

COMMUNITY RESOURCES Local Experts In and Around Naples

ACUPUNCTURE/ TRADITIONAL CHINESE MEDICINE

Dr. Richard Hiler
Feel Amazing

Spine & Joint Institute

Naples, FL • 239.330.1000

staff@feelamazing.com • feelamazing.com



Feel Amazing Spine and Joint Institute focuses on Stem Cells for spine and joint, neuropathy solutions for legs, feet, and hands, and Spinal Decompression to relieve chronic or severe back and neck pain. Call for a free telephone consultation with a Chiropractic Neurologist or for a free recorded webinar.

BIOLOGICAL DENTIST

Dr. Josephine Perez, DMD

Naples, FL • 239.692.9623

puredentalnaples.com



Dr. Josephine Perez, DMD, has been practicing dentistry for 29 years. She is a graduate of Tufts University School of Dentistry in Boston and interned at New Orleans Coast Guard/Navy Base. Her holistic approach to dentistry encompasses each person's unique and entire (or whole, therefore holistic) state of physical and emotional well-being. The ability to maintain health through preventive measures and treatments of oral disease is her priority. Dr. Perez focuses on the underlying condition, rather than only treating the symptoms. She tests for biocompatibility to find pathways to reduce inflammation.

BODYWORK/ CHIROPRACTIC PHYSICIAN/MASSAGE THERAPY/PHYSICAL THERAPY

Dr. Jake Berman, PT, DPT
Berman Physical Therapy

Naples, FL • 239.431.0232

Drberman@bermanpt.com

Bermanpt.com



Most people think pain is a standard part of the aging process. We help people age 50+ avoid surgery and pain pills so they can keep active, mobile, and living their best life!

Naples Robotic Pain Relief

Theresa Edmunds, CHC, RPT

Naples, FL • 239.778.6842

theresa@naplesroboticpainrelief.com

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This innovative technology uses the static pressure of the robotic arm to release muscle tension, lengthening muscles back to their original state. This reduces pressure on joints/bones and increases flexibility. Clients report pain resolution, greater mobility, recovery from injury, increased range of motion, and a general feeling of well-being.

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Julie Meer

Dorn Pain Academy LLC

Naples, FL • 239.315.1975

juliemeer@dornacadintl.com

dornacadintl.com



Pain relief for all ages through intuitive touch and unique global modalities including Meer Method® (U.S.), Spinal Flow® (Australia), and Dorn Method (Germany). There is an innate instinct and intelligence inside every human body to restore, reduce and revise itself of pain or discomfort. We just need to help it along!

COACH: LIFE/BUSINESS/ FINANCE/HEALTH

Nina Azwoir

Wintrust Wealth Management

Naples, FL • 239.697.5204

nazwoir@wintrustwealth.com

nazwoir.wintrustwealth.com



Nina Azwoir is a licensed Financial Advisor with over 17 years of industry experience in the realm of wealth management, financial planning, and retirement solutions. Nina has the knowledge and perspective to help keep her clients and their financial

future on a steady course as they navigate through life and retirement. Her highest priority is her clients and their families. Reach out to Nina for your complimentary financial plan.

Susie Bagwell

I Love Oils, Inc.

Fort Myers, FL • 586.604.3500

susie@iloveoils.com • iloveoils.com



Susie Bagwell has been using essential oils for over 20 years and helps her customers with cutting edge natural solutions.

Her "Smell 'em Wear 'em Drink 'em" slogan applies to more than just certified pure essential oils. Her dōTERRA brand products also include bioavailable supplements and exclusive home care products.

Jenni Berman, PA-C, CPT, CNS
Berman Health and Wellness

Naples, FL • 239.431.0232

bermanpt.com/wellness



Berman Health and Wellness is a Functional Medicine Center that helps individuals reach their goal weight and optimize their gut health, while avoiding needless medications and achieving the highest quality of life imaginable. Our goal is to evaluate the metabolism, gut health, and bloodwork to optimize each aspect of the client.

