

Wellness Services

Naturopathic Wellness Assessment

Addresses any Health/Wellness Concern

6 Steps to Wellness Protocol...utilizing applied kinesiology to address:.

1. Structural Integrity
2. Nutritional Deficiencies and Genetic Snips
3. Allergy/Sensitivities
4. Toxins and Methylation
5. Emotional Stress
6. Electrical Pollution

2.5-3 hours: **Includes a Free Nutrition Consult, Free Detox Footbath, and 1 Week Free Pass to Infrared Detox Sauna and Power Plate.** \$300.00

*Phone consultation option available at same price as office visit.

Science Based Nutrition™ Blood Test and Analysis

No more guessing about nutritional deficiencies.

Optimum health care analysis to determine nutritional deficiencies and track progress based on blood work.

Includes blood work and individualized health care plan with nutrient recommendations \$365.00

OR

If you have just recently done blood work, we can use those results to create a plan for nutrient recommendations.

\$85.50

Follow up Wellness Assessment

30 min. / \$105.00

60 min. / \$199.50

Initial Consultations, Acute Visits, Blood Analysis and Review, Thermography

Medical Report Review with Dr. Fetter

Colds, flu, fever, infection, pain, headaches, or any health concern. \$65.00/15 min \$105.50 / 30 min.

Wellness Consultation With a Certified Wellness

Certified Consultant. Weight loss, Health Coaching, introduction to clean eating, menu preparation and planning. Individualized supplement program

\$50.00 (Free with Wellness Assessment)

Acupuncture

Traditional needle, microcurrent and cold laser treatments are available. Acupuncture is the ancient Chinese practice of treating medical problems by inserting fine needle-filaments into the body at specific points to balance and restore the body's Qi (energy) and is shown to be effective in preventing many health concerns and restoring overall wellness.

Traditional Acupuncture	\$80.00
*Microcurrent/Microlight Therapy	\$95.00
Cold Laser Acupuncture	\$80.00

*Microcurrent/Microlight Therapy is a unique no needle acupuncture using simultaneous application of microcurrent and color light for the treatment of chronic conditions, pain, injury, emotional imbalance, addictions, insomnia, TMJ, PMS, and infertility.

CranioSacral Therapy

Performed by Charlotte Briska R.N.

CranioSacral Therapy is a gentle, non-invasive approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. A typical session takes place in a quiet, private setting. You remain fully clothed as you relax on a very comfortable, padded table. It is extremely gentle, so CranioSacral Therapy can be effective for all ages, from newborns to elders. It helps relieve a full spectrum of pain, illness, and dysfunction, including:

Migraine Headaches
Chronic Neck and Back Pain
Motor-coordination Impairments
Digestive Disorders
Autism
Central Nervous System Disorders
Orthopedic Problems
Traumatic Brain and Spinal Cord Injuries
Scoliosis
Infantile Disorders
Learning Disabilities, ADD, ADHD
Chronic Fatigue
Emotional Difficulties
Stress and Tension-related Problems
Fibromyalgia and other Connective-tissue Disorders
Temporomandibular Joint Syndrome (TMJ)
Neurovascular or Immune Disorders
Post-traumatic Stress Disorder
Post-surgical Dysfunction
Hormone Imbalances
Sinus Issues and Tinnitus

\$125.50 / hour

\$75.50 / 30 minutes

EBT™

Energy Balance Technique Combines CranioSacral Therapy with other modalities created by Dr. Fetter to maximize healing at an affordable price. This trademarked technique allow Dr. Fetter to customize each visit to your specific needs with no additional cost. \$178.50

Cold Laser Therapy

\$20.00 per area

FDA approved laser for pain management, decreasing inflammation, increasing range of motion, wound and scar repair, meridian balancing, adrenal repair, detoxing, increasing energy, balancing emotions.

Gua Sha Performed by Dr. Fetter

Gua Sha is a non-invasive technique of applying friction to the skin with a specialized tool with smooth edges. Short strokes are used along various meridians to increase blood circulation and clear metabolic wastes that congest the surface tissues and muscle fibers. Gua Sha is used for pain control, tight muscles, scar tissue, adhesions, acute and chronic injuries, sports injury, IT band syndrome, plantar fasciitis. Single session \$78.00 per area

VibraCussor™ Therapy \$65.00/15 minutes

The VibraCussor™ delivers waves of percussive impulses deep into the tissues of the body to promote increased circulation and lymphatic flow while releasing restrictions.

Massage Therapy

Integrative Massage with a licensed massage therapist
30 min./\$55.00 60 min./\$75.00 90 min./\$115.00

Reiki (Ray-Key) Balance Technique

Reiki is a form of energy healing based in Ancient Japanese practice. Reiki Balance uses a combination of energy based techniques for healing, relaxation, and pain management
\$125.50 / hr \$75.50 / 30 min

Breast & Whole Body Thermography

• Non-invasive • No radiation • Painless • No contact with the body • FDA registered Price range \$160 - \$425

Energy Light Facial Rejuvenation

with Cindy Thomas, Esthetician

This procedure is non-surgical, so no recovery time is required. Uses microcurrent and color light therapy to lift, tone, and firm the skin. Reduces wrinkles, age/brown spots, acne, scars, and rosacea. Provides stress reduction and detoxification. Single Session \$125.00

10-Treatment pkg. (10th one free) \$1125.00

Body Treatment with Cindy Thomas, Esthetician

Microcurrent/Microlight Therapy is an alternative choice for non-surgical body treatments and no recovery time is required. This treatment improves tone and circulation.

