

## Programs

- Postural Analysis and Alignment
- Digestive Wellness
- Detoxification and Cleansing Program
- Immune Repair and Support
- Energy Healing as Health Care

*We combine different techniques to offer integrative care for specific prevention and wellness goals.*

## FAQ (Frequently Asked Questions)

### Yes...

- We accept insurance
- We help people who have been in car accidents when other methods don't work
- We work with pregnant women
- We work with children and babies
- We work with elders into their 90s
- We work with cancer patients

### Practitioners:

Laurence Layne, LMT, CH

Marla Taylor, LMT

Jackie Shank, MS, RD, LD/N  
(Nutrition Advisor to our clinic)

Chris Hendricks, Assoc.

Rhonda Dexter, RN, Midwife, Assoc.

LIC: MA10746

LIC: MM5303

LIC: MA52716

## Why People Come to See Us

### Typical Musculoskeletal Conditions

- Low Back Pain
- Cervical (Neck) Pain
- Shoulder Pain
- "Torn" Rotator Cuff
- Sciatica
- Hip Pain
- Knee Pain
- Ankle and Foot Pain
- Headaches
- Jaw (TMJ) Pain
- Numbness and Tingling in Arms and Legs
- Wrist and Hand Pain
- "Carpal Tunnel" Pain
- Tennis/Golf Elbow
- Whiplash
- Scar Tissue
- Sports Injuries

### Advanced Musculoskeletal Conditions

- Trigeminal Neuralgia
- Reflex Sympathetic Dystrophy
- Mysterious Pelvic Pain
- Plantar Fasciitis
- Migraine Headaches
- Fibromyalgia
- Costochondritis
- Rheumatoid Arthritis
- Scoliosis
- Abdominal Adhesions

### Chronic Health Conditions

- Digestive Issues
- Breathing Difficulties
- Skin Conditions
- Immune Issues
- Hepatitis C
- Fatigue

*Go to our website for more information:*

[www.healingwatersclinic.com](http://www.healingwatersclinic.com)

# Healing for the Body, Mind and Spirit



## HEALING WATERS CLINIC

26 Clark Street  
St. Augustine, Florida 32084  
(Just South of King St. on US 1)

**(904) 826-1965**

Open Monday-Saturday  
10 AM to 6 PM

We specialize in:

**Advanced Manual Therapy & Massage**  
**East West Herbalism**  
**Energy Medicine • Nutrition**

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## Manual Therapy and Massage

### The Basics:

- Therapeutic Massage (Swedish)
- Deep Tissue Therapy
- Neuromuscular Therapy
- Craniosacral Balancing
- Oriental Bodywork:
  - Shiatsu
  - Acupressure & Pointing Therapy
  - Barefoot Doctor Techniques
- Reflexology
- Pregnancy Massage
- Lymphatic Massage
- Myofascial Release
- Stone Massage (Marla Taylor)

### Advanced:

- Onsen Technique (Muscle Energy Technique & Cyriax Technique)
- Myoskeletal Alignment Technique
- Chapman's Reflexes
- Soft Tissue Manipulation:
  - Positional Release/Counterstrain,
  - Orthobionomy, Muscle Energy Technique, Neuromuscular Technique, Visceral Manipulation, INIT
- Myokinesthetic System
- Craniopathy
- American System of Lymphatic Therapy

*We are certified and trained in the above techniques. If we say we do it, we really can, and we are committed to excellence in wholistic care.*

## Herbal Products and Services

- Largest Selection of Bulk Herbs in Northeast Florida:
  - Chinese Herbs
  - Ayurvedic Herbs
  - Western Herbs
- Rare and Hard to Find Herbs and Natural Remedies
- Chinese Patent Remedies and Ayurvedic Speciality Herbs
- Specialty Herb Orders:
  - we can find and order most herbs in trade and work with special requests
- Custom Blended Herbal Formulas:
  - we can create almost any formula for you from herbal books and the latest scientific research
- Herbal Research
- Patient Service/Prescriptions:
  - we can fulfill recommendations by practitioners and doctors
- Healing Waters Formulary:
  - our own collection of uniquely crafted herbal remedies
- Herbal Tonics and Teas
- Ear Candling

*Our Herb Shop is founded on the integrative principles of East West Herbalism and Physiomedicalism. We are an East West Herbal Pharmacy and have advanced training with some of North America's most famous herbalists.*

## Herbs & Nutrition Practitioner Services

- Herbal Consultation/Education
- Wholistic Nutrition
- Resources and Support: we can help you put together a personalized healing program

## Energy Medicine

- Therapeutic Touch
- Polarity Therapy
- Attunement
- Healing Touch (Marla Taylor)
- Reiki (Marla Taylor)

*Energy Healing has been called "the medicine of the future." This is a great place to experience what energy healing is and how it can help you.*

## Fitness & Function

- Basic Stretching and Strengthening
- Active Isolated Stretching and Strengthening
- Energy Exercises:
  - Chi Kung and Tai Chi
  - Pranayama (Yogic Breathing)
  - Somatics
- Select Yoga Postures

*We take an East West approach to fitness that goes beyond the regular methods of rehabilitation and fitness.*