

ENGAGE A WELLNESS LIFESTYLE



YOU'RE BUSY. DON'T LET THAT STOP YOU.

FOREWORD BY DR. MICHELLE ROBIN, D.C.



I believe true wellness is a blending of mind-body-spirit, a journey that creates a holistic state of being unique only to you. As I celebrate my 20th year in practice, I reflect back on why I founded Your Wellness Connection (YWC). It boils down to a couple of things: my passion for helping people be

more well and my desire to have resources for my journey and others' close at hand. YWC is an integrated healing center that addresses the wellness needs of each individual client through a variety of healing modalities. I encourage you to listen to your body and work on creating and maintaining a harmonious plan that will move you forward on your wellness journey, a plan that works for you and your individual needs.

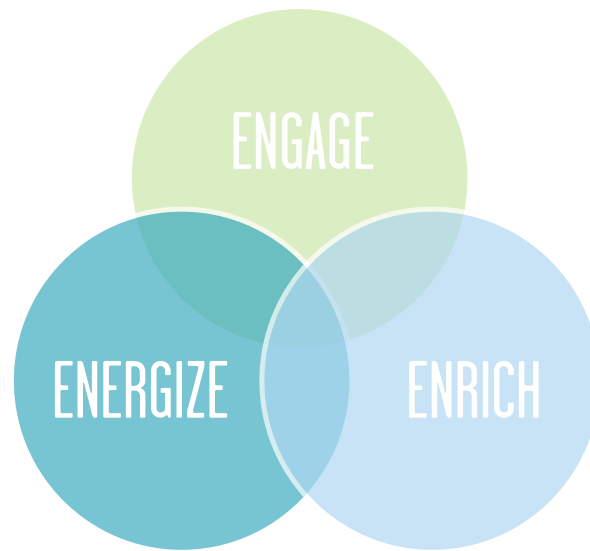
I created this mini-book as a compact, convenient resource full of wellness tips, ideas and tools. I encourage you to tuck it into your purse or carry it in your shirt pocket and refer to it frequently. Try to incorporate some of the healthy habits

mentioned and consider utilizing some of the resources listed in the back of the book.

Take a moment to reflect on your motivation for being well, your *why*. Is it to feel better, live longer, have a better quality of life? Is it so you'll have more energy to play with your grandchildren? Regardless of your motivation, it is always easier to stay on the path if you're clear about where you're going and your *why*. It is also important to share the journey with others. I refer to this as my *tribe*, the like-minded people with whom I surround myself. They encourage me and support me along the way. As you build your tribe, invite them to join you on this venture. Sharing this mini-book is a great way to support one another and embrace a wellness lifestyle.

