

The Healthy Planet's

Women @ Work

**A Salute To
WOMEN-OWNED & MANAGED
Businesses & Organizations
in the St. Louis Area**



Kim's Herbs & Detox Center

*A Deep Passion For
Natural Health And Healing*

Kimberly "Kim" Ward - Owner

Kimberly ("Kim") Ward is a holistic health coach, certified herbalist and owner of Kim's Herbs & Detox Center in St. Louis, Missouri. Kim discovered her attraction to Holistic and Natural Healing while in college. "I was an accounting major, but deep inside I knew that Holistic and Natural Healing was my passion," says Kim. "I bought nuts and seeds to try to eat healthy, but I didn't have a full awareness of what I was doing or how to really nurture my desire for good health," she says.

Kim earned her degree in accounting from Spelman College, became a Certified Public Accountant and climbed the corporate ladder in the world of business. It would be many years later that her passion for health and wellness would re-emerge. She got acquainted with this field again through a friend who was selling Melaleuca products. While working as a Melaleuca distributor was rewarding, Kim knew there was more she could do to help improve the lives of others through holistic health and healing alternatives. In 2010, she decided to strike out on her own with an on-line herbal store called, Kimberly's Herb Shop. Through operating the on-line store, Kim came to realize how much her customers valued her knowledge and expertise. The (on-line) business was successful; but, not as successful as it could be with one-on-one personal interaction," says Kim.

Kim opened Kim's Herbs & Detox Center on May 6, 2016 and it has been very rewarding, for both Kim and her valued customers.

9634 Olive Blvd.
Olivette, MO 63132



314-395-3767
herbs-detox.com

Crossing Back To Health

*Solutions That are Comprehensive,
Natural, Safe and Highly Effective*

Dr. Amy K. Davis - M.D.



Amy K. Davis, MD brings more than twenty-five years of experience to her medical practice at Crossing Back to Health. She is trained in Internal Medicine and has practiced both in the hospital and private practice settings. Dr. Davis is a Certified Functional Medicine specialist through the Institute of Functional Medicine. The Institute of Functional Medicine is a global leader in clinical education in Functional Medicine and has a highly successful clinic at the prestigious Cleveland Clinic.

She has actively pursued additional training in Medical Acupuncture, Nutrition, Autism, Detoxification and most recently has completed her certification in Hypnotherapy.

Dr. Davis provides a comprehensive approach to healthcare by identifying the root cause of symptoms and providing treatment for her patients that leads to optimal health.

Dr. Davis' training provides her with a unique ability to evaluate, diagnose and treat conditions that have challenged many of her patients. She combines these approaches in to a highly specific, customized program for each patient that is comprehensive, natural, safe and effective.

Dr. Davis looks forward to meeting you at Crossing Back to Health.



Golfview Building, 11477 Olde Cabin Rd. Ste 100 • Creve Coeur, MO 63141
636-778-9158 • www.CrossingBackToHealth.com

Feel Young Again Anti-aging Benefits In As Little As Two Weeks

Michele Heizer



As much as we hate to admit it, we're all growing older. It's just a fact of life. Getting older is inevitable but feeling older can be a choice. I'm a busy mom of 2 boys who keep me on my toes and I also run my own business. My foggy mom brain, restless nights, energy slumps, and sense of overwhelm were starting to get the best of me. I was ready to feel YOUNG again! Thankfully, I found a product that worked for me and a business model and company that I could stand behind 100%.

Scientifically, we begin the aging process at 25. Our top quality, FDA registered products help reverse this process. Most people begin to experience the anti-aging benefits in as little as two weeks. Other expected benefits may include improved sleep, weight loss, muscle recovery, hair loss, energy, and much more.

We all deserve to feel our best. To have the energy to be able to keep up with our kids. To have the confidence we had years ago. We all deserve to be living a youthful life at our greatest potential.

Contact me for more information.



