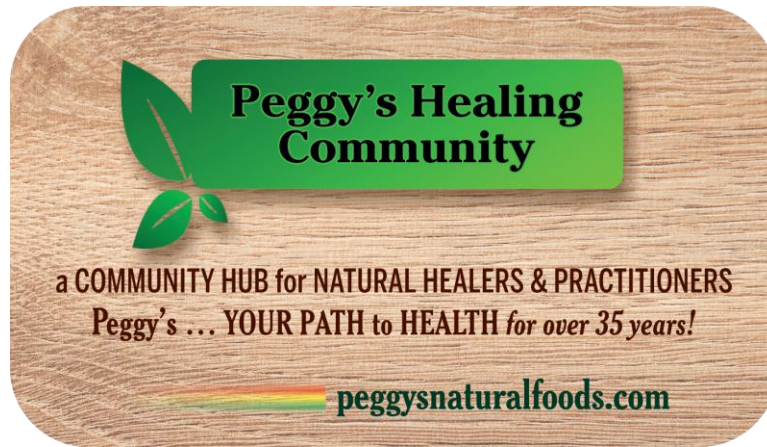


Welcome to Peggy's Healing Community



It has always been Peggy's mission to not only serve her customers at the store in the best way possible, but also to connect people in need. Peggy's passion is bringing natural and organic solutions to customers, and that means utilizing the natural healing providers among us!

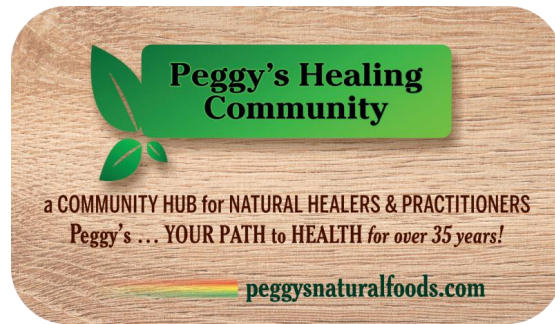
As a cancer survivor herself, Peggy remembers all those that helped her through and cares deeply about introducing OUR Community's Natural Healers. Peggy understands the huge undertaking it is for any single individual to find the right solution in time of crisis.

"There are so many wonderful natural practitioners right here in our local area that can be wonderful resources for people in need" says Peggy. "We hope you enjoy and utilize our Healing Community. We will work hard to bring these great folks to the forefront!"

This is Peggy's way of connecting those that are seeking great resources, but of course we have to stop short of recommending. These local healers and practitioners have come to our attention with great testimonials. We are providing their information as a service to anyone in need of educating themselves and in the process of making their own informed decisions on their health situations.

Peggy's...your path to Health.

(Please continue scrolling down to view all Natural Healing Practitioners)



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Michele Millen, N.D., Naturopath



Michele Millen has been an educator in the natural health field for over 30 years. Her training includes herbology, homeopathy, nutrition, iridology, reflexology, Digital Pulsewave Analysis, Emotional Release Technique, Crano-Sacral Therapy, and Essential Oil Therapy. A former co-owner of Standard Enzyme Company, Michele assisted in the development of Homeopathic, herbal, and nutritional products. She also helped develop and teach a four-level certification for Computerized Bioenergetic Assessment (CBA) to doctors and their technicians. She has served on the board of several nutritional companies and consults with many practitioners to support their patients. Michele has lectured on all subjects related to nutrition, the use of herbs and homeopathy, and how to create a healthy lifestyle. *

Computerized Bioenergetic Assessment

Computerized Bioenergetic Assessment (CBA) is a comprehensive computer based system for measuring the energies of the body.

- A blunt, non-invasive probe is placed at specific points on the hands and feet.
- Minute electrical discharges from these points serve as information signals.

- Information is received about each part of the body via the acupuncture meridians (including emotional health, all major glands, organs, and biological systems).
- The information gathered will indicate inflammation, degeneration, or balance in the energy of each part of the body.
- The technician will then check for energetic frequencies of toxins including, but not limited to bacteria, viruses, chemical pesticides, candida, mold and mercury.
- Over 13,600 tests will be performed in each session.
- Each session will include checking for homeopathics, herbs, and nutritional supplements that will help balance the body, and will check for foods that are best suited for your biochemical makeup.
- This process is designed to unlock the body's innate ability to heal itself.