• Cellulite reduction • Scar and stretch mark reduction
• Muscle tone and definition • Breast and buttock lifting
Single Session \$75.00 (per area)
10 Session pkg. \$700.00

Infrared Sauna Detox

The Thermal Life® hypoallergenic far-infrared (FIR) sauna is designed for the elimination of heavy metal and/or chemical toxicity, weight loss, and for those striving for a higher level of health and well-being. \$1.00 / minute

Detox Ionic Foot Bath

Aids in eliminating built-up toxins, supports in boosting the immune system, activates the body's elimination systems; including the lymph channels, increased circulation, reduced joint pain, stiffness and inflammation, aids in stress reduction, increased energy, improved sleep patterns, promotes weight loss.

\$49.99 / session

Buy 5 sessions, get 1 free

Wellness Memberships starting at \$99/mth.

Includes 2 Detox foot baths, unlimited Infrared Sauna and Power Plate sessions.

About Dr. Fetter

Dr. Fetter is a Certified Brimhall Doctor. She has studied directly under Dr. John and Brett Brimhall perfecting her skills in **The Six Steps to Wellness** protocol. She is the only doctor in Oklahoma certified to perform these techniques.

Doctor Fetter is a Naturopathic Doctor, a certified acupuncturist, Licensed Massage Therapist, CranioSacral Practitioner, Certified Holistic Nutrition Consultant, Certified Natural Health Practitioner, Master Herbalist, Certified Occupational Therapy Assistant, and a YogaFit Instructor.

Prior to becoming a Naturopathic Doctor, Dr. Fetter worked as an Occupational Therapy Assistant, CranioSacral Therapist, and fitness professional in the Stillwater area. Dr. Fetter has learned empathy and compassion for healing others from overcoming her own health challenges. She has learned how to help the body heal through a combination of natural holistic approaches and lifestyle changes. Dr. Fetter and her staff provide education and support to her clients to empower them to take charge of their own health and wellness.

Naturopathy focuses on education and self empowerment. Your wellness plan will focus on lifestyle changes and approaches that enhance the body's natural healing process.

Dr. Fetter provides a safe and comfortable climate in a genuinely caring and professional environment. Dr. Fetter has a wide knowledge base, and she understands wellness is an individual journey.

This is Dr. Fetter's life work. She strives to make a difference in the lives of others.

"The doctor of the future will give no medicine, but will interest patients in the care of the human frame, in diet, and in the cause and prevention of disease."

- *Attributed to Thomas Edison*

Please feel free to call for additional information or to schedule an appointment.

405-385-7472

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(Corner of 6th and McFarland)

Website: www.aquarianhealingarts.com



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References for:
CranioSacral Therapy: <http://www.upledger.com/>

Cancellation Policy:
To avoid charges, a 24-hour notification is required for all appointment cancellations. Appointments cancelled or rescheduled in less than 24 hours will result in a charge of 50% of the scheduled service. No-call, no show clients will be charged for the entire scheduled services.

Insurance Coverage

Dr. Fetter does not have a direct relationship with insurance companies. She provides documentation to assist clients in seeking their own reimbursement. Some services and products not covered by your insurance may be tax deductible or eligible for some benefit plans, flex, cafeteria, Wage Works, etc. Please consult with your tax advisor or employer for your particular situation.

VISA and MASTERCARD accepted.

Gift Certificates Available



STILLWATER'S CENTER FOR HEALTHY LIVING

Dr. Julia Fetter N.D. (Naturopathic Doctor)
Brimhall Certified Doctor

Charlotte Briska, B.S.N., R.N.
Craniosacral Practitioner, Certified Wellness
Consultant

2003 West 6th Avenue, 405-385-7472

WELLNESS CONSULTATIONS

Health and Nutrition, Thyroid Health, Auto-Immune Conditions, Digestive Issues, Methylation, Weight Loss, Chronic Pain, Back Pain, Fibromyalgia, Allergies, Food Intolerances, Hormone Health, Infertility, Anxiety, Depression, ADD, ADHD, Sports Performance, Athletic Injuries, any health related concern

WELLNESS SERVICES

CranioSacral Therapy, Traditional Acupuncture or Microcurrent, Applied Kinesiology, Gua Sha, Cold Laser Therapy, Comprehensive Blood Analysis Work, Facial and Body Rejuvenation, Massage Therapy, Ionic Foot Detox, Infrared Sauna Detox, Power Plate, Nutrition Coaching, Holistic Esthetician Services.

LIVE WELL STORE

Allergy Friendly Foods, Healthy snacks, Paleo products, Herbs, Professional Grade Supplements, Functional Medical Foods, Professional Skin Care Products, Mineral Make up.