314.406.2210

bcmichele@icloud.com
liveyouthful.net

The Center For Mind, Body, Spirit *An Integrated Approach To Healing & Wellness*

Deborah Zorensky, MS, RD, LD, CCN - Owner



In 2001, Deborah Zorensky and her business partner, Linda Duff, saw a need and sought to fill it. The result is The Center for Mind Body Spirit, located at the crossroads of Delmar Boulevard and North and South in University City.

The Center offers more than 15 different modalities to promote healing and wellness, including Massage, Facial Energy Work, Acupuncture, Meditation, Nutrition Education, Transformational Breathwork, Life Coaching, Intuitive Readings, Astrological Readings, Vibrational Healing, Oriental Medicine and Reflexology. In addition to the extensive treatment space, there is a wonderful, eclectic retail area offering a wide array of merchandise to fulfill her customers every need.

Deborah not only owns The Center but also does nutrition counseling. She specializes in digestive disorders, including autoimmune dysfunctions. Deborah received her undergraduate training in dietetics from Fontbonne College, followed by an internship at Barnes-Jewish Hospital. She continued on to receive her Master's Degree in Allied Health with an emphasis on Nutrition from Barnes-Jewish Hospital School of Nursing and Allied Health. She has also completed a post-graduate program in Nutrition from the International and American Association of Clinical Nutritionists, earning her CCN. In 2012, Deborah finished up her requirements and is a Certified Maternity Eco-Consultant.

7649 Delmar,
St. Louis, MO 63130



314-725-6767
centerformindbodyspirit.com

Stimulate Healing *Bringing Balance and Harmony to the Body – Physically, Mentally and Emotionally*

Karen Reed, CRHS, LHS, VST, CVSP



Emotional blocks and stress are the main causes of Dis-ease. Vibration and sound help release these blocks, reduce the effects of stress and balance energy centers.

Whether we hear it or not everything has a vibration and sound is vibration. Vibration effects every part of our bodies. We not only hear it through our ears, but can feel it in our bones and on our skin, basically in every cell of our body. Since our bodies are mostly water, sound and sound vibrations travel thru the body like the ripples from a pebble being dropped in a pond. As the vibrations travel thru the body, they relax tense muscles, break up blockages and balance energy.

Karen uses sound healing instruments like tuning forks, bronze and crystal bowls, crystals, gongs, drums, etc. to create vibrations in the body and in the energy field around the body. After sessions her clients express feelings like being happier, hopeful, forgiving, balanced, trusting, loving, peaceful, relaxed, energized, grounded, focused, awakened, strong, confident and positive.

Karen's mission is to coach, demonstrate, educate, empower, teach and tutor her clients to take control of their own life.

Karen trained with Aroma Sounds, Vibrational Sound Association, SomaEnergetics, and the Sound Healing Academy. She is also a Licensed Spiritual Healer.

Contact Karen to set up your Awakening Tuning Session.

Stimulate Healing
stimulatehealing@att.net



636-236-4508
StimulateHealing.com



Natural Healing *Independent Health, Wellness & Yoga Professional*

Sandy Rausch - Teacher, Trainer & Ind. Rep.

As a Licensed Spiritual Health Coach, natural healing is my passion. Our bodies are perfectly, wonderfully made to heal themselves, if we give our body a chance. I coach, educate and inspire others in the use of natural, holistic therapies ... specifically, Young Living® Therapeutic-Grade Essential Oils, Raw Vegan Diet, BioMat and Lifestyle coaching. I am an independent Distributor and Silver Leader for Young Living Essential Oils, and represent Richway BioMat (Professional Amethyst, Far-Infrared Mat).

Young Living is the World Leader in Essential Oils. We have essential oils, nutritional supplements, personal care products, safe kids products, diffusers, multivitamins, probiotics, a green natural household cleaner, and one of the highest antioxidant goji wolfberries juices on the market - NingXia Red.

Also, I am an AromaShapes Trainer and Certified Raindrop Technique Specialist, Registered Yoga Instructor, Kundalini Reiki Master Teacher, and trained in Pranic Psychotherapy Healing and Vibrational Color Therapy.

