinary Urgency
- Incontinence
- Interstitial Cystitis
- Chronic Kidney/Bladder Infection
- Prolapsed Bladder

Breathing Difficulties:

- Asthma
- Bronchitis
- Sinus Issues

Immune Issues:

- Chronic Colds & Flu
- Chronic Poor Health
- Inflammatory Conditions
- Allergies

Circulatory Issues:

- Weak Heart
- Palpitations
- Varicose Veins
- High Blood Pressure
- High Cholesterol
- Hypertension
- Poor Circulation

Skin Issues:

- Acne
- Psoriasis
- Rashes/Hives
- Poison Ivy

Reproductive Health:

- Menstrual Irregularities
- Menopause/Hot Flashes
- Prostate
- Libido

Other:

- Hepatitis C
- Chronic Fatigue
- Insomnia
- Stress
- Wound Healing
- Memory
- Endocrine Balance
- Arthritis
- Infertility

Trauma

(non-life threatening conditions
or after a visit to the doctor)

Car Accidents
Sports Injuries
Insect Bites
Slips and Falls
Martial Arts Injuries

Wellness Care

Bodywork for the Childbearing Year
Infant Massage & Children's Health
Stress Reduction
Pain Free Fitness

Integrative Care

(in conjunction with your doctor
or health practitioner)

Cancer
Pregnancy
Psychotherapy Support

Why Our Practice is Different

- We have professional standards
- We are integrity based and practice high-level ethics
- Competency: we only advertise and practice modalities we have had training in or have actually studied
- We charge fair prices and provide affordable natural health care
- Wholistic approach: we seek to work with the underlying causes of ill health, and not just treat the effects
- Results: we continually research, study, and evaluate the most successful solutions for your health
- Experience: it doesn't hurt that we've been practicing for over two decades
- If we can't help you we'll refer you to someone else

As one of our patients said, "You're about Healing Power not Money Power."

How Our Integrative Approach Works:

When we combine several different therapies together for a patient's health care we call that **Integrative Natural Healing**. Below are some typical applications of holistic healing at our clinic for different conditions:

Migraine Headaches: migraines usually involve structural misalignment of the neck with trigger point referrals into the head from the upper back, chest and neck. Sometimes the jaw (TMJ) is involved. About 10-15% also have digestive or metabolic causes mixed in with the musculoskeletal problems. If needed **herbs** are given both symptomatically for the headaches or used to work with underlying digestive or metabolic imbalances. A few **supplements** are sometimes recommended and **diet** modification can be helpful. Instructions for **hydrotherapy** to be done at home may be given. The primary hands-on methods used for migraines are **Neuromuscular Therapy, Myofascial Release, and Craniosacral Therapy**. Sometimes Osteopathic **Muscle Energy Technique** evaluation and treatment are necessary. About 90% of migraines are relieved or eliminated through hands-on healing and structural correction of neck, TMJ, and cranial bones.

Digestive Problems: digestive issues and diagnoses are particularly helped by **herbal therapies** both internal and external. **Herbs** for the soft tissues of the digestive tract, the nervous system, elimination, liver and pancreas secretions, absorptive aids, and other categories help regulate both inflammation and weakness in assimilation and processing. **Hydrotherapy** done at the office and home are particularly good for healing the gut. Some hands-on therapies like **Visceral Manipulation, abdominal and organ Massage, and Myofascial Release** are modalities that help some people. Other integrative treatments might include **Lymphatic Manipulation, Barefoot Doctor Techniques, or Chapman's Reflexes and Foot Reflexology**. An elimination **diet** or cooked foods or other special foods and **supplements** are also very useful in solving digestive problems. The majority of digestive conditions are successfully helped using **herbs**, with the other techniques being useful add-ons.

Organ Prolapse and Hernia: due to gravity and poor health, organs and abdominal tissues can begin to weaken and sink downward. **Herbs** can tonify and lift up organs through several mechanisms including improving digestion and relieving liver congestion. **Herbal packs** or **hydrotherapy** can also strengthen and tone tissues and thus lift up the uterus, bladder, colon and kidneys. Special foods and diets can also help strengthen the abdomen. While **herbs** are the primary therapy for prolapse, allied modalities like **Barefoot Doctor Techniques, Chapman's Reflexes, and spinal NMT (Neuromuscular Therapy)** can help. Most of the time we recommend **exercises** for strengthening the pelvis, and movement therapies like **Somatics** or **Chi Kung**,

Rheumatoid Arthritis: "RA" as this condition is known is considered a autoimmune disease, that is, an overactive immune system attacking the body. There are several key therapies for helping RA. The first is to make sure that the body's joints have free movement and are not restricted in range of motion. This requires **manipulation** like the **osteopathy** we perform at our clinic, and sometimes advanced hands-on techniques like **Myofascial Release** or **Neuromuscular Therapy**. Regular **Massage** while helpful is not precise or effective enough for lasting results. **Herbs** that help digestion, relieve inflammation, soothe tissues, and detoxify are incredibly helpful for this condition. An anti-inflammatory **diet** is also important.

Menopause: menopause is not a disease or syndrome but is a natural imbalance that comes with aging. The most important therapies are **herbs** used not as "hormone replacements," but to regulate, tone, and detoxify the body tissues and nervous system. This is partly accomplished by equalizing circulation from the interior to the exterior of the body and removing accumulations of metabolic waste products ("toxins") in organs, tissues, and glands. Other methods that are important are eating some **healthy foods, mild exercise, and meditation** or cultivating an attitude of acceptance and understanding of the cycles of

life.

Infertility: we have a very high score on helping infertile women achieve a healthy pregnancy. First, it is important to balance the metabolism with **herbs**. This is usually about assisting the adrenals, and other endocrine glands to function normally. This is a non-medical approach, and may include detoxification and regulation based on the client's constitution. **Diet** and healthy foods can play a part, as well as **Craniosacral Balancing** which adjusts the structural-functional relationship of the body, including the glands, tissues, and organs. On occasion we recommend an approach such as **Constitutional Hydrotherapy**.

Fibromyalgia: "FM" is not a disease, but a state of ill health and is considered a syndrome. We believe that the origin of the fatigue component of Fibromyalgia is a "leaky gut," or digestive weakness, sometimes called "dysbiosis." Tiredness sets in because the body cannot adequately assimilate nutrients which give the body energy. The pain component happens when metabolic waste products from poor elimination accumulate in tissues, and around joints. The most effective way to help Fibromyalgia Syndrome is by taking strengthening and regulating **herbs**. Some of these tonics herbs are from the healing tradition of China. Western **herbs** called alteratives can help by cleansing toxins, but also help assimilation and endocrine function. Eating a healthier **diet** based on Oriental philosophy is very important. Reduction of sugar and junk food consumption is essential. Drugs, exercise, and physical therapy seem to help very few people and while **massage, chiropractic, and manual therapy** can ameliorate symptoms, they are not curative. Overall, we have had excellent results with Fibromyalgia using a combination **herbs**, and **diet**. We also suggest **hands-on healing** techniques such as **Lymphatic Manipulation**, and **Myofascial Release** with the addition of **chi kung**, and home **hydrotherapy**.

The above approaches are typical of how we help people improve their health at our clinic.

In Conclusion:

There are many types of health conditions that people come to see us for that you can read about under Why People Come to See Us in this prospectus and in other articles on our web site and blog. Each health issue and every person is unique so no two people receive the same therapies; in other words we take a holistic approach. While we do make general recommendations to people who come in to our Herbal Dispensary, it is necessary for deeply rooted and problematic conditions to do in-depth analysis that can only be provided by a one-on-one consultation.