In gratitude,

Michelle

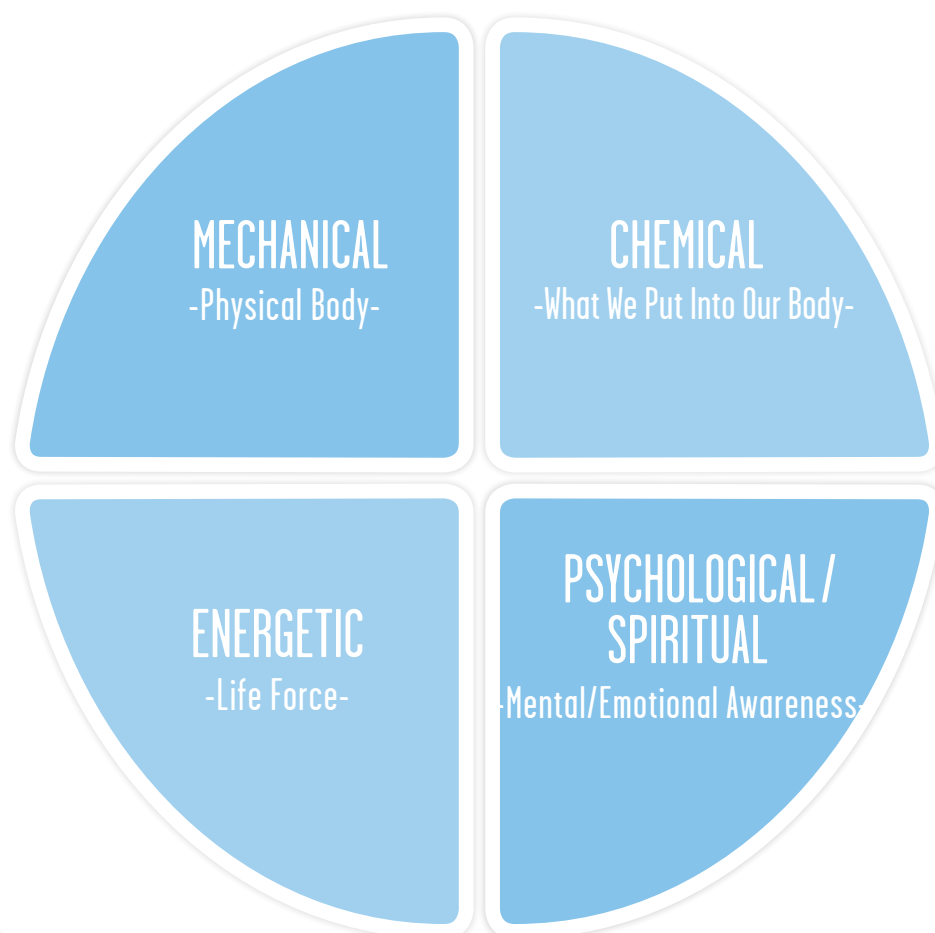


“The more you see yourself as what you’d like to become, and act as if what you want is already there, the more you’ll activate those dormant forces that will collaborate to transform your dream into your reality.”

— **Wayne Dyer**

• THE FOUR QUADRANTS OF WELLNESS •

We believe there are 4 components (quadrants) to whole body wellness, and that balance & variety are essential to complete well-being. We all know people who exercise a lot but aren't healthy, people who are vegan but aren't healthy, and people who meditate or pray a lot who aren't healthy. On the following pages you'll find some tips to help bring balance to your well-being.



• MY MECHANICAL PLAN •

TOP 5 TIPS THAT MAKE A DIFFERENCE IN MECHANICAL WELLNESS

- Improve your sleep posture—use a pillow with proper neck support; avoid sleeping on your stomach or with your arms over your head.
- Carry your wallet somewhere other than your back pants pocket—avoid sitting on it, especially if you drive long distances.
- Be active! Move! Take 8,000–10,000 steps per day—take the stairs at work; park farther from the door.
- Use a headset while talking on the phone.
- Floss your teeth daily.

• MY ENERGY PLAN •

TOP 5 TIPS THAT MAKE A DIFFERENCE IN ENERGY WELLNESS

- Take 5 deep breaths upon waking, before going to sleep and in stressful situations.
- Read aloud with your partner; alternate who reads and who listens.
- Take a hot shower or bath before bed and visualize letting go.
- Create a regular sleep routine.
- Keep your cell phone and electronic devices (e.g., iPad) out of the bedroom.

• MY CHEMICAL PLAN •

TOP 5 TIPS THAT MAKE A DIFFERENCE IN CHEMICAL WELLNESS

- Make vegetables 40% of your food consumption.
- Drink an 8 oz. glass of water and eat breakfast before you drink coffee.
- Have big salads at lunch and dinner—eat them before you eat anything else.
- Eat away from your desk and the TV.
- Chew your food 20-30 times per bite.

• MY PSYCHOLOGICAL/SPIRITUAL PLAN •

TOP 5 TIPS THAT MAKE A DIFFERENCE IN PSYCHOLOGICAL / SPIRITUAL WELLNESS

- Focus on the present moment.
- Spend time with people who fill you with joy.
- Play the “I love... /I am grateful for...” game.
- Say ‘No’ to others and ‘Yes’ to yourself and your family.
- Create white space on your calendar; schedule time for yourself.

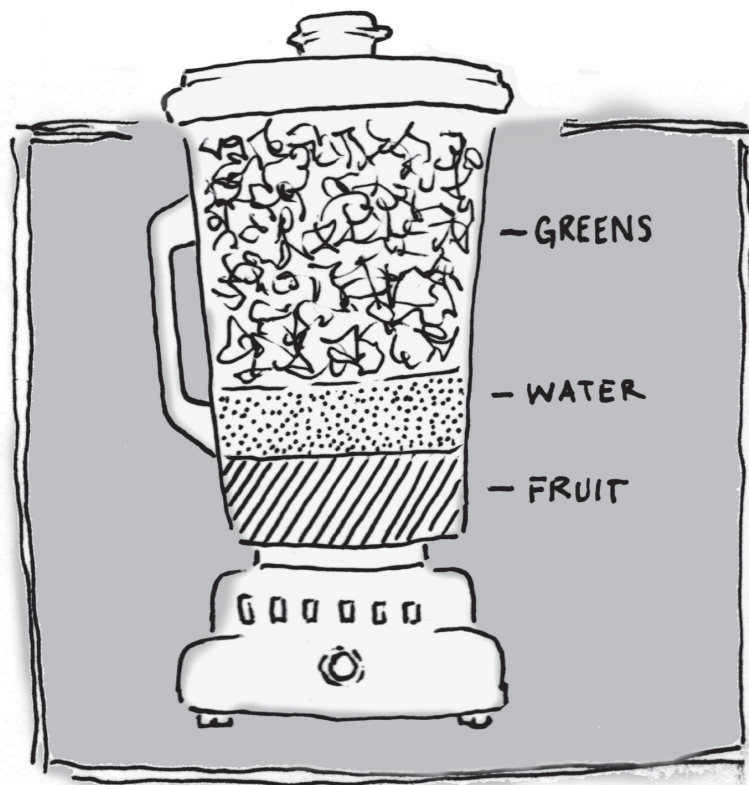
• GREEN SMOOTHIES •

BENEFITS OF GREEN SMOOTHIES

Depending on the other ingredients you add to your smoothies, they may actually turn out red, purple or brown instead of green. But don't let the color deter you. Even if your eyes don't appreciate it, your insides will definitely thank you for adding dark leafy greens to this delicious morning treat.