Sandy Rausch- Teacher, Trainer & Independent Rep
Sandy.youngliving@gmail.com • 618-304-2466

Edg-Clif Vineyard Winery & Brewery

*Women Making Wine & Running A
Business With That Feminine Touch*

**Cyndy Knapp Keesee and
Steffie Knapp Littlefield, Co-Owners**



Cyndy Keesee and Steffie Littlefield are sisters and co-owners of a 3rd generation cattle ranch turned vineyard, winery, and brewery. Their dream has been to revitalize the family farm with a new business that will add value to it for the next generation of women. Not only are all four of their daughters involved in the business, but many other women in the community are helping to turn this dream into a reality.

Creating a vineyard and winery is exciting as well as demanding. The daily routines can run the gamut from working in the field planting, training, pruning and harvesting to working in the winery with up to 2500 gallons of product, managing a wedding and special event venue and of course waiting on customers in the tasting room.

As the popularity of the new winery grows so does the work schedule. To perform all these tasks many hands are needed. Now the winery has launched its new Edg-Clif Brewing Company with one of the 4th generation daughters as the managing brewer. Rachael Fry jumped in last year to learn the craft beer business and her beers are a huge success!

The four daughters are active in every aspect from wine making, brewing beer, vineyard tasks to marketing assistance with ads, labels and billboard design. Two other daughter's spearheaded the renovations of more vintage farm houses to operate as vacation rentals/B&B houses on the property. Developing a new business virtually from the roots in the ground up to the store shelf is an all-encompassing task with different challenges every day. How fortunate to have so many talented women contributing to it's success.

10035 Edg-Clif Drive,
Potosi, MO 63664
573-438-4741



Weddings • Vineyard
www.edg-clif.com
steffie@edg-clif.com

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Jewelry Evolution8

*Focus On Your Life For
Personal Growth & Wisdom*

Nea Hildebolt - Owner

As a mother of two boys, I want my children to grow up into a beautiful and caring world. I created Jewelry Evolution8 because I wanted the jewelry I was making to inspire people and to act as tools to help others become the best versions of themselves.

The jewelry I make acts as reminders for what you want to focus on in your life for personal growth. I collaborated with author Don Miguel Ruiz to create bracelets to help people deepen their practice of the wisdom of the best-selling book *The Four Agreements*.

I believe peace begins within, and if people are inspired and empowered to heal themselves and feel self-love, they can then go out into the world and share this vibration.

My mission is to uplift people who wear the jewelry I make to create a community of strong, compassionate way-showers to make this world a more beautiful, loving place to live.



www.jewelryevolution.com

nea@jewelryevolution.com

JEWELRY EVOLUTION8
inspiring women for personal transformation



Phylis Clay Sparks

Author, Speaker, Trainer



Phylis Sparks is an author, teacher, mentor and counselor. Many know her as the spiritual leader of The Soul-Esteem Center for over 20 years. Today she is in the process of creating online classes, podcasts, inspirational writings, and much more. Check out her website at phylisclaysparks.com. By the way, you can purchase her book *Forgiveness, It Is NOT What You Think It Is!* on Amazon or Barnes and Noble's website.

Phylis' next project is to offer her original and amazing prosperity program called PROSPEROLOGY, a partnership between prosperity and the psychology behind it. It's about creating an expanded flow of abundance and a happy, peace-filled life all at the same time!

Phylis offers many classes and seminars including Public Speaking, Stress Management, Meditation, Human Relations Skills, Forgiveness, and many more! So join her as you journey into expanded success and happiness by taking well-proven action steps that take you where you want to go!

Interested in booking Phylis for a training or speaking engagement? Or perhaps a counseling session? You can reach her at phylisophical@gmail.com. If you'd like to be on her email list, sign up on her website to receive frequent updates and inspirations.



Clinical Hypnotherapy Of Metro St. Louis

Take Charge of Your Life

**Linda Weber Spradling - Cht, CCT
Certified Clinical Hypnotherapist**

I specialize in Analytical, Clinical Hypnotherapy as developed by Gil Boyne. I employ techniques and protocols developed by Emile Coue', Gil Boyne, Tim Simmerman Sierra and E.A. Barnett MD. I am a graduate of the Hypnotherapy Academy of America; recognized world wide as a leader in this self help technique.

