

## ***Services Available at Health, Naturally!***

### **Nutritional Consultation -with Tina Pickvet, ND**

We use Nutrition Response Testing (Kinesiology, muscle testing) a way to find the most effective, reliable, and easiest way to go over the energy in the organs, minerals, acupuncture points and various body parts, etc., in order to analyze the best nutritional options for the client's wellbeing. Then we create a plan and watch your health become more balanced through the follow up appointments.

**90 Minute first visit consultation is \$75.00**

**60-minute Follow-up appointments are \$50.00.**

**Cranial Sacral-RDT with Tina Pickvet, ND** is a method of dripping 9 or more Young Living Essential oils along the spine and a 10 minute warmed towel at the end, put on the spine to help the spinal nerve endings, to reduce pain, ease stress, improve circulation, shield you from germs, improve immune function and improve focus and concentration, mixed with a little Cranial Sacral, and Tuning Forks to balance the body if needed.

**Vibrational Raindrop Sessions** include Classic Raindrop, Bible Oils Raindrop, Brain Balance Raindrop, Colon/Digestion Raindrop, Heart/Circulation Raindrop, Hormone Balance Female/Male Raindrop, Joints & Bones Raindrop, Liver Balance Raindrop, Longevity Raindrop, Lung Balance Raindrop, Metabolic Essentials Raindrop.

**90 Minute session \$85.00-\$100.00 depending on the Essential Oils used**

**Reflexology with Tina Pickvet, ND** Treat your feet to a session of stress reduction and increased body circulation by using the energy pathways located in your feet using Young Living Essential Oils.

**60 Minute session \$50.00**

**Cranial/Sacral Body Work with Tina Pickvet, ND-** is a gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum. The goal is to release compression in those areas which alleviates stress and pain. May use crystals, magnets, color, or tuning forks to bring the body in to balance.

**60 Minute session \$50.00**

**Emotion Code with Tina Pickvet, ND-** Experience more joy and abundance, feel lighter and happier, become more confident, open and loving, better cope with stress and anxiety, more clarity, become calmer, less frightened and more trusting, become free of inherited trapped emotions, developed by Dr. Bradley Nelson.

**60 Minute session \$50.00**



**Energy Work with Holly Shillair, NHE-** session are offered in person or remotely. Each session focuses on core issues that are affecting you physically, emotionally, and spiritually. She will look at ancestral connections, traumas, inner child healing, balancing the chakra system to provide wellness.

**90 Minute session \$75.00**

**Nutritional Consultation -with Holly Shillair, NHE** We use Nutrition Response Testing (Kinesiology, muscle testing) a way to find the most effective, reliable, and easiest way to go over the energy in the organs, minerals, acupuncture points and various body parts, etc., in order to analyze the best nutritional options for the client's wellbeing. Then we create a plan and watch your health become more balanced through the follow up appointments

**60 Minute session \$50 or 30 Minute Follow Up session \$35**

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**Raindrop Therapy with Deb Bruske NHT-**

Classic Raindrop- Valor, Oregano, Thyme, Basil, Cypress, Wintergreen, Marjoram, Peppermint, Aroma Siez

Contact Deb: 989-545-1348

**90 Minute session \$85.00**

**Reflexology with Deb Bruske NHT-** Treat your feet (or hands) to a session of stress reduction and increased body circulation by using the energy pathways located in your feet (or hands).

Contact Deb: 989-545-1348

**60 Minute session \$50.00**

**Cranial/Sacral with Deb Bruske, NHT-** is a gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum. The goal is to release compression in those areas which alleviates stress and pain.

Contact Deb: 989-545-1348

**60 Minute session \$50.00**

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**Reiki with Mary Ann Malek** practitioners believe that improving the flow of energy around the body can enable relaxation, relieve pain, speed healing, and reduce other symptoms of illness.

Contact: 989-751-6630

**60 Minute session \$50.00**

or 989-964-8003

**Bowenwork with Mary Ann Malek, CBP-** it is a hands on healthcare. It consists of sequences of rolling movements of the practitioner's thumb or fingers over precisely located sites on the body. These movements of serve as a signal the body to remember how to heal a variety of health issues.

Contact: 989-751-6630

**Series of 3-4 sessions 60 minutes each \$50**

or 989-964-8003

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**Reiki with Shirley Polaski-** practitioners believe that improving the flow of energy around the body can enable relaxation, relieve pain, speed healing, and reduce other symptoms of illness.