JUST A FEW OF THE HEALTH BENEFITS INCLUDE:

- A stronger immune system—Greens give our cells what they need chemically so that they can function optimally.
- Healthier intestinal flora—A healthy gut absorbs nutrients, breeds healthy bacteria and communicates well with the nervous system, keeping the right balance of chemicals in the body.
- More balanced blood sugar (fewer spikes and crashes)—Greens alkalizing the gut also help regulate the passage of glucose, thus regulating blood sugar.
- More energy and better mood— “Higher octane” fuel from nutrient dense foods = enhanced performance from your body's engine.
- Lower risk of cancer—Greens alkalize the body; an overly acidic body is linked to the development of illness and disease, including cancer.



MANGO GREEN SMOOTHIE

from Victoria Boutenko's book *Green for Life*

Ingredients:

- 2 cups of water
- 5 oz frozen mango
- 1 banana, peeled
- 1/2 apple, cored
- 2-3 cups of fresh spinach leaves

Instructions:

1. Put all ingredients in blender.
2. Blend until smooth.

• JUICE •

BENEFITS OF JUICING

If green smoothies aren't your thing, or you're looking for an alternative to smoothies when the weather turns chillier, consider juicing. You might even try juicing as a great mid-afternoon snack.

When juicing fruits and vegetables, there is no need to peel anything, just cut it into a size that can easily feed into your juicer.

HERE ARE JUST A FEW OF THE MANY BENEFITS:

- Easily digested—Your body doesn't have to put as much energy into breaking down your food, and the nutrients are more readily absorbed into your system.
- Boosts the nutritional value of your meal—Juicing provides a plethora of nutrients and minerals, and you'll get the health benefits of far more fruits and vegetables than you'd actually be able to eat.
- Improves heart health—Juicing fruits and vegetables increases the amount of powerful antioxidants in your blood and lowers triglyceride levels. And as an added bonus, you might lose a few extra pounds, reducing the strain on your heart.
- Naturally provides beneficial enzymes and phytochemicals—Found primarily in raw food, the enzymes in fresh fruits and vegetables convert food into body tissue and energy, and

phytochemicals are powerful disease fighters.

- Helps repair & rejuvenate the body—Because it's loaded with so many vitamins, minerals and other phytochemicals, it provides your body with the tools it needs to repair and rejuvenate itself; and because it's naturally gluten and dairy-free, your body has less to assimilate.

POPEYE'S POWER

from Cherie Calbom's book *Juicing for Life*

Ingredients:

- 1/2 apple
- 1 handful spinach
- 3 medium carrots
- 2 stalks celery
- 1 beet with stems and leaves
- 1/2 green pepper

Instructions:

1. Wash all ingredients.
2. Push all ingredients one at a time through your juicer.
3. Stir and serve or put in a sealed thermos and keep in fridge until ready to use.

• WATER •

BENEFITS OF WATER

Adequate hydration is crucial to many of our body's functions, but not all fluids are created equally. Consuming fluid does not necessarily equal hydration. It is important to drink water with nothing added. Flavorings, colors or chemicals in beverages can prevent the water they contain from getting into our cells; and caffeinated beverages and alcohol are actually dehydrating.

JUST A FEW OF THE HEALTH BENEFITS INCLUDE:

- Carrying nutrients and oxygen to our cells.
- Removing waste products, free radicals and toxins from our cells.
- Cushioning bones and lubricating joints.
- Regulating body temperature.
- Supporting the immune system and digestive processes.

Drinking water first thing in the morning (before your cup of coffee or green smoothie) will help get your day off to a great start. It will help replace the water your body lost through respiration and perspiration while you were sleeping, and it will help remove toxins from the nighttime purification process your body has been performing. You might even find that you have more energy. Just add lemon or lime to water to help reduce the body's acidity. If you're cold, try drinking hot water with lemon to warm up from the inside out.



