

The Healthy Planet's

Women @ Work

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



Emily Hudson, N.D.

*A Gentler, Kinder, More
Holistic Approach To Healing*

Emily Hudson, Naturopathic Doctor

I'm Emily and I am a Naturopathic Doctor. I see patients, young and old who are looking for a gentler, kinder, more holistic approach to healing. I work to help my clients heal from the inside out, targeting the root causes of illness rather than symptoms only.

As a Naturopathic Doctor, I believe in your body's innate healing potential and will work with you to harness that potential. I have been extensively trained in many traditional and scientifically based modalities (or tools). These tools include herbal medicine, homeopathy, vitamins and supplements, nutritional counseling, hydrotherapy (using water to heal), and craniosacral therapy. In addition, my background is in mental health so we will work together to integrate the way you think and the way you feel.

I understand that each person is unique and has their own story to share. Your story will be heard and used to guide you through an individualized healing journey.

With training that emphasized an integrative style, you can expect a detailed and whole body approach to your healthcare when you make an appointment with me. I treat each person that walks through the door with respect and care. Join me on a quest for a healthier you!

Emily Hudson, N.D.

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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

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, 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 anti-inflammatory and 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.

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