Pulse Electromagnetic Field Cellular Exercise Pain Relief

The PEMF machine is used to energize the natural power hidden within each and every Cell in Your body.

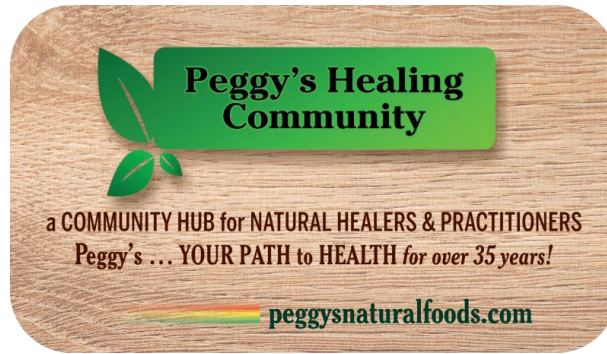
- Alleviate pain and reduce inflammation
- Stimulate tissue healing and strengthen bones
- Relieve Injury and fatigue
- Support Neurotransmitter balance
- Reduce stress & Increase relaxation
- Achieve a deeper, more restorative Sleep
- Improve Circulation
- And more

*there is currently no state licensing for Naturopaths in Florida. Michele Millen works only in the capacity of a technician with the equipment listed above and as an educator for helping people balance their bodies. Neither content nor products on our website are meant to treat, cure or prevent any disease or to diagnose any disease. Please see your medical doctor for diagnosis and disease recommendations.

FOR QUESTIONS PLEASE CALL MICHELE AT 772-708-3199

FOR APPOINTMENTS PLEASE CALL HER ASSISTANT ALLIE 772-486-3779

www.michelemillen.com



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Barbara Spaulding, Clinical Therapist



SOUND HEALING

"Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder."

--Dr. Mitchell Gaynor, Oncologist

What is Sound Healing?

Sound Healing is a natural treatment for health and wellness. It can be used alone or in complement to other treatment methods. Sound Healing helps the body do what it does best; heal itself by realigning on a cellular level. Some of the conditions treated include:

- Stress
- Depression, Anxiety
- Chronic Pain
- Fibromyalgia
- Chronic Fatigue Syndrome
- Back Pain

- Insomnia
- Addiction
- Arthritis
- Injuries (speeds up healing and decreases pain)
- Emotional Issues
- Digestive Disorders

Treatment methods include:

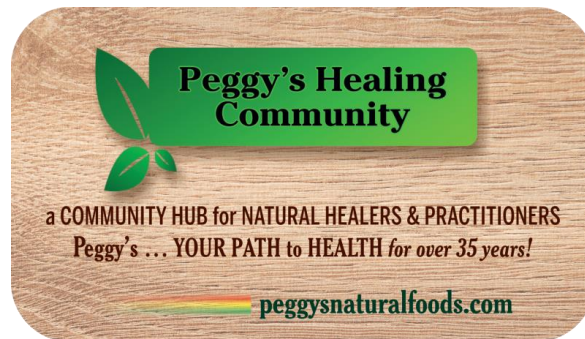
Vibroacoustics - A memory foam therapy bed with powerful low frequency transducers (speakers) inside it. When frequencies and music are played through it, they are not only heard through the ear, but also delivered in stereo waves directly to the body. Vibrating every part inside and out: cells, muscles, tendons, organs, nerves, spinal cord, areas of the brain, and brainstem. The experience can only be described as multidimensional.

Sound Immersion Therapy - The sounds and vibrations of sound healing instruments such as, quartz crystal singing bowls, gongs, and chimes guide us into a deep meditation, rebalance, and tone the physical, emotional, and spiritual bodies.

Clinical research shows the benefits are:

- Pain Reduction
- Stress Reduction
- Cellular level changes restoring the body back to its healthy frequencies and homeostasis
- Calms the entire nervous system
- Boosts the Immune System triggering the natural healing mechanisms of the body
- Drives energy from cell to cell, clearing blockages and stimulating neural pathways
- Improves Sleep
- Heightens awareness
- Improves clarity of mind
- Enhances creativity
- Evokes the Relaxation Response:
 1. Reducing oxygen consumption
 2. Decreasing blood pressure
 3. Slowing heart rate
 4. Slowing respiration rate
 5. Relaxing muscles
 6. Changing brain wave frequencies, (from beta to alpha and alpha to theta or delta)
 7. Clearing the mind from anxiety
 8. Creating a feeling of calm and inner peace

Call Barbara E. Spaulding RN, BSN, at Sound Healing to schedule an appointment.
772-245-6515, info@asoundhealing.com, www.Asoundhealing.com



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Shelley Dodt, Cancer Coach



Shelley Dodt MSW
Board Certified Patient Advocate

Mindful Cancer Coach
772 631-3704
www.mindfulcancercoach.com

Office: A Cottage for Counseling 508 SE Osceola
Street, Stuart, FL 34990

Allow me to help you navigate the confusing maze of cancer diagnosis, treatment and recovery. I work for YOU as a coach and advocate for YOUR well-being. I work independently of the hospital team. All services are protected by confidentiality.