CUCUMBER MINT WATER

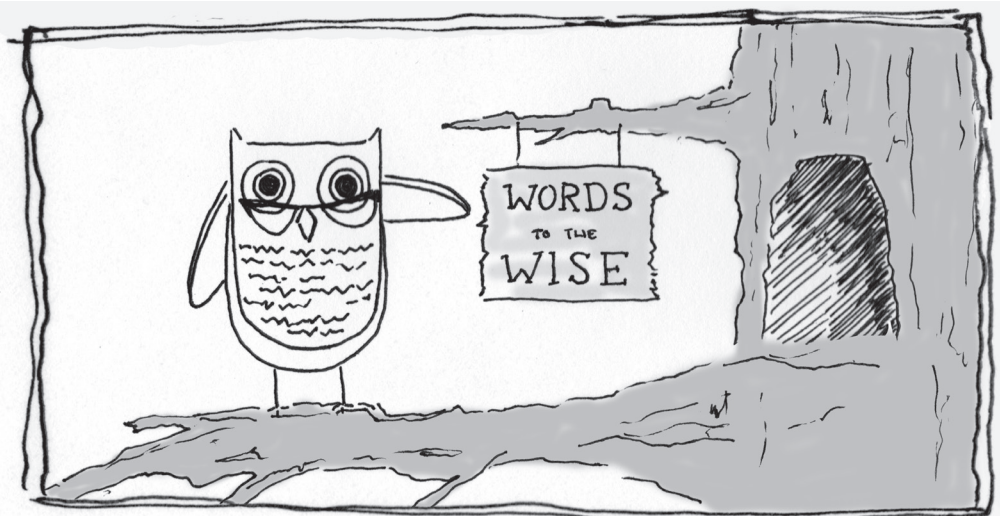
from Victoria Boutenko's book *Green for Life*

Ingredients:

- 2 liters water, about 8 1/2 cups
- 1 tsp ginger, finely grated
- 1 medium cucumber, thinly sliced
- 1 medium lemon, thinly sliced
- 12 spearmint leaves

Instructions:

1. Combine all ingredients in a large pitcher and let flavors blend overnight.
2. Drink the entire pitcher by the end of each day.



• EATING AND DRINKING ON THE ROAD •

- Since you'll have less control over your eating while traveling on business, try eating "clean" for a few days prior to going on business trips. Clean eating isn't as complicated as it sounds. Just try to increase your consumption of vegetables, fruits, beans, raw nuts & seeds, good quality meat protein and non-gluten whole grains (corn, rice, quinoa and millet). You'll also benefit by decreasing your consumption of processed foods, dairy and gluten (wheat, barley, rye, malt and oat-based products).
- When traveling, choose protein and veggies as much as possible. If ordering a salad, request the dressing on the side and only use 2 tablespoons max.

- Air travel can be very dehydrating. Be sure to drink lots of water.
- When entertaining clients, enjoy a glass of water between alcoholic beverages.
- Pack some healthy snacks to hold you over during airport layovers (raw nuts, fresh and/or dried fruit, LÄRABAR, etc.). This way you won't feel the need to consume the less-healthy options available from the airport vendors, and you won't have to stand in those long lines.

• SURVIVING ALLERGY, COLD & FLU SEASON •

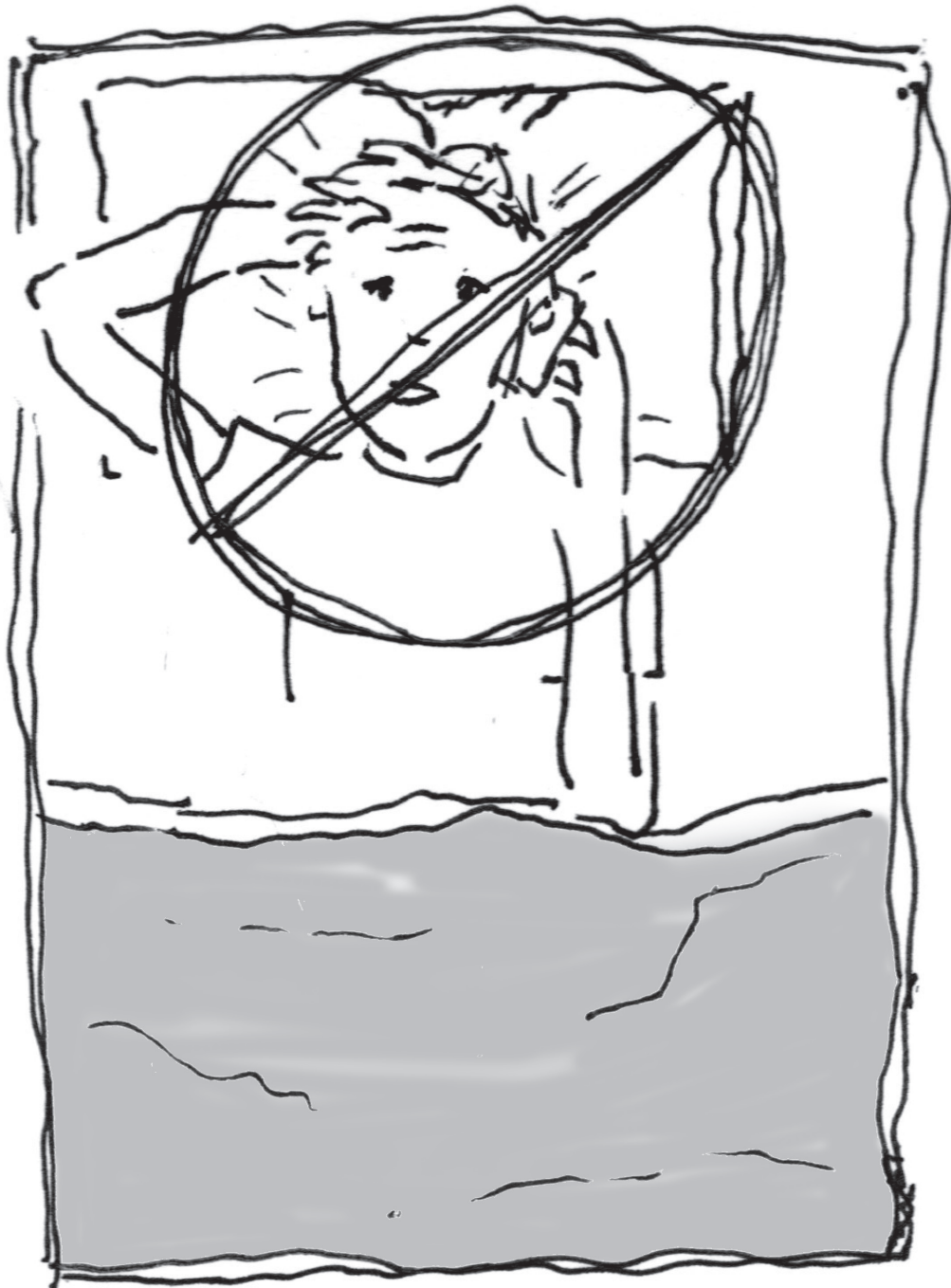
- If you feel you are coming down with something, go dairy-free for a few days; dairy is very mucus-forming.
- Use the Nasopure Nasal Wash System during allergy season.
- Rehydrate your nasal passages with EVOO (extra virgin olive oil) or sesame oil. Use a Q-tip dipped in the oil and rim the inside of your nostrils, then breath in. This provides an extra barrier against germs and allergens.
- Eat a diet high in vegetables, especially leafy, green ones.