Theresa Edmunds, CHC

Naples, FL • 239.778.6842

theresa@naplesroboticpainrelief.com

naplesroboticpainrelief.com



Educating clients about all aspects of natural health. Truly healthy food, living chemical-free and detoxing, healthy home, emotional well-being, reducing stress, movement, supplements/homeopathy. Helping you recover, enhance, and protect your health. Providing the foundation you need to live your best life full of energy and vitality.

DIABETES REVERSAL COACHING

Denise A. Pancyrz, CHN, DSS™
CuraVida Wellness Solutions
Marco Island, FL • 877.287.2843
denise@mycuravida.com
MyCuraVida.com



The conventional approach to managing type 2 diabetes long term is not effective. Holistic lifestyle coaching helps to reverse the effects of diabetes, guiding you away from counting carbs and diets and leading you to recognize factors that affect your glucose. Lower your A1c, stabilize glucose levels, increase your energy, and lose weight naturally.

ENERGY HEALING

Lisa H Sprague MSS, PTA, LMT
Good News Doctor Naples
Naples, FL • 239.821.1223
GoodNewsLisa@aol.com
goodnewsdoctornaples.com



This is where cellular science meets holistic healing! I believe that all healing starts at the cellular level. Cutting-edge therapies, diagnostics, and natural solutions target the root causes of cellular dysfunction and help you recover and optimize your performance, health, and well-being from a deeper level and at a faster rate. Restore to optimal health with a holistic approach. It is never too late. I hope to see you soon!

ESSENTIAL OILS AND NUTRIENTS

Susie Bagwell
I Love Oils, Inc.
Fort Myers, FL • 586.604.3500
susie@iloveoils.com • iloveoils.com



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FINANCIAL ADVISOR

Wintrust Wealth Management
Nina Azwoir, First Vice President
Naples • 239.697.5204
www.nazwoir.wintrustwealth.com
nazwoir@wintrustwealth.com



Nina Azwoir is a licensed Financial Advisor with over 17 years of industry experience in the realm of wealth management, financial planning, and retirement solutions. Nina has the knowledge and

perspective to help keep her clients and their financial future on a steady course as they navigate through life and retirement. Her highest priority is her clients and their families. Reach out to Nina for your complimentary financial plan.

FLOAT SPA

Cloud9 Float Spa
Fort Myers • 239.887.4161
c9floatspa.com



Cloud9 Float Spa & Wellness Center will be celebrating our 6th anniversary on April 1. What an exciting time it has been as we continue educating clients on the many benefits of magnesium for health. Many lives have been restored, reclaimed, and enriched by adding floating to their weekly routine. Make your appointment today to start enriching your life.

FUNCTIONAL & REGENERATIVE MEDICINE/ INTEGRATIVE MD

Dr. Steve Case, MD
Body Restore of Naples
Naples, FL • 239.241.2869
4760 TAMiami TRAIL N
bodyrestorenaples@gmail.com



Dr. Case is an orthopedic surgeon with twenty-five years of experience. He provides the latest generation platelet-rich plasma and stem cell treatments, peptides, and testosterone replacement to avoid major surgeries, decrease pain, and optimize joint mobility and function. We help you get your life back.

Dr. Richard Hiler
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Dr. Carol Roberts, MD
Best Medicine
Sarasota, FL • 941.404.8030
bestmedicinefl@gmail.com
BestMedicine.US



Best Medicine is the holistic/functional practice of Carol L. Roberts, MD, providing longevity services, including natural hormone replacement therapy, and second opinions for chronic conditions undertreated by conventional medicine. Located in Sarasota, Florida, Dr. Roberts has decades of experience in the field and truly listens to her patients.

HEALTH AND WELLNESS

Berman Physical Therapy
Dr. Jake Berman, PT, DPT
501 Goodlette Rd N, C-100,
Naples, FL 34102 • 239.431.0232
Drberman@bermanpt.com
Bermanpt.com



Most people think pain is a standard part of the aging process. We help people age 50+ avoid surgery and pain pills so they can keep active, mobile, and living their best life!