When you hear the words, "You have cancer", you are suddenly forced to learn many things at the worst moment of your life. As a fellow survivor, oncology patient navigator and cancer coach, I can

help guide you through the journey. Your best outcome depends on the choices you make. Busy healthcare providers may care but do not have the time to provide individualized attention that you need.

I offer my services as a Mindful Cancer Coach. Why Mindful? Because Mindfulness teaches us to be aware of our mind and body in the right here and now.

Call me, Shelley Dodt, MSW, Registered Clinical Social Work Intern and Board Certified Patient Advocate at 772 631-3704

Your informed journey to recovery includes working together to:

Create a Comprehensive Assessment

Reduce anxiety through mindful relaxation, breathing, guided visualization

Formulate questions to ask your doctor

Explore options, integrative medicine and possible clinical trials

Second opinion options

Manage side effects of treatments

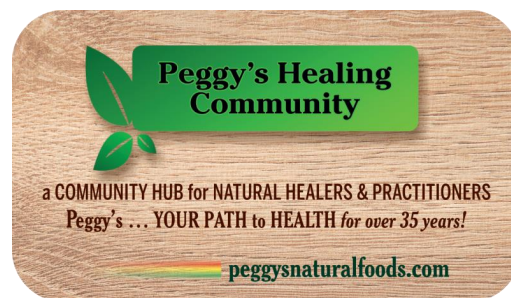
Promote nutrition, exercise and avoidance of toxic exposure

Promote self-care and caregiver support

Organize your medical information folder

Distress thermometer to check-in with progress

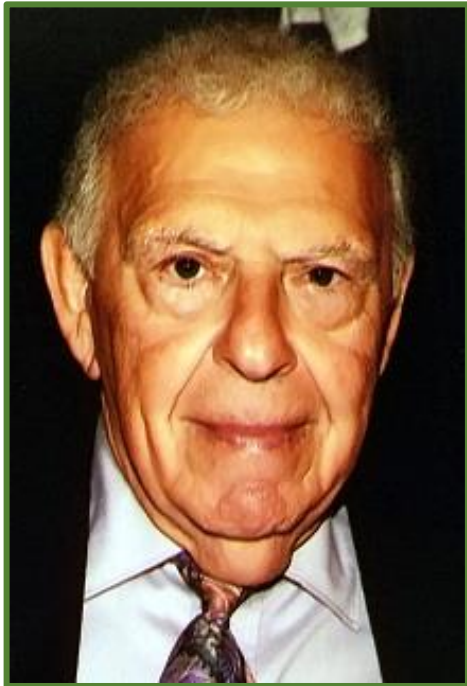
Develop long term survivorship plan and work to prevent recurrence.



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Tony DeAngelis, Clinical Nutritionist



Tony DeAngelis, MS, RD, LN/D was born in Brooklyn and lived in the NYC / Long Island area until he moved to Florida almost 30 years ago. He now lives in Stuart and is a practicing Clinical Nutritionist. He has a degree in Mechanical Engineering and a Master's degree in Nutrition, totaling over 300 college credits in addition to many courses in natural healing. Tony has authored many newsletters and papers on health and a large reference manual on understanding blood tests and treating disease with nutrition, and the prevention of disease through enlightened life-style and nutrition. Tony also hosted a one-hour radio program, the *Healthy Heart Hour* for a year.

At age 25, Tony had severe medical problems that required three months of hospitalization and bed rest. Aggressive treatment involved cortisone therapy. (Until then steroids had not been used extensively in humans.) This helped with the healing process but left side effects to be overcome. Personal studies in alternative therapies were needed to finalize and complete the healing. Eventually, college courses led to his becoming a Registered Dietitian and a licensed and insured Clinical Nutritionist. As a test of physical recovery Tony ran his first marathon for his 50th birthday and several others in future years.