- When temperatures drop and the wind kicks up, keep your neck covered. This will help hold your body heat in and keep the chill at bay.
- Wash your hands!
- If you feel like you're coming down with something, eat a very simple diet of steamed vegetables, vegetable broths, vegetable soups and/or vegetable juices.
- At the first sign of sickness, drop into Whole Foods or another natural food store and pick up a bottle of Elderberry concentrate. Take 1 tablespoon 3x a day.
- If you're traveling and can't carry the bottle of Elderberry concentrate, toss a few packets of Emergen-C into your suitcase. Emergen-C is readily available at many stores (Whole Foods, Walmart, etc.) and comes in a variety of flavors. One packet added to a bottle of water will give your immune system a great boost, and it will help you get your water. Bonus!

• IMPROVING YOUR SLEEP HABITS •

- Sleep on your side or back with your neck supported in a neutral position (not tilted forward, backward or to either side).
- Avoid sleeping on your stomach. Stomach sleeping puts a great deal of stress on your neck.
- Avoid sleeping with your hands above your head. This cuts off circulation to your arms and hands.
- Avoid working on your iPad, cell phone or other electronic device right before going to bed. The light from these devices can trick the brain into thinking that it's daytime and disrupt sleep patterns.
- Remove the electronics from your bedroom, or if removing them isn't an option, at least don't fall asleep with the TV on. While the noise may distract an overactive mind and help you fall asleep, it will not be conducive to staying asleep. And who knows ... turning off the TV might provide an opportunity to improve your relationship with your partner. Wink, wink. Nudge, nudge.



• FINDING THE EXTRA SUGAR IN YOUR DIET •

- Check for hidden sugar in processed foods. It will appear on labels as things like high fructose corn syrup, sucrose, fructose, cane syrup, cane sugar, etc. And if it's one of the first 3 ingredients, put the item back on the shelf. You're better off without it. 4 grams = 1 tsp of sugar. Added sugar can be found in products like peanut butter, spaghetti sauce, salsas and whole wheat bread.
- While it may be tempting to rely on artificial sweeteners to satisfy your sweet tooth, it's not worth the trade-off to your health. Artificial sweeteners can cause a variety of health issues, and despite their low calorie count, they don't help you lose weight. In fact, they have been shown to stimulate the release of insulin, activating your body's storage mode and stimulating your hunger for more sugar.
- Sugar consumption increases your body's acidity level, suppresses your immune system, and creates an environment for a variety of diseases to thrive. Sugar feeds cancer.

- Sugar can cause premature aging. When you consume sugar, there is a rapid rise in blood glucose. Your body reacts by secreting insulin to lower the glucose levels. Unfortunately, this suppresses essential hormones and your immune system, both of which help keep you young.
- Sugar can increase the body's fluid retention. Bloat. Need we say more?
- You wouldn't eat 20 packets of sugar, so why would you drink it?