Hypnotherapy is a natural, yet altered state of mind that all people have experienced but perhaps not realized. Anyone who desires to be hypnotized can be hypnotized. Most concerns are about a fear of loss of control, mostly due to stage hypnosis demonstrations. The fact is that you are always in control during hypnosis and hypnosis actually teaches us to have more control of our minds.

Hypnotherapy allows the client to review and change deeply held beliefs from earlier in their lives that are limiting his/her current life. When those beliefs are subjected to the clients review and reevaluation, he/she can make different choices as to how they respond and how those memories will affect their current life choices. Thus eliminating self sabotaging behaviors and making goals easier to achieve.

The Hypnotherapist's job is to assist the client in achieving their goals. We do this by using time proven hypnotic methods. Hypnotherapy is safe, effective and proven to assist with: pain issues, smoking cessation, overeating, behavioral issues, fears and phobias, stress reduction, past traumatic events PTSD, healing visualization, migraines, headaches, setting and achieving goals, and more!

207 N. Main, Suite 103E
Columbia, IL 62236
lsweber@htc.net



Free Consultation
www.hypnotherapymetrostl.com
314-520-1438 • 314-806-5220

Keough Chiropractic

Focus On Women's Health, Pre and Post Natal & Pediatric Care



Dr. Felicity Keough Dr. Michelle Mashinter

Serving the families of St. Charles and surrounding areas with a strong focus on women's health, including pre and post natal as well as pediatric chiropractic care. Services include, Chiropractic, Massage, Nutritional Counseling, Functional Medicine and Lactation Counseling.

The need for a fully functioning body is crucial to a mother and her developing baby's health, as well as labor and delivery without complications. The doctors are certified in the Webster Technique which is an assessment as well as a gentle adjustment to help correct pregnant women's structural imbalances. This technique also helps baby find optimal position for labor and delivery. They have helped many women achieve their goals of natural birth, VBAC and overall comfort during pregnancy.



636-244-4994
2440 Executive Drive, Suite 100, St. Charles, MO 63303
www.keoughchiropractic.com

Alchemy of Breath and Bodywork

Helping People with Chronic Pain Feel More Comfortable

Rachel Davis, LMT



My passion and greatest desire is empowering people to find their best selves. For eighteen years I have been a licensed massage therapist and interested in alternative medicine approaches. A year ago I discovered Ashley Black and her FasciaBlasting® tools. I used the tools on myself first, and after benefiting from them, I introduced them into my practice. The results I have helped my clients achieve have been remarkable! My practice completely shifted to only doing FasciaBlasting®. The tool is not just for cellulite reduction, but also a tool for pain relief and increased range of motion as the fascia is addressed. I can introduce you to FasciaBlasting®, or if you are already using the tools, I can help you to get better results. I help people out of chronic pain and to feel more comfortable in their skin.

I am also a Transformative Breathwork Coach; certified through the Healing Arts Center-St. Louis, MO. Through breathwork, clients are able to dissolve old emotional patterns, traumatic events, and physical breathing restrictions, allowing for more joy, peace and ease in their lives. I offer a discount to EMT's, police, firemen, nurses and veterans to help them release the trauma they hold in their mind/body from the work they do for us all.

Visit my website for more information. AlchemyofBreathandBodywork.com

2001 S. Hanley Rd
Suite 220
St. Louis, MO 63144



314-223-8861

Clayton Therapy

Self Knowledge is Your Key to Change

Peggy Levinson LCSW, LMFT



My name is Peggy Levinson. Over the past 35 years I have worked with individuals and couples who, just like you, come with a desire to better understand themselves and to work through issues in their lives that are causing discomfort and pain.

During my years of practice and clinical training I have honed a unique style of psychotherapy, one that brings together a wide range of approaches and helping tools to meet your individual needs. My passion and strength is in helping you know and feel that you are heard and understood on the deepest level. From that place we begin to explore the possibilities for change and growth that can occur in your life as well as the pathways that you can take to get you there.