Able to be licensed as a dietitian and nutritionist in Florida, he “retired” here. Unsuccessful in trying to create a holistic medical center with a staff of medical doctors in Deerfield Beach, he then bought *Healthy Heart Healthfood* store in Juno Beach which survived for 8 years, but did not prosper. Time consumption at that store inhibited the study of new information essential to incorporate into effective clinical services. It was time to move on.

Tony had been noticing many incomplete aspects of healthcare. Physicians usually practice linearly and too late. They wait for an event/disease to occur and then treat too late with non-supportive drug therapy that provides mostly symptomatic relief: one defect - one drug. This linear view of their own tests is what leads to the third leading cause of death in this country: polypharmacy. Tony has been using engineering principles and practicing functional nutrition based on feedback from medical tests to complete the healthcare cycle with fewer drugs and more nutrition.

Under Tony's system, disease conditions can be detected early and avoided. Or, if disease is already in progress or genetically indicated, medical treatments can be complemented by the application of nutrition through a functional clinical analysis system that might well be called biochemical engineering. Rarely is any other testing required other than those readily covered by your doctor and your insurance company.

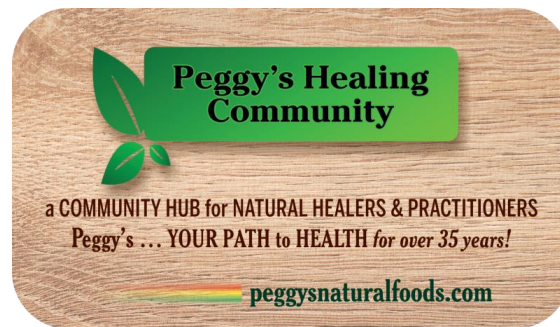
This is the most science based, cost-effective system for most. No insurances are accepted. Fees and overhead are kept low through this efficient system.

We are the missing link between you and your doctor.

Contact Information:

Phone: 772-463-0381

email: www.tntstuart@yahoo.com



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Wendyne Limber, Marriage & Family Therapist



Wendyne Limber, MA, LMFT, RDT- BCT has been in practice as a Florida Licensed Marriage and Family Therapist and Registered Drama Therapist in her own healing center - *Soulville*, in Stuart, Florida since 1990. Her work has been an evolution of transpersonal psychology, spirituality and science and has evolved consciously in incredible ways since the beginning.

Many people have transformed their lives through *The Imagination Process™* and *Imagine Recovery™* - programs that heal and transform the human pain of addiction, trauma, co-dependency, grief, depression, anxiety and loss. Wendyne's programs

incorporate neuroscience, expressive therapeutic arts, holistic medicine, quantum science, and trauma work.

Wendyne has authored workbooks that accompany her healing processes as well as her most popular work - *Intimacy Without Responsibility - The Conscious Evolution of Love*, offering principles for relationship communication, healing and transformation.

Wendyne trains Transformation Coaches to be facilitators of the work to consciously help heal our planet. For all of Wendyne Limber's healing programs and places, visit www.Wendyne.com for links to everything.

Services and Programs include:

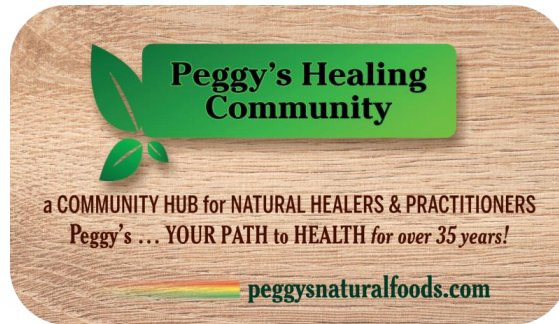
The Imagination Process™: We help people heal and transform the body from past trauma, abuse, patterns and habits that sabotage love, health, abundance and freedom to be authentic and real... then we help people design the life of their dreams. It is truly exciting and extraordinary healing! www.TheImaginationProcess.com

Imagine Recovery™: Imagine Recovery offers addiction treatment beyond traditional recovery work, addressing the body, mind and spirit as a whole integrated system. www.ImagineRecoveryJourney.com

Soul Studies Institute - offering Transformation Life Coach Training and continuing education for healing arts professionals consciously healing the planet in an experiential and virtual school kind of way... www.SoulStudiesSchool.com