• WHAT'S YOUR POO TELLING YOU? •

OK, admit it. You peek. We all peek. So wouldn't it be helpful if you understood what your body was trying to tell you via your poo?

* We lifted these 'nuggets' from the cheeky little book, *What's Your Poo Telling You?* by Josh Richman and Anish Sheth, M.D.

- **Floaters vs. Sinkers**—There are 2 components of stool that cause it to hover on the surface of the toilet water: gas and fat. When gas is the culprit, you may also notice your fart frequency increasing above normal levels. If the floaters last for a day or so, there is no reason to be alarmed. Foul-smelling, greasy floaters are more worrisome. This usually indicates the presence of fat in the stool, which is never normal and often reflects an underlying problem in the GI tract, most commonly involving the pancreas or liver.
- **Pebble Poo**—Pebble Poo reflects a lack of stool cohesion. The GI tract produces a “glue”—a fatty-acid gel formed when ingested fiber is fermented by bacteria residing in the colon. This “glue” keeps poo from breaking apart and drying out. This magical gel also lubricates the inside of the colon. A lack of dietary fiber means less glue, resulting in small, hard, disjointed poos.
- **Number Three**—Although you know you need to sit down for this, Number Threes come in liquid form and have little to no texture. The Number Three has two main causes: GI tract infections and maldigestion. Inadvertent consumption of bacteria, viruses or toxins causes the small bowel to secrete large volumes of

fluid into the GI tract. This deluge of fluid, coupled with brisk intestinal transit results in the delivery of large amounts of liquid to the rectum. Impaired digestion is the other possible cause. One should consider this diagnosis when the explosiveness of the bowel movement is particularly violent.

- **Rambo Poo**—On rare instances, you may look down at your droppings and see traces of blood. This is no laughing matter and could represent several different serious problems that you should consult a physician about. Thankfully, there are many benign causes of blood in the toilet bowl, such as hemorrhoids, diverticulosis and abnormal blood vessels that have a tendency to bleed. Due to the potential seriousness, any new sighting of reddish stool or blood-tinged toilet water should always be followed by a visit to your doctor.
- **Poo Hue**—Stool can come in many different colors. Most daily variation in stool color is due to the dietary intake of various foods and medications. However, changes in stool color that persist for longer periods of time can be a sign of an underlying gastrointestinal disorder.

THE FOLLOWING INFORMATION CAN HELP EXPLAIN THE VARIATIONS IN POO HUE

- **Black**—Iron pills or foods high in iron, or blood from higher up in the digestive tract
- **Red**—Blood from lower down in the digestive tract, or beets
- **White/Gray**—Bile duct blockage, or liver disease
- **Green**—Gastrointestinal infection, or spinach
- **Yellow**—Fat in the stool (pancreatic disease)

• POSITIVE THOUGHTS •

“You must be the change you wish to see in the world.”

— **Mahatma Gandhi**

“Inch by inch, life is a cinch. Yard by yard, life is hard.”

— **Anonymous**

“I am too blessed to be stressed!”

From Eric Geoffrey Plott’s poem, *Too Blessed to be Stressed*

“Hold the vision, trust the process.”

— **Abraham Hicks**

“If you have faith, you don’t worry.”

— **Jack Coe**

“Live the life you love.”

— **Bob Marley**

“An attitude of gratitude creates blessings.”

— **Sir John Templeton**

FEAR=False Evidence Appearing Real

— **Anonymous**

• DR. ROBIN'S TOP TEN WELLNESS TIPS •

1. Be grateful for your connections to others. (family, friends, etc.)
2. Drink half your body weight in ounces of water each day.
3. Eat a breakfast with protein before you have caffeine.
4. Eat a salad at lunch and dinner.
5. Have a green smoothie 4 times a week; limit to two servings of fruit.
6. Spend 30 to 60 minutes planning your well being for the week (food, exercise, family time, and alone time).
7. Have dinner with your significant other or someone in your “tribe” at least once a week, just the two of you. Let them dominate the conversation and try not to talk about work. Listen. Be present.
8. Set a time to quit looking at email. Set boundaries for your staff so they know you don’t expect them to respond.
9. Be present for your kids at least 10 minutes a day; time goes fast. Get on their level. Ask them what they want to do with the time. Listen.
10. Go to bed at the same time as your significant other.

• DR. ROBIN'S PERFECT WELLNESS DAY •

- Wake up 6:00 a.m.
- Go to the restroom
- Drink 15 ounces of water
- Breathe and meditate for 15 minutes
- Workout 30 to 45 minutes
- Juice or smoothie with my family, take my vitamins
- Sit in the infrared sauna for 20 minutes and think about my day
- Get to the office or first meeting by 8:30 a.m.
- See clients or have meetings until noon
- "See" my team; check in
- Drink 25 ounces of water
- 12:00-1:00 p.m. – have lunch, typically a big salad with lean organic protein
- 1:00-2:00 p.m. – return calls and do paperwork or have a meeting
- Drink 25 oz of water
- Afternoon clients or meetings
- Wrap up phone calls and paperwork by 6:45 p.m.; If I can't get done before 7:00 p.m., I eat at my office. I prefer to be home by 7:00 p.m. for dinner, typically another big salad or veggies with lean organic meat
- Read, hang out with my family until 9:30 or 10:00 p.m.
- Take my vitamins
- Take a hot shower or bath
- Go to bed by 10:00 or 10:30 p.m.

