



## 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](http://www.doctorsharpe.net))



**Kelsi Ervin, ND** Supported Self Healing. I believe our bodies know how to heal, but sometimes they have forgotten or something has gotten in the way. I enjoy supporting men, women, and children in learning tricks for staying healthy and for feeling better while finding what has gotten in the way of their health. Come on in and we can work together. Otherwise, I'll be off fishing, watching the mountains and plants from a canoe, dancing, or playing my fiddle. Conditions I can help with are many, including: low energy and depression, anxiety, female concerns, digestion problems, blood sugar issues, allergies, and cancer.  
([www.doctorsunshine.net](http://www.doctorsunshine.net))

## Health Coaching



**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.

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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](http://www.bellinghamcst.com))



**Dave Campbell, LMP, CTP** *Bellingham CranioSacral Therapy Center.* My work includes a combination of CranioSacral Therapy and Visceral Manipulation, augmented by other gentle neuromusculoskeletal release techniques. I enjoy teaching and am currently an instructor of kinesiology and cadaver anatomy for the Spectrum Center School of Massage, and also teach CE classes for massage therapists. I have written and illustrated a Kinesiology textbook (see it at [www.bodylightbooks.com](http://www.bodylightbooks.com)). In my personal time, I like to write, draw, go for hikes to enjoy the beautiful northwest scenery, and learn something new every day. ([www.bellinghamcst.com](http://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 who are navigating life changes, and those who are experiencing self-sabotage, indecision, depression, anxiety, creative blocks, ADD, and the effects of trauma. When it feels helpful to the client I include 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 Therapist and use brief, focused writing techniques and other creative modalities in all of my work. In my free time I love to write, and make music and art. ([www.confrontingclutter.com](http://www.confrontingclutter.com))

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