Everyone has their own path to happiness and well-being. Part of my own path has been to develop an in depth expertise in a wide range of treatment modalities in order to be of help to others. I hope that reading through my website will give you more of an idea of what our working together would look like as we develop a realistic plan for meeting your needs and achieving your goals.

I have studied Present and Past Life Regression Therapy with Dr. Brian Weiss, author of Many Lives, Many Masters, since 2013, as well as Quantum Healing Hypnosis Technique with Dolores Cannon. One of my modalities is Past Life and Present Life Regression, a profound relaxation therapy that unlocks important memories and leads to deep healing. You can achieve a deeper understanding of who you are and learn to: free yourself from anxiety and relationship problems; tap into inner wisdom and creativity and create an "Aha!" experience by accessing the root of current issues. Contact me for a free phone consultation.

7750 Clayton Road
St. Louis, MO 63117

Clayton Therapy

314-644-3339
ClaytonTherapy.com

Body Presencing

Helping You Live Your Life In Wholeness And Vitality

Dr. Gail Cloud, D.C.

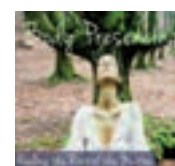


As a chiropractor, I act as an interpreter, so my patients can listen to, understand and integrate what their bodies are saying to them.

As a facilitator in the Family Constellation work and Family Systems work, and as a life coach, I assist my clients towards knowing who they are and being who they are in the world, always connected to their families and their communities, and yet separate from them.

As an astrologer, I blend into my work the knowledge of how our family dynamics impact us, as well as the effects of trauma on us, our lives, our health and our wholeness. With gentleness, love, and intuitiveness, I actively engage with my clients to help them to know who they are, give them the confidence to be who they are, and guide them to adjust their souls to be aligned with their true selves. I intertwine medical astrology with the health aspects shown in my clients' natal charts and guide them to more vibrant health as well as a greater understanding of their selves in general.

These services help my clients live lives of wholeness and vitality and contribute to the world living in peace, joy, and prosperity.



1561 N. Warson Road
St. Louis, MO 63132

314-995-9755
BodyPresencing.com

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Businesses & Organizations
in the St. Louis Area**

Creveling Gardens & Creativity For The Soul

Enhancing Creativity & Personal Growth

Linda Wiggen Kraft - Owner/Artist



Linda Wiggen Kraft's passion and work center around enhancing lives through flowers, gardens and creativity. Her holistic approach to enhance body, mind and spirit comes from her background as an artist, meditation teacher and organic gardening advocate. She combines these talents to design Gardens For The Soul; lead creativity workshops called Mandalas, Meditation & Journaling; to teach her Morning Meditations techniques and to create ceramics and pottery that expand her love of the earth and soil.

For over eighteen years Linda's business, Creveling Gardens (named after the street she lives on) has strived to provide gardens and landscapes that are not only beautiful and sustainable, but also a union of inner landscape of the soul with outer landscape of the garden. Her mandala workshops teach a simple, joyful and profound way to create personal art to bring more creativity and meaning to life. Linda has been a meditator for many decades and teaches Morning Meditations to quiet and center body and mind in order to live life more fully.

Linda's work can be seen on her website: CreativityForTheSoul.com. Lots more photos and info at CreativityForTheSoul.com on Pinterest, Instagram, Etsy and Facebook Page.

- Garden Design & Installation
- Organic Methods & Materials



- Mandala Art Workshops
- Meditation Teaching
- CreativityForTheSoul Pottery

314-504-4266 • GardensForTheSoul.com • CreativityForTheSoul.com



Grow Create Inspire *The Beautiful Journey Of Gardening and Growing*

Crystal Stevens - Farmer, Author, Teacher

For the last decade, I have been educating and empowering others how to grow their own food and medicine. It gives me great joy to witness the transformation of a person once they have begun the beautiful journey of gardening and providing nourishment for their families by growing fruits, vegetables, flowers and herbs. Throughout each season, I host several workshops on Ethical Foraging, Food as Medicine, Gardening, Composting, Vermiculture, Medicinal Herbs and Healthy Cooking in the community, through Dabble and at Mother Earth News Fairs and conferences around the country.