Intimacy Without Responsibility - the Conscious Evolution of Love is Wendyne's book and class on DailyOm. This work is about the mystery and sacred space that relationship takes us; teaching love, depth communication, connection, healing and transformation of relationship pain and patterns. www.intimacywithoutresponsibility.com

Wendyne is the founder of Soulville Center for healing, transformation. Education. Soulville Center is a collaboration of healing arts professionals offering care, integration and work with the body, mind and spirit. We believe that we must treat the whole person for lasting healing and transformation. www.SoulvilleCenter.com



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Sari Sack Terrusa Psychotherapist, Founding Co-Director



Recognized as a leading counselor and educator in the South Florida area, Sari began her work in 1981 as a therapist and advocate for handicapped children and their families. Her work at the Kempe National Center for the Prevention and Treatment of Child Abuse won her national grant awards. Sari has taught and disseminated this project nationally and internationally. Sari works with women's groups, individuals, couples, children and families. She also teaches and speaks in the community highlighting her innovative, intuitive psycho-spiritual approach.

Sari's work with traumatized, unattached children led her to study the nature of the unconscious mind and generational patterning. Her post-graduate work includes certification in Eriksonian hypnosis, [EMDR](#), mental imagery, movement therapy, and psychodrama. She has studied native cultures, Eastern religions and worked with shamans all over

the world.

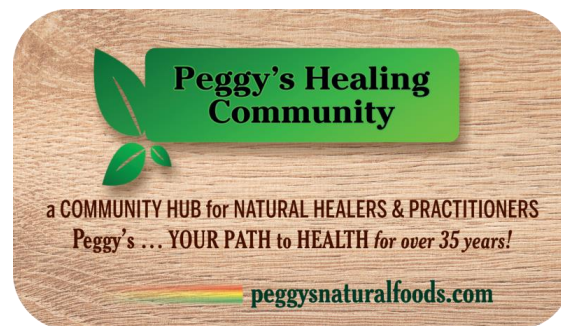
Sari has integrated these innovative, creative and experiential teachings into a somatic psychological approach that she uses in her private practice. This approach proposes that our cognitive understanding must communicate with the intelligence of the body

and together help release the cellular imprinting of the past. This intuitive, heart-felt awareness can help clear life-long depression and anxiety.

She is the co-founder of the Institute with her husband, Jim. Sari and Jim's creation of [Transmutational Breathwork](#) utilizes psychokinesiology, conscious connected breathing, and the five-stage ARFRI Technique making this form of breathwork well known and unique. Sari and Jim have brought these tools to thousands throughout the United States, Russia, Europe and South America. Sari's lively spirit and intuitive creativeness guide her work and play. She has practiced mediation for 30 years, and her desire for truth and balance inspires all she does.

She has been licensed since 1999 and holds a Master's Degree in Child and Family Counseling from the University of Denver and a Master's Degree in Counseling Psychology from Nova University in Davie, FL.

Transformational Studies Institute
(561) 744-9123
Sari Sack Terrusa, LMHC MH7270
Mary Bondi, LMHC MH3854
900 E. Indiantown Road, Suite 310, Jupiter, FL 33477
www.tsijupiter.com email: info@TSIJupiter.com



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

***Lori Hickey Therapeutic Life Coach, Mind, Body
& Movement Specialist***



As a Certified Therapeutic Life Coach, Lori has a passion for working with children, adolescents, adults and families, specializes in providing a safe environment for individuals to express and explore their lives without judgement or criticism. Our bodies store memories, and Lori works to help her clients access these memories and emotions, by providing insight and awareness that may contribute to depression, anxiety, and other unwanted behavioral expressions. Such knowledge will provide you the ability to transform your life “consciousness” opens the doors to transformation and personal growth.

Mind, Body & Movement Specialist

Lori has over 25 years’ experience as a professional dancer, director and choreographer. Among all these different roles, she has intimately studied the integration of mind, body and performance

strategies that have helped her become successful within the dance community. She has seen firsthand how the integration of Movement, Expressive Arts can access psychological processes including emotions that lead to personal growth, confidence and self- fulfillment.

What are the benefits to having sessions?

- *Increases self-esteem, self-worth and builds confidence
- *Validates feelings and instills a positive belief system
- *Eliminating negative self- image, limiting beliefs and unworthiness
- * Releases old patterns and core beliefs
- * Guides individuals to re-imagine, re- design, re-direct and ultimately explore their infinite potential.