HOLISTIC FUNCTIONAL HEALTHCARE

Berman Health and Wellness
Jenni Berman, PA-C, CPT, CNS
501 Goodlette Rd N Unit C202
Naples, FL 34102 • 239.431.0232
bermanpt.com/wellness



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HOLISTIC PSYCHOTHERAPY/ HYPNOTHERAPY

Christina & Charles Patti
MY Self Wellness
Bonita Springs, FL • 239.908.9958
info@myselfwellness.com
myselfwellness.com



MY Self Wellness offers hope and healing for mental health challenges. As an award-winning ketamine clinic, we combine ketamine treatment with holistic practices for a complete mental reset. Our compassionate approach has helped thousands reduce reliance on pharmaceuticals and alleviate symptoms of depression, anxiety, trauma/PTSD, and chronic pain.

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MICROVASCULAR HEALTH

**Lisa H Sprague MSS, PTA, LMT
Good News Doctor Naples**

Naples, FL • 239.821.1223
GoodNewsLisa@aol.com
goodnewsdoctornaples.com



This is where cellular science meets holistic healing! I believe that all healing starts at the cellular level. Cutting-edge therapies, diagnostics and natural solutions target the root causes of cellular dysfunction and help you recover and optimize your performance, health and well-being from a deeper level and at a faster rate. Restore to optimal health with a holistic approach. It is never too late. I hope to see you soon!

NUTRITION/REGISTERED DIETITIAN/PRIVATE CHEF

**Jenni Berman, PA-C, CPT, CNS
Berman Health and Wellness**

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www.bermanpt.com/wellness



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**Medea Galligan
New Earth Natural Medicine**

Naples FL • 239.961.9270
medeagalligan@gmail.com
NewEarthNaturalMedicine.com



As a Holistic Functional Medicine Nutritionist, I help my clients go far beyond the standard metabolic testing, diagnosing and treating of surface-level symptoms. Over the last 27 years, my clients have learned about the ROOT CAUSES of their chronic conditions and have REVERSED THEM—FOR GOOD!

**Denise A. Pancyrz, CHN, DSS™
CuraVida Wellness Solutions**

Marco Island, FL • 877.287.2843
denise@mycuravida.com
MyCuraVida.com



Chronic disease is first addressed with finding root cause. Each wellness package starts with functional medicine testing hair analysis setting the stage for a sound nutritional foundation. We are a comprehensive integrative virtual wellness center resolving type 2 diabetes, digestive issues, weight loss, joint pain, and more.

NUTRITIONAL SUPPLEMENTS

Nature's Rite

Onlines • 800.991.7088
www.mynaturesrite.com

PHYSICAL THERAPY, HEALTH AND WELLNESS

**Dr. Gaynell Anderson
Core to Floor Wellness**

Naples, FL • 239.398.5631
info@coretofloorwellness.com
coretofloorwellness.com



A concierge Physical Therapy service specializing in building strength, enhancing wellness, and promoting health longevity. Specialty programs include breath and health longevity, focusing on core strengthening and recovery resilience, pre/postnatal pelvic care, postmenopausal pelvic care, and hypopressive technique training for postural, core, and breath strengthening.

REGENERATIVE MEDICINE

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ROBOTIC MUSCULAR THERAPY

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Theresa Edmunds, CHC, RPT**

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theresa@naplesroboticpainrelief.com
naplesroboticpainrelief.com



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SELF HEALTH

**Candice Rosen RN,
Health Counseling**

Candice Rosen, RN • candicerosenrn.com



Candice P. Rosen is a registered nurse, social worker, nutritionist, health counselor, and author. She is the creator of The Pancreatic Nutritional Program and Data-Driven Fueling. She has spent her life's work focused on improving the wellness of both her clients and her community. She advocated for preventative medicine, improved disability access, promoted maternal and infant health, and worked to bring awareness to the global obesity and diabetes epidemics.

SPORTS/PERFORMANCE/ EXERCISE

Berman Golf

Dr. Jake Berman, PT, DPT
501 Goodlette Rd N, C-100,
Naples, FL 34102 • 239.431.0232
distance@bermangolf.com
Bermangolf.com



Most golfers think a deteriorating golf game is a normal part of getting older. We help aging golfers increase distance off the tee, shoot more consistently, and play more frequently!