My husband Eric and I co-managed La Vista CSA Farm from 2010-2016. We now are honored to be working at EarthDance Organic Farm School, whose mission is to "sustainably grow food, farmers, and community, one small farm at a time, through hands-on education and delicious experiences. EarthDance has now transitioned to Permaculture in their growing practices.

When I am not gardening, I stay busy writing about it. My books, *Grow Create Inspire* and *Worms at Work*, released through New Society Publishers, distill my experiences in farming and gardening into user friendly how-to guides for beginners. I am currently working on a Seasonal Eating Cookbook which covers homegrown produce and ethically foraged ingredients. Look for tons of gardening tips in my column with *The Healthy Planet Magazine*, my blog with *Mother Earth News* and past articles in *Permaculture Magazine*, *Grit magazine*, *FEAST magazine* and *Overgrow the System*. Check out our art in *Semore the Bird Tells All that He Heard* by Kelley Johnson Powers.

Crystal will be co-teaching an online Permaculture Design Course alongside 40 women through the Permaculture Women's Guild. Visit Permaculturewomen.com for more information.

Follow our journey at GrowCreateInspire.com



Willow Rain Herbal Goods

*The Elements Of Nature
Help Nourish & Heal*

Pat Tuholske - Owner, Naturalist



I have always been intrigued by the mystical aspects of nature – the elements, indigenous plants, animal encounters and wild weather. My life purpose is to help people reconnect with Nature, reclaim their sense of wholeness and home. Awareness of native philosophy and folk traditions has taught me the power of natural healing, deep observation of nature, and the ancient way of the scout.

As the crafter of Willow Rain Herbal Goods, I provide remedies and wreaths made from the wild plants of our Ozark mountain sanctuary. As a nature guide, I host campers at our farm sharing my knowledge of the native plant and forest shamanism.

My wild wreaths and prayer wheels are visionary works of art woven of native grasses, wayside weeds, everlasting flowers, tree bark, lichens, seeds, cones and feathers. Weaving these gifts of the wild, I envision each as a healing portal into nature.... a pathway lit by the eternal flame of spirit.

I have walked the Ozark woodlands and meadows for many seasons hunting the wisdom of the wild. As I continue to learn about life, Nature's ways seem more and more wise. Go to the trees, hollows and rivers as often as you can. The elements of Nature help nourish and heal.

Deep peace of the quiet earth to you.



willowrainherbalgoods.com • pattuholske.com



Wildwood Integrative Healthcare

*Gentle Therapeutic Approaches
To Maximize Quality of Life*

Pat Bauer, NP-C, Nurse Practitioner

Patricia (Pat) Bauer, NP-C is an adult nurse practitioner who owns Wildwood Integrative Healthcare in Ellisville, Missouri. She received both her BSN and her MSN from Barnes Jewish College - Goldfarb School of Nursing in St. Louis, and is certified through the American Academy of Nurse Practitioners.

Bauer's nursing pledge of health promotion and disease prevention is reflected in her treatments - they are gentle and maximize the body's ability to heal itself. She spends time with her patients, educating them on the importance of lifestyle choices and natural healing options. Bauer's natural inquisitiveness leads her to the source of her patient's symptoms, which she then addresses. "I would rather get to the bottom of why a person has a symptom or illness and correct the imbalances, as opposed to covering it up with a drug," said Bauer.

Therapies offered at Wildwood Integrative Healthcare include nutritional IVs such as high dose Vitamin C, ozone and ultraviolet blood irradiation, the HOCATT ozone sauna, colonhydrotherapy, and Prolozone injections for joint pain.

16111 Manchester Rd
Suite 202
Ellisville, MO 63011



636-489-2000

WILDWOOD
Integrative Healthcare

www.wildwoodintegrativehealthcare.com

Isabee's

*Beekeeping Supplies, Native
Pollinators, Garden Gifts*

Jane Sueme, Owner



Jane Sueme, a certified master beekeeper and owner of Isabee's, was able to bring her sales and marketing skills to her passion and open St. Louis' only beekeeping equipment and supply store. Isabee's sells everything from beehive components, suits and veils, tools, books, extracting equipment, honey and starter honey bee colonies.

