

COMMUNITY RESOURCES Local Experts In and Around Naples

ACUPUNCTURE/ TRADITIONAL CHINESE MEDICINE

Richard Hiler
Feel Amazing Institute

Naples • 239.330.1000
staff@feelamazing.com
naplesneurodoc.com



Feel Amazing Spine and Joint Institute focuses on 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

Josephine Perez, DMD

Naples, FL • 239.692.9623
pureidentalnaples.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

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!

Theresa Edmunds, CHC
Naples Robotic Pain Relief

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.

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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 (USA) Meer Method®, (Austrian) Spinal Flow®, (German) Dorn Method. 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.

**Peg Doyle
Wellness and You**

Naples FL • 508.359.6804
peg@wellnessandyou.com
wellnessandyou.com



As a nationally certified holistic health coach for 20+ years, I help mature women reclaim their energy and achieve lifelong wellness. I provide a customized, non-judgmental nutrition and lifestyle program using proven research based principles that lead to lasting results. Virtual and in person options are available. Trusted and confidential.

Theresa Edmunds, CHC

Naples, FL • 239.778.6842
theresa@naplesroboticpainrelief.com
naplesroboticpainrelief.com



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**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

**Peg Doyle
Wellness and You**

Naples, FL • 508.359.6804
peg@wellnessandyou.com
wellnessandyou.com



As a nationally certified holistic health coach for 20+ years, I help mature women reclaim their energy and achieve lifelong wellness. I provide a customized, non-judgmental nutrition and lifestyle program using proven research based principles that lead to lasting results. Virtual and in-person options are available. Trusted and confidential.

Kathleen D'Orsi, LCSW, BHSP

Naples, FL. • 732.672.5069
kdorsi@comcast.net
Kathleendorsi.com



Kathleen is a licensed psychotherapist who provides unique and highly specialized Energy Healing. This service complements traditional medical and psychological treatment. Kathleen works with your own Human Design Chart to improve spiritual and personal development.

**Dayana Infante
Celestial Elevation**

Health and Wellness
Naples, FL and Virtual • 239.272.0438
celestialelevationglobal@gmail.com
celestialelevation.com



Ready to awaken your divine blueprint? I specialize in helping people shift physical and emotional patterns, activate natural health, and achieve higher consciousness by working directly with the Soul through Quantum Energy Work. Learn to reframe emotions and behaviors so you can achieve optimum peace and well-being.

**Lisa H. Sprague MSS, PTA, LMT
MV Solutions**

Science & Art of Healing
Naples, FL • 239.821.1223
mvSolutions.pro
scienceandartofhealing.com



Healing is voltage, and life is in the blood! Naples GlycoCheck testing site measures and analyzes your microvascular health. Unhealthy microvascular health is a precursor to several serious diseases. Know your score—it's important! Discover powerful new approaches to optimize your health and well-being from the cellular level with redox signaling, frequency, and more.

**Zel Rau—Owner/Operator
Energy Spa**

Naples FL • 219.381.9777
bekind111@yahoo.com
ZelRau.com/book-online



Zel is a Certified Energy Work Practitioner with a profoundly rooted energy background. At the Energy Spa, Zel offers other energy work modalities such as Energy Field Tuning/Clearing, Bio-Well Energy Scans, Crystal Light Therapy, and more. Receiving this type of work can help with many issues we deal with today. Zel offers a 30-minute complimentary session to better learn about her services.

**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

Cloud 9 Float Spa

Fort Myers
239.887.4161
c9floatspa.com

Floating, also known as Flotation Therapy, has been used for years for its mental, spiritual, meditative, and physical benefits and has a vast amount of published research to support its claims.

FUNCTIONAL & REGENERATIVE MEDICINE/ INTEGRATIVE MD/ BIOLOGICAL DENTIST

Richard Hiler

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naplesneurodoc.com



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Carol Roberts

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.

Jo Vaccarino, CCT, LMT, MLD-C

Be Well Thermal Imaging and Natural Health Clinic

Naples, FL • 239.250.9312
jo@bwditi.com
bewellnaples.com



Be Well with mind and body balancing modalities. Clinical Thermography is a noninvasive test to help guide treatments and/or further testing. Frequency Specific Microcurrent (FSM) is a targeted therapy based on over a century of practice that can help with pain, injury, trauma, anxiety, and a variety of wellness goals.

HEALTH COACH

HatchPath

4850 Tamiami Trail N,
Suite 301, Naples 34103
289.221.7195 • hatchpath.io
hello@hatchpath.io

Where health coaches and clients meet. Customizable coaching within a trusted wellness community.

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.

HEALTH AND WELLNESS

Berman Physical Therapy

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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HYPNOTHERAPY/HOLISTIC PSYCHOTHERAPY

Linda Burton, LMHC

Naples Florida • 239.450.2491
333eternalgrace@gmail.com
LindaBurtontherapy.com
and Psychology Today



I specialize in substance abuse, anxiety, depression, trauma, abuse, life transitions, and grief issues. My holistic approach focuses on healing the mind,

body and spirit. Relaxation, breathwork, and mindfulness help to reduce stress, improve focus and create balance. The path to a healthy, fulfilling life is a personal journey toward wholeness.

Michele Durham

Access Holistic Healing

Naples, FL • 239.776.2211
info@accessholistichealing.com
accessholistichealing.com



A certified and national guild member, I take a holistic approach to healing MIND-BODY-SPIRIT, using herbs, light and sound therapy, medical

grade infrared sauna, and salt booth. Specialized techniques include hypnosis, neurolinguistic programming, and quantum healing hypnosis (QHHT) to heal trauma, quit smoking, lose weight, eliminate anxiety, and more!

