

This directory consists of listings that describe a service, product, or training. If a listing interests you, don't hesitate to contact the advertiser to learn more about what they are offering. Ask about their credentials and experience, and how their service or product might benefit you. The wonderful folks who list here are always happy to talk with you about what they do and why.

Allergy Treatment



Chad Owen

Do you suffer from headaches, problems with digestion or sinuses? Popular treatment items in our office include airborne allergies for cedar, ragweed, oak, molds and several foods such as corn, wheat, dairy, and more. We use a combination of several revolutionary allergy elimination techniques based on the principles of Chiropractic, Acupuncture, and Muscle Response Testing. It is simple, non-invasive, and extremely effective. Get relief today! Visit us at www.owenchiropractic.com (210) 342-1356

Animal Communication



Val Heart

Improve Your Relationships with Your Horse or Dog Through Animal Communication, BodyMind Balance and Energy Healing Is your animal behaving badly? Are you having difficulty with their behavior, training, health or performance? Now is the time to take a pro-active approach to improve your relationships with your animals through communication, energy medicine, health & balance for body, mind & spirit. I specialize in resolving problems with chronic pain, illness, trauma, training, behavior, euthanasia. Expert Animal Communicator, Master Healer for You & Your Animals! Expert Animal Communication eTips, eNewsletter, Consulting Info: <http://www.valheart.com>. Call (210) 863-7928

Coaching & Counseling



Awaken your Soul...transform your life! Intuitive Guidance, Counseling, Spiritual/Life Coaching, Soul Integration Therapy®, Past Life/Childhood Regression Therapy, Codependency Recovery and more. Private Sessions, On-going Classes, and Retreat Intensives for individuals and couples. Phone sessions available. For more information contact Kate Bares-Johnson at The Center for Well Being, 512-249-5683, kate@thecenterforwellbeing.com or visit www.thecenterforwellbeing.com



LIFE /WELLNESS COACHING FOR WOMEN..... If you are feeling stuck, need clarity in important life decisions, ready to make a life change, want to uncover & develop your natural gifts or just ready to feel inspired & passionate, then call Kim and experience how wonderful it can be to feel connected, on purpose and divinely guided in everything you do in your life. Call 210-685-4343 or e-mail frogalifestyle@yahoo.com or visit my website at www.frogalifestyle.com.



Chiropractic



John
Coppola,
D.C.

Precision Sport & Spine is a cutting edge sports therapy clinic specializing in Chiropractic Care, Spinal Decompression and Nutrition. We offer safer alternatives to drugs and surgery. Among the benefits our patients experience are pain relief, increased energy, increased performance in sports and in everyday living. Live your life to its fullest by rebuilding your body and restoring your health through cutting edge sports therapy, nutrition and exercise. Located at 11306 Sir Winston Drive, **San Antonio**, TX, 78216. Call 210-693-0291. E-mail: info@bodiesrebuilt.com or on the web: www.bodiesrebuilt.com

Crystals, Gems & Stones



Karen
Richards

NATURE'S TREASURES
Of Texas

Nature's Treasures of Texas – Bead, Stone and Crystal remedies. Karen Richards and her knowledgeable staff offer guidance and counseling in choosing the best remedy for you. Many specialty gift items available, including: jewelry and gems, salt lamps, crystals, fossils, fountains, tumbled rocks, books, and many, many other items. Natures' Treasures -We Rock! Nature's Treasures, three **Austin** locations to serve you: 1100 E. 5th Street, 512-472-5015; 2307 Kramer Lane, 512-833-7760; and 4300 S, IH35 (Georgetown), 512-864-7574 and on the web at www.naturestreasurestx.com

Dentistry



John C. Guidry,
D.D.S

John Charles Guidry, DDS, MS. 210-692-9140 General Holistic Dentist. Services include: Composite (white) fillings, crowns, bridges, implant supported crowns and bridges, dentures, partials (removable bridges) gum therapy and TMJ appliances. Address: The Vistas, 4242 Medical Drive, Suite 7325, **San Antonio**, Texas 78229 See our web page: www.drguidry.com



E. Griffin Cole,
D.D.S

Excellence in dentistry begins with a comprehensive examination in which we educate our patients about their current dental status as well as possible dental future. We provide treatment with gentleness and care in a friendly atmosphere that is emotionally and physically safe, comfortable and without prejudice. We provide comprehensive dental services in cosmetic dentistry, holistic dentistry and biological dentistry. The ONLY formally trained mercury-free dentist in Austin. 1301 W. 25th St., Ste. 402, **Austin**, TX 78705. Call 512-472-3565 or on the web: www.griffincole.com

Feng Shui



Alison
Shockner

Feng Shui Works. I believe that Feng Shui must come from within the individual. All my workshops and consultations are founded on the principle of listening to your own internal compass, and not to a set of arbitrary rules. Having facilitated workshops for 25 years, I specialize in creating tailor-made classes or consultations which are both instructive and fun. I provide home and business consultations, also space clearing and geomancy. Alison Shockner. Call 210-732-7439, or send your e-mail to: www.fengshuiworks.com.