• RECOMMENDED SERVICES •

Advanced Fitness Consulting, Cody Shaffer

NASM CPT, CES, PES, GFS, TPI-GFS
888-949-8899, cody@afctrainers.com
www.afcpersonaltrainerskc.com

BRAS Thermography, Linda Bamber

9337 W 75th St., Overland Park, KS 66204
913-396-2774, linda@breastresearchawareness.com
www.brasthermography.com

Chiropractic Healing Center, Andy Harding, D.C.

8437 State Ave., Kansas City, KS 66112
913-299-0276, dr.andy@chirohealingkc.com
www.kckchiropractic.com

Caroline's Colon Healthcare, Caroline Cawrey, @ YWC

7410 Switzer, Shawnee, KS 66203
913-422-8500, caroline.cawrey@gmail.com
www.carolinescolonhealthcare.com

Divine Body Work, Linda McIntyre, RN

Lomilomi Practitioner, Clinton, MO
660-351-0995, linda.mcintyre5@gmail.com

Divine Love Heals,

Rediscovering the essence of who you are.
913-709-8482, drpauljernigan@gmail.com
www.divineloveheals.com

RECOMMENDED SERVICES CONTINUED...

Energy Medicine Teacher & Practitioner

816-560-2416, energymedicineusa@gmail.com
www.energymedicineusa.com

Enjoy the Journey, Brenda Dowell

Yoga & Meditation Workshops & Retreats
519-319-2378, bvdowell94@aol.com
www.etjyoga.com

Grace on Fire Yoga, Diana Graves

816-456-2359, gravesd@kc.rr.com
www.graceonfireyoga.com

Hiking Yoga, Eric Kipp

888-589-2250, eric@hikingyoga.com
www.hikingyoga.com

Holistic Family Doctor, Suzanne Rowden, M.D.

1520 Walnut St., Kansas City, MO 64108
816-298-6420, info@holisticfamilydoctorkc.com
www.holisticfamilydoctorkc.com

Holistic Nutrition Coaching and Massage Therapy

Tamara Creighton, HNC, LMT, AADP, NCTMB, @ YWC
7410 Switzer, Shawnee KS 66203
913-232-6419, tamara@tcreighton.com
www.tcreighton.com

RECOMMENDED SERVICES CONTINUED...

Inner Wisdom, Sonia Choquette

5756 North Ridge Ave., Suite 8, Chicago, IL 60660
773-989-1151, www.soniachoquette.com

Kansas City Integrative Chiropractic, Dr. Brooks Rice

913-369-5992, drrice@drbrooksrice.com
www.drbrooksrice.com

Kansas City Internal Medicine (KCIM)

Kansas City, Overland Park, Lee's Summit
913-451-8500, www.kcim.com

Opening the Door to the Sky, Debra Grace

Shamanic Healer and Intuitive Practitioner
636-233-2526, debra.grace@gmail.com
www.debragrace.com

Pacific Rim Lomilomi, Cuky Choquette Harvey

Master Hawaiian Lomilomi Practitioner
913-271-0524, cukyharvey@aol.com
www.pacificrimlomilomi.com

Power Your Journey, Karen Kipp, @ YWC

Reflexology / Holistic Health Coaching / Juice Fasts
7410 Switzer, Shawnee, KS 66203
913-302-4420, karenkippretreats@sbcglobal.net
www.poweryourjourney.com

RECOMMENDED SERVICES CONTINUED...

Prairie Village Chiropractic, Ang Ribaste, D.C.,
9401 Nall Ave., Suite 202, Prairie Village, KS 66207
913-948-6602, drang@pvchiro.com

Strategies for Wellness, Catherine Basse
*Strategies for well-being through detoxification,
stress reduction, diet & hydro therapy.*
7802 Foster, Overland Park, KS 66204
913-593-5427, cathy@ahealthtrust.com
www.ahealthtrust.com

The Blender Girl, Tess Masters
theblendergirl@gmail.com
www.healthyblenderrecipes.com

Vasavi Kumar Coaching, Vasavi Kumar
Transforming your internal conversation.
913-951-1764, vasavi@vasavikumar.com
www.vasavikumar.com

YMCA of Greater Kansas City
Locations throughout the metro.
3100 Broadway Street Kansas City, MO 64111
816-561-9622, www.kansascityymca.org