Marisol Gordillo

Access Holistic Healing

Naples, FL • 239.776.2211
info@accessholistichealing.com
accessholistichealing.com



Certificada por la asociacion Nacional Guild. Mi enfoque es el lo holistico Mente-Cuerpo-Espiritu usando hierbas, terapia de luz y sonido, grado

medico sauna infrarojo & cabina de sal. Me especializo en Hipnosis, Neuro & Quantum para sanar trauma, dejar de fumar, perder peso, disminuir la ansiedad, deprecion y mas!

INTEGRATIVE & FUNCTIONAL REGISTERED DIETITIAN

Betsy Opyt, RD, LD/N, CDE Healthy Concepts Consulting

Naples, FL • 239.297.8844
betsy@healthyconceptsconsulting.com
healthyconceptsconsulting.com



Betsy is a Registered Dietitian, Certified Diabetes Educator, Integrative & Functional Nutrition Therapist, and yoga teacher. She specializes in

nutrigenomics, gut health, food sensitivities, detoxing, inflammatory diseases, and longevity living. Also a professional speaker and advocate for healthy living and is available for individual consultations, group programs, and speaking engagements.

MICROVASCULAR HEALTH

Lisa H. Sprague, MSS, PTA, LMT MV Solutions

Science & Art of Healing
5633 Strand Blvd #311, Naples, FL 34110
239.821.1223 • mvSolutions.pro
scienceandartofhealing.com



Healing is voltage, and life is in the blood! Naples GlycoCheck testing site measures and analyzes your microvascular health.

Unhealthy microvascular health is a precursor to several serious diseases. Know your score—it's important! Discover powerful new approaches to optimize your health and well-being from the cellular level with redox signaling, frequency, and more.

MOLD INSPECTION AND REMEDIATION



American Mold Experts

Julie S. Hurst-Nicoll
Central Indiana and Southwest Florida
239.302.8862 • 877.877.9744
Naples, FL • AMEswfl.com
info@americanmoldexperts.com

A fully licensed and bonded, women-owned business with two generations in mold remediation. Julie holds educational sessions for industry conferences and is a regular author of issues related to mold, mycotoxins, and patient mold illness, having herself been a victim of mold toxicity. She and her partner developed a green solution alternative to removing toxic mold and mycotoxins.

NUTRITION/REGISTERED DIETITIAN/PRIVATE CHEF

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

Naples, FL • 239.431.0232
www.bermanpt.com/wellness



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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.

Beth McCarthy Joyful Wellness LLC

Naples, FL • 719.440.2815
yogabeth@mac.com
floridahealthychef.com



Are you ready to live your most delicious, vibrant life? Experience unparalleled health and renewed vitality with Joyful Wellness, your

destination for in-home weekly personal nutrition chef services, culinary and healthy lifestyle coaching, in-home cooking classes, and beautifully crafted boutique-style organic catering. Transform your health today!

COMMUNITY RESOURCES Local Experts In and Around Naples

Betsy Opyt, RD, LD/N, CDE **Healthy Concepts Consulting**

Naples, FL • 239.297.8844
betsy@healthyconceptsconsulting.com
healthyconceptsconsulting.com



Betsy is a Registered Dietitian, Certified Diabetes Educator, Integrative and Functional Nutrition Therapist, and yoga teacher. She specializes in nutrigenomics, gut health, food sensitivities, detoxing, inflammatory diseases, and longevity living. She is also a professional speaker and advocate for healthy living and is available for individual consultations, group programs, and speaking engagements.

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

REGENERATIVE MEDICINE

Richard Hiler **Feel Amazing Institute**

Naples • 239.330.1000
staff@feelamazing.com
naplesneurodoc.com



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ROBOTIC MUSCULAR THERAPY

Naples Robotic Pain Relief **Theresa Edmunds, CHC, RPT**

Naples, FL • 239.778.6842
theresa@naplesroboticpainrelief.com
naplesroboticpainrelief.com



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.

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

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!

WELLNESS

Caroline Thonon **Live Younger Today**

Naples, Florida • 239.300.3190
LiveYoungerToday.com
coachcaroline111@gmail.com



At Live Younger Today, we change how you age with a breakthrough regenerative, affordable technology that activates the body's natural healing processes at the cellular level. This innovative patented approach upregulates gene expression, rejuvenates cells, and promotes youthful vitality. It helps improve overall health and energy, reduces pain, and increases longevity.

YOGA/PILATES/ BARRE STUDIO



Lacie Delgado **everyBODY Pilates and Yoga**

Bonita Springs, FL • 239.221.3116
everybodypilatesinc@gmail.com
everybodystudio.com

everyBODY Pilates Group Equipment Classes, Private/Duet/Small group sessions. Healing The Body, Mind, and Spirit with Strength, Movement, and Flexibility. Using the fundamentals from Joseph Pilates combined with the gifted talents and knowledge of Lacie Delgado. "Pilates is so much more than a fitness or exercise class...it's a way of life."



Pinky Bacsnila **Skylight Yoga & Fitness**

Naples, FL • 239.649.5002
info@skylightyogafit.com
skylightyogafit.com

More than its name...Skylight Yoga & Fitness is a boutique studio offering yoga, fitness, pilates, reformer, and stretch programs for all levels via small group and private sessions. An inclusive, welcoming, fun community awaits and supports you on your wellness journey. A hidden gem in central Naples.