

THE NATURAL HEALTH CLINIC

OFFERING METHODS OF HEALING THAT SUPPORT THE BODY, MIND, AND SPIRIT



Office Maestro



John McDaniel I am likely the first person you will encounter when you come into the clinic. My job is to “tie it all together” and facilitate the happy ebb and flow of patients and practitioners that make up the day-to-day symphony of activities that unfolds in this healing space. I love the constantly changing challenges, and take pride in helping every patient that walks through the door have a pleasant and efficient experience at our clinic.

Health Coach & Patient Care Coordinator



Sheena Grannis, MA I received my MA as a Health Educator and Life Coach at JFK Graduate School of Holistic Studies. I will help you develop positive lifestyle habits necessary for you to achieve your health goals including good eating habits, stress relief, physical activity, and maintaining a healthy weight. Coaching focuses on both short and long-term goals, action plans, tracking progress, and support. My approach is direct, laced with humor and compassion and I delight in accompanying individuals on their journey to good health. I also work part-time at the front desk as a Patient Care Coordinator.



Naturopathic Medicine

Laura Shelton, ND I graduated in 1983 from Bastyr University. I love untangling the root causes of complex chronic illnesses and finding the treatment modalities that best fit not only the disease but also the patient. I enjoy treating the whole family, from earaches to menopause. In my off-hours, I am a musician and a grandma.



Emily Sharpe, ND Your Path to Health. My work is search and discovery of the causes of your disease, then teaching you how to take care of the causes. I have a general family practice with specialties of fatigue, thyroid, gastrointestinal, allergies, hormonal and menopausal issues. My passion for these specialties is rooted in my personal journey through disease and health. I love helping you feel your very best. When I am not helping you, I am cooking with my loving husband, on an especially wonderful day we are camping, hiking and fishing the beautiful Northwest outdoors. (www.doctorsharpe.net)

Homeopathic Medicine

Homeopathic practitioners use a totality approach towards homeostasis, or balance, in healthcare. In today's society, it is common for clients to be viewed in terms of their segmented parts; e.g. insomnia, troublesome acne, or gastric reflux. Regardless of the complaint, homeopaths know that each individual is completely unique in make up, with different backgrounds, lifestyles, and temperaments, and so we find solutions which encompass the individual in entirety! Homeopaths use scientifically prepared, all natural remedies to strengthen and encourage the body's own innate healing abilities to systematically remove dis-ease, so that health and well-being can safely be restored.



Monique Arsenault, RC, CHE (UK) In order to help you feel better we will work together in an intimate super-sleuthing process, uncovering and exposing the real culprit of dis-ease-- some form or another of energetic disharmony or imbalance (stress, difficult relationships, bad food, etc) which has caused your body to compensate with uncomfortable symptoms. Homeopathic remedies are all-natural and cannot cause side-effects. I am a graduate of the Centre for Homeopathic Education, London, UK, and registered counselor WA#00052750. (www.homeopathichealthcare.net)

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www.fstreetnaturalhealthclinic.com



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CranioSacral_Therapy

CranioSacral Therapists use gentle hands-on techniques to help release internal tensions within the body and seek to act as facilitators, helping clients get in touch with their body's own Inner Wisdom, that part within each of us that knows everything about our health. We pay particular attention to the membrane which surrounds the brain and spinal cord, the dura mater. All nerves and blood vessels going to the brain and cord must pass through this membrane and releasing tensions within the dura can have a profound effect upon the way that the body functions.



Tim Hutton, PhD, LMP, CST-D *Bellingham CranioSacral Therapy Center.* The focus of my practice as a massage therapist is exclusively CranioSacral Therapy and the related modalities of Visceral Manipulation and Lymph Drainage. Most of my clients see me because they are experiencing some sort of chronic pain or dysfunction, but I also see clients for well-care. In addition to my private practice, I also travel extensively teaching CranioSacral Therapy and SomatoEmotional Release for the Upledger Institute. My other primary interests at the moment are Tai Chi and golf, both of which I am very much in the process of learning.

(www.bellinghamcst.com)



Dave Campbell, LMP, CTP *Bellingham CranioSacral Therapy Center.* My practice includes a combination of CranioSacral Therapy, Trager® Work, and Visceral Manipulation. I have been a nationally certified massage therapist and a Certified Trager® Practitioner since 1994, and began adding CranioSacral Therapy to my practice in 1997. I enjoy teaching and am currently an instructor of kinesiology at the Spectrum Center School of Massage. In my personal time, I like to play guitar and sing, play with Daisy (our black lab), and go for hikes to enjoy the beautiful northwest scenery.

(www.bellinghamcst.com)

Psychotherapy



Carolyn Koehline, MA I am a Licensed Mental Health Counselor and I have had a private psychotherapy practice in Bellingham since 1992. I work with adults experiencing self-sabotage, indecision, depression, anxiety, creative blocks, ADD, and the effects of trauma. When it feels helpful to the client I include the creative modalities, Emotional Freedom Technique, EMDR and other helpful tools and techniques. I have extensive experience teaching groups and supporting individuals to creatively navigate "clutter," and other practical dilemmas of daily living. I am also a Certified Journal to the Self® Instructor and regularly offer journal classes. I'm in the process of getting my Certification as a Journal Therapist through the Therapeutic Writing Institute. In my free time I love to write, and make music and art.

(www.confrontingclutter.com)

Massage Therapy



Christin Nelson, LMP In our busy lives we often disconnect from our bodies, not realizing that if we take the time to nurture ourselves, our load will feel lighter and our lives will be more balanced and abundant. I have been in practice for over fifteen years, and have enjoyed every minute of it! If it's treatment for any injury or chronic pain that you are in need of, I can help. If it's relaxation and nurturing that's missing, I can offer that too. I enjoy working with all ages and body types. I will develop a treatment plan that addresses your specific needs. I accept several types of insurance including MVA, L&I, Lifewise, Aetna, Uniform, and Premera.

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