• RECOMMENDED EATS •

ACES Cake Shop & Baker's Supply, Amy Vincent, Owner/Baker
113 W. Kansas, Liberty, MO 64068
816-415-4777, acescakes@yahoo.com
www.acescakeshop.com, www.facebook.com/acescakeshop

Be Free Bakers, Vegan, Gluten, Nut & Dairy Free, Jennifer Ward,
1333 SW Surrey Trace, Lee's Summit, MO, 64081
816-803-1101, jennifer@befreebakers.com
www.befreebakers.com

Conveniently Natural, Kim Gordon
913-475-8004, info@convenientlynatural.com
www.convenientlynatural.com

Fresh Catering KC, LLC, Lindsey Jackson, Chef/Owner,
816-977-9544, freshkc@gmail.com
www.freshcateringkc.com

Good Natured Family Farms, Diana Endicott
allnatural@ckt.net or diana@goodnaturedfamilyfarms.com
913-636-9989, www.goodnaturedfamilyfarms.com

New Grass Bison, Jeff Adair
816-550-9638, jadair@newgrassbison.com
www.newgrassbison.gourmetfoodmall.com

Renee Kelly's Harvest - Farm to Table Restaurant
12401 Johnson Dr., Shawnee, KS 66216
913-631-4100, info@chefreeneekelly.com
www.reneekellys.com, [Facebook.com\Renee Kelly's Harvest](https://www.facebook.com/Renee%20Kelly's%20Harvest)

• RECOMMENDED PRODUCTS •

BIOFEET LLC

Medical Products & Equipment

7329 West 97th Street, Overland Park, KS 66212
913-538-5269 or 888-806-4625, Fax: 913-538-5690
biz@biofeet.com, www.biofeet.com

Breville

19400 S. Wetern Ave., Torrance, CA 90501
310-755-3000, www.brevilleusa.com

Excalibur Dehydrators

6083 Power Inn Road, Sacramento, CA 95824
800-875-4254, www.excaliburdehydrator.com

Indigo Wild

All-Natural bath, body & home products.
3125 Wyandotte St., Kansas City, MO 64111
816-221-3480 or 800-361-5686
www.indigowild.com

May I Be Frank (movie),

info@mayibefrankmovie.com
www.mayibefrankmovie.com

Rhythmic Medicine – Sounds of Comfort, Janalea Hoffman

10425 W 177th Ter, Olathe, KS 66062
913-851-5100, music@rhythmicmedicine.com
www.rhythmicmedicine.com, www.studiospiritus.com

RECOMMENDED PRODUCTS CONTINUED...

Vemma

www.yourwellnessconnection.vemma.com

Vitamix

8615 Usher Rd., Cleveland, OH 44138

800-848-2649, service@vitamix.com

www.vitamix.com

• RECOMMENDED READING •

Eat Your Peas by Cheryl Karpen

Green for Life, by Victoria Boutenko

Greens Glorious Greens: More Than 140 Ways to Prepare All Those Great-Tasting, Super Healthy, Beautiful Leafy Greens
by Johnna Albi and Catherine Walthers

Heal Your Body A-Z: The Mental Causes for Physical Illness and the Way to Overcome Them by Louise Hay

Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing by Cherie Calbom and Maureen B. Keane

The E Factor: Engage, Energize, Enrich—Three Steps to Vibrant Health by Dr. Michelle Robin

The pH Miracle: Balance Your Diet, Reclaim Your Health
by Shelley Redford Young and Robert O. Young

Wellness on a Shoestring: Seven Habits for a Healthy Life by Dr. Michelle Robin

What's Your Poo Telling You? by Amish Sheth and Josh Richman

Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health by William Davis, MD

• YOUR WELLNESS CONNECTION •

7410 Switzer
Shawnee Mission, KS 66203
P: (913) 962-7408
F: (913) 962-7416
www.yourwellnessconnection.com

FOUNDER & CWO

Michelle Robin, DC, CWO, FASA, CCSP
mrobin@yourwellnessconnection.com
www.drnichellerobin.com

• SERVICES •

CHIROPRACTIC

Sean Cailteux, DC
Shannon Pishny, DC, FICPA
Melanie Smith, DC

ACUPUNCTURE

Shamayne Tate, Dipl, OM, Lic Ac.

MASSAGE THERAPY

Ashley Cooper, MT
Tanya Galusha, MT
Kate Folsom, MT
Katie Jones, MT
Dana McNeese, MT
Jeni Yadon, NCBTMB

WELLNESS COACHING

Michelle Robin, DC, FASA, CCSP
Shelly Murray, HHC, AADP

COUNSELING

Crystal Jenkins, LCPC
Joyce Vancrum, LCPC

MOVEMENT ARTS

Stephanie Burton, Fitness Consultant
Rafael Duran, Certified Yoga Instructor
Nicole Gerken, Fitness Consultant
Jennifer Parker, Yoga Instructor
Trevor Price, Fitness Consultant
Cody Shaffer, Fitness Consultant

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a wellness partnership

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