Balance & Movement Classes

This class is designed to connect mind and body with fall prevention strategy, balance and cardiorespiratory low impact movements. Increase your range of motion, awareness, rhythm and coordination while developing core strength and building endurance. This class is designed for you to personally participate at your pace while having the freedom to embrace music and movement in a social environment. Clients experience lasting results with regular practice!

Balance & Movement Class Locations:

Tuesday 1:00 p.m.
St. Luke's Episcopal Church
5150 SE Railway Ave
Stuart, Fl.

Thursday 10:30 a.m.
Dance Academy of Stuart
333 Tressler Drive Studio 4
Stuart, Fl.

* Private classes available upon request

NEW* Children's Classes to designed to provide a quiet therapeutic environment incorporating Creative Movement, Expressive Arts and Mindfulness Stress Reduction through movement, while experiencing the benefits of the Children's Halotherapy Salt Room and having Fun!

Classes located at Salt of the Earth Halotherapy & Spa. Call for more information or to book a class and what a great opportunity for you experience the Adult Salt Room at the same time!

Whatever healing modality you choose, Lori guides individuals to awaken, identify, embrace and transform into...Creating an Extraordinary Life!

Stuart Life Coaching
StuartLifeCoach.com
Affiliated: Psychology Today.com
772-446-5504



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Ellen Kamhi PhD, RN, AHG, AHN-BC



Ellen Kamhi, PhD, RN, AHG, AHN-BC is a leader in the nutraceutical industry, recognized as a consultant specializing in regulatory issues, formulation and product education. She is a Registered Herbalist with the American Herbalist Guild (AHG (RH)), nationally board certified as a holistic nurse (AHN-BC), and is a medical school instructor in botanical pharmacology, and author of many books. She offers online/onground CE broker approved Certification Programs for all interested individuals with credits for

Nurses, Midwives, RD, Nutritionists, Massage Therapist, Acupuncturist, and also leads www.EcotoursForCures.com to experience shamanic healing traditions in indigenous areas of the world. Ellen is a wildcrafting intuitive herbalist and dowser. She is on the Peer Review Editorial Board of several journals/organizations, including: *Alternative Therapies in Health and Medicine*, *Natural Medicine Journal*, *Natural Standard Database*. Dr. Kamhi educates professionals and consumers about how to care for themselves Naturally! Her passions include sharing her 4 decades of in depth herbal and nutritional knowledge with individuals that will carry natural healing arts forward into the next millennium.

www.naturalnurse.com

www.facebook.com/NaturalNurse

800-829-0918

Natural Nurse Herbal Certification courses can be used towards becoming a REGISTERED HERBALIST with the American Herbalist Guild. AHG(RH)

Natural Nurse Courses include CE BROKER CREDITS for RN, Nurse Practitioners, Nutritionists, RD, Massage Therapy, Acupuncture.

Natural Nurse Podcasts, search via guest or topic, at:

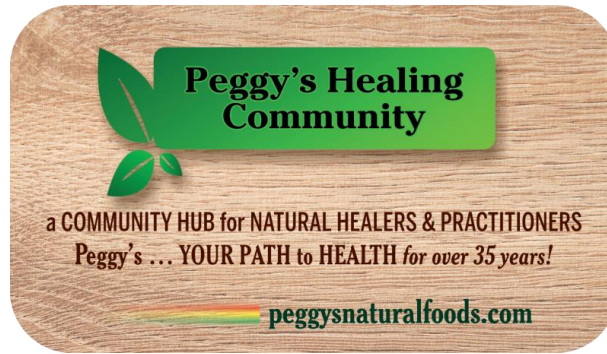
<http://www.naturalnurse.com/category/radio-shows/>

Natural Nurse Courses:

<http://www.naturalnurse.com/events/>

Natural Nurse Books:

<http://www.naturalnurse.com/products/books/>



Peggy's Healing Community

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Michelle Golinski – Your Blossoming Mind ~ Hypnosis in Stuart, Florida



Michelle Golinski, is an NGH-Certified Master Hypnotist. She is a Certified 5-PATH® Hypnotherapist and 7th Path Self-Hypnosis® Teacher.

She is a good-standing member of the National Guild of Hypnotists and the 5-PATH® International Association of Hypnosis Professionals.

Both 5-PATH® and 7th Path Self-Hypnosis® are proven techniques which provide rapid and permanent change. These techniques are