Since becoming a hobbyist beekeeper in 2004, Jane has been active in the local beekeeping community as board member of the Eastern Missouri Beekeepers Association from 2004 to 2012, Communications Coordinator for the Heartland Apicultural Society in 2012 and 2013 and as a founding member of both the Saint Louis Beekeepers Association and BeeSpeak STL in 2012.

Beekeeping has gained in popularity in the past decade and St. Louis now has an enthusiastic and growing beekeeping community. St. Louis is host to this year's annual Heartland Apiculture Conference, a premier regional beekeeping event, at Washington University July 11-13, 2018. Honeybees are complex social insects that supply us with a number of beneficial substances - honey, beeswax, pollen, propolis, and even bee venom which is being studied for its medicinal properties.

Isabee's provides information and consulting services on both honey bee beekeeping as well as providing habitat for native and solitary bees, in and around the St. Louis metro region.

315 Lemay Ferry Rd.
St. Louis, MO 63125



314-894-8737
www.isabees.com

Tish Kettler & Associates

*Private Physical Therapy
& Ergonomics*

Tish Kettler, MSPT, CEAS - Owner



Licensed physical therapist Tish Kettler provides comprehensive physical therapy and specialized one-on-one care. Physical therapy visits are private sessions, with no delegation of treatment responsibilities and no double-booking. With 15 years clinical experience, Tish has chosen to structure her practice this way simply because quality matters. Such scheduling promotes consistent, individualized care, and the unhurried environment allows ample time for patient questions. In addition, it allows her to use relieving manual and soft tissue techniques that truly catalyze the recovery process.

Tish's goal as a clinician is to get to both cause and source of each client's symptoms. Her specialty areas include: pain and injury, wellness and prevention, and sport-specific training. Working with local eating disorder specialists, she also offers physical therapy for individuals struggling with anorexia, bulimia, and obesity. Her primary role in eating disorder intervention is to address the orthopedic and cardiac complications of the disorder.

On the ergonomic side of her practice, Tish and her associates perform ergonomic analyses of workstations in office, industrial and healthcare settings. The purpose of ergonomics is to identify risk factors that predispose employees to cumulative trauma and address them through worker education and workstation customization. The preliminary goal is to fit the workstation to the worker, with the ultimate goal of preventing pain and injury. Ergonomics services can also help promote healing in individuals who have already developed pain.

645 Hanley Ind. Ct.
Brentwood, MO 63144



314-283-6936

Stone Hollow Studio

*Specializing In American Folk Art
Called "Scrimshaw"*

Michelle "Mike" Ochonicky - Owner/Artist



Even as a child, Michelle "Mike" Ochonicky wanted to be an artist. Stone Hollow Studio began in 1979 when Ochonicky decided to pursue her love of art in a serious way. Although she works in drawing and photography, it is her award-winning scrimshaw that sets her apart as a rather unique artist. For 38 years, Ochonicky has specialized in the American folk art, using recycled vintage piano keys to create framed works of art and even bookmarks. Definitely a "green" art! Her scrimshaw has been chosen by museum curators from around the U.S. for Early American Life magazine's prestigious Directory of Traditional Crafts for the 21th time this year.

For six years, Ochonicky was selected to design Missouri's ornaments for the National Christmas Tree ceremony in Washington, D.C. Her work has been exhibited in the White House Visitor Center, Missouri's Capitol Rotunda, Missouri Governor's Mansion, St. Louis Cathedral Basilica and as far away as the Dedalo Museum of Contemporary Art in Italy. As arts editor of *The Healthy Planet* magazine, Ochonicky writes her ARTful Living column each month to keep readers informed of the St. Louis art scene.

Stone Hollow Studio is
eco-friendly, using sustainable
materials to reduce our
environmental footprint.
Materials used for
scrimshaw and all packaging
are 100% recycled
materials. We're proud to be green!



StoneHollowStudio.com