Contact: 989-450-4081

**60 Minute session \$50.00**

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**Nutritional Consultation -with Kristin Szyperski, NHE** We use Nutrition Response Testing (Kinesiology, muscle testing) a way to find the most effective, reliable, and easiest way to go over the energy in the organs, minerals, acupuncture points and various body parts, etc., in order to analyze the best nutritional options for the client's wellbeing. Then we create a plan and watch your health become more balanced through the follow up appointments

**90 Minute session \$55**

**Reiki with Kristin Szyperski, NHE** practitioners believe that improving the flow of energy around the body can enable relaxation, relieve pain, speed healing, and reduce other symptoms of illness.

**60 Minute session \$50.00**

**Reflexology with Kristin Szyperski NHE** Treat your feet to a session of stress reduction and increased body circulation by using the energy pathways located in your feet using Young Living Essential Oils.

**60 Minute session \$50.00**

**Acudetox auricular (ear) acupuncture with Kristin Szyperski NHE** - based on the fact that there are points for the entire body wrapped on the ear's surface. This protocol works with 5 main points on the ear: Sympathetic, Shen men or Spirit Gate, Kidney, Liver, Lungs.

**45 Minute session \$50.00**

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**Massage with Rebecca Spannagel** Swedish (relaxing), deep tissue, lymphatic, myofascial.

Contact : 989-482-3866

**\$50.00 - \$60.00 60-90 minutes session**

**Massage with Stacey Ayers-** Swedish, Therapeutic massage, Polarity Therapy,

Contact; 1-800-371-3515

**60 Minute session \$60.00**

**Hot Rock massage, \$90.00 1 hr.**

## **Therapy Room:**

**SOQI Bed & Chi Machine** Try this multiple energy approach for your preventative health improvement. 20 minutes is equivalent to 10,000 steps. \$10.00 for 30 minutes or club card for 10 hours \$25.00

**Advanced ERE (electro reflex energizer)** This apparatus stimulates reflexes in the feet to improve total body health. \$25.00 for 30 minutes

**Body Vibe** Standing on this machine for 10 minutes is equivalent to a 4-mile jog. It works to increase bone density and muscle mass, reduce cellulite & improves balance. \$5.00 for two 10-minute sessions or \$25.00 for 10 hours on a club card.

**Foot Detoxification** – Eliminating toxins through your feet takes approximately 30-45 minutes with no pain. \$25.00 Club Card is 5 sessions for \$100.00

**Brain Tap -** Developed by Porter Vision this system works subconsciously to create vibrant health. This self-mastery technology takes approximately 30 minutes a session. \$10.00 a session or \$50.00 for a club card of 6 visits. First-time evaluation available Monday-Thursday 1-4 PM.

## ***Products available at Health, Naturally!***

**Young Living Essential Oils** work with vibration levels in the body to bring about change in a natural and healthy approach to strengthening the body.

**Hyland's Homeopathic & Cell Salts** These types of remedies can be given to strengthen the body and its immunity.

**Physica Energetics Homeopathics** Are premium liquid natural supplements are nutritional, botanical natural remedies to balance the body.

**Gemmotherapy** Embryonic plant tissue extracts to stimulate organ systems toxin elimination to balance the body.

**Bach Florals** Dr. Bach believed that flowers are for healing of the body emotionally. These remedies are very gentle and assist in balancing our emotions.

**Natures Sunshine Herbs** They are the largest herb company in the USA and also guarantee 100% natural products.

**Health Naturally Store** carries Ancient Rock Salt Lamps, Diffusers for Essential Oils, Natural Health Books, Emu Oil Products, Natural Lotions, Natural Soaps, Ointments, Organic Foods and more.

### ***Staff and Location in Bay City***

For more information call Health, Naturally! at 989-684-9701.

**Health Natrually Staff are:**

Tina Pickvet, Naturopathic Doctor,  
Holly Shillair, Natural Health Educator and Energy Worker,  
Deb Bruske, Natural Health Therapist  
Diane Cain, Licensed Massage Therapist,  
Rebecca Spannagel, Licensed Massage Therapist,  
Stacey Ayers, Licensed Massage Therapist,  
Mary Anne Malek, Bowen Practitioner, Reiki Practitioner,  
Shirley Polaski, Reiki Practitioner  
Kristin Szyperski, Natural Health Educator, Reiki Practitioner,

**Store Staff: Dee Scherzer, Shirley Polaski, Janice Valkenburg, Tina Pickvet, ND**

We are located at 4308 Doerr's Forest, right across from John Glenn High School in Bay City.

Please visit the website at [www.oiltoheal.com](http://www.oiltoheal.com) for custom blends, educational classes, and to make an appointment. Sign up for our free monthly newsletter!