Healing & Bodywork



Kathleen
McBride

Kathleen McBride, **CERTIFIED ROLF**, has a new San Antonio location at 12915 Jones Maltzberger, Bldg. 600 in the new "Center For Life". Stress, strains, traumatic injury and even simple every day life can cause an array of issues. Experience improvements in Posture, Alignment, Aches, Pains, Flexibility, Athletic Performance, Stress and Emotional Health through Rolfing. Feel yourself whole, healthful and dynamically in tune with the forces of modern day life. Call Kathleen at 210 317-4242 or e-mail her at rolfinginthehillcountry@gmail.com



Todd
Littleton

Todd Littleton , Registered Massge Therapist, Reiki Master, Energy Worker working in the San Antonio area for the past 15 years. Offering Massage Therapy for Stress Relief and Relaxation, and for Injury and Pain Relief. Specializing in Intuitive Bodywork, and Energy Work. Spiritual Cleansings, and Intuitive Readings. By Appointment Only. (210) 826-4161. www.toddlittletonrmt.com

Hypnosis



Ed Benjamin

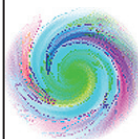
HYPNOSIS WORKS! Ed Benjamin, Certified Hypnotist. Smoking, Weight, Past Lives, Study Skills, Meditation, Prosperity, Golf, Stress Management, and more. 210-824-3535. Ed Benjamin, Certified Hypnotist, 1747 Citadel Plaza, **San Antonio**, Texas 78209. www.edbenjaminhypnosis.com.



Briana Brooks

Briana Brooks is a noted holistic practitioner in the **San Antonio** area. She is a certified hypnotist, Reiki master practitioner and gifted angel psychic and medium. Get the help you want and the answers you need. Call Briana Brooks at (210) 365-1400 or visit www.brianabrooks.com

Learning Centers



Unlimited
Thought Life
Enrichment
Center

Unlimited Thought Life Enrichment Center is a full service specialty bookstore and learning center. We offer classes daily, Body-Mind-Spirit Fairs monthly, intuitive counseling, massage therapy, and energy work. We stock the Southwest's largest assortment of books, CDs, and DVDs on spirituality and metaphysics, plus crystals, candles, oils, incense, music CDs, cards, and gifts. 5525 Blanco at Oblate, **San Antonio**. 210-525-0693. www.unlimited-thought.com



Natural Products



The Herb Bar

The Herb Bar offers a wealth of solutions for what ails you. Step inside the Herb Bar and savor the wonderful smells and sights that greet your senses. The Herb Bar is an Austin original since 1986, and a haven for healing since 1995 when new owner Twila Dawn Willis added an extensive array of natural health and bodycare products. Visit our Magical Apothecary, Monday–Friday, 10:00 A.M.–6:30 P.M., Saturday, 10:00 A.M.–5:00 P.M. 512-444-6251. 200 W. Mary, **Austin**, Texas 78704. On the web: www.theherbbar.com.

Nutrition



Beverly Meyer

Beverly Meyer and the Diet & Health Center provide a naturopathic approach to health, specializing in customized diets, and professional grade vitamins, herbs and homeopathics for people and pets. In practice since 1988, Beverly offers classes on nutrition, the body-mind connection, muscle-response testing, animal health and more. Now open in our new location with **San Antonio Meeting Center** on Jones Maltsberger! (210) 826-0034 or on the web at www.dietandhealthcenter.info.

Psychology, Counseling & Growth

Joan Wells, LPC

Joan Wells, L.P.C.. Specializing in counseling for abusive relationships, rape and incest survivors, crime victims. 210-203-2057.

Reiki



Briana Brooks

Briana Brooks is a noted holistic practitioner in the **San Antonio** area. She is a certified hypnotist, Reiki master practitioner and gifted angel psychic and medium. Get the help you want and the answers you need. Call Briana Brooks at (210) 365-1400 or visit the web, www.brianabrooks.com

Spiritual & Intuitive Arts



Master Teacher/Speaker/Shaman/Psychic/Medical Intuitive/Healer. Sasha gives Channeled Psychic and Medical Readings including spinal alignments. People are constantly healed via the Light. Sasha is a medical and highly intuitive receiver. When people are in doubt about what is happening, they come to her. She has an ability to go straight to the place where it hurts, thus administering healing. She brings forward your own Teacher. Imagine Gabriel, on the Other Side, or Michael, watching over you since birth. He knows everything that is wrong with you. That Angel/Master tells you what to do through Sasha. Sasha is a “good news” reader. All questions answered. In person/phone. Visit our Healing Light Center which also teaches Ascension & Transformation. Classes offered, and The Light speaks through her. 512-278-0559. www.sashawhite.com. sasha@sashawhite.com.





Gabriella Espinosa

Pure Soul Alchemy - Transform your life with this soul realignment process! Gabriella offers powerful energy-grid reconstruction sessions over the phone. Clearing your Energetic Life sets the stage for your everyday life to be created from a strong and vibrant foundation. Her penetrating intuition and strong connection with her higher levels of guidance allow her to contact and make massive repairs to your subtle-body energy fields. Call today! www.puresoulalchemy.com (512) 699-0369.

Schools, Classes & Workshops



The Academy of Oriental Medicine at Austin: Transforming lives and communities through graduate education in acupuncture and Oriental medicine. AOMA's graduate program: 512-492-3017; AOMA Professional Clinic: 512-467-0370; Student Clinic on Anderson Lane: 512-371-3738; Student Clinic on South Congress: 512-693-4373. 2700 W. Anderson Lane, Austin 78757; www.aoma.edu



Visit our Healing Light Center which offers group classes in Ascension & Transformation. Additional classes offered include: Usui Reiki, Seichim Reiki and Sound Current Healing. Sasha White is a profound channel for the Angels/Masters who speak through her and gift these tremendous teachings. 512-278-0559. www.sashawhite.com. sasha@sashawhite.com.

Wellness Centers



Chad Owen

We have found that by combining our chiropractic approach with our wellness services we can achieve greater results for our patient's health. We strive to identify the underlying causes of your symptoms. Our services including allergy testing and elimination techniques (including cedar), nutritional evaluation, Purification Programs, Detox Footbaths, Applied Kinesiology (muscle testing) wellness protocol, cold laser therapy and more. Visit our website for a FREE Detox footbath coupon at www.owenchiropractic.com or call (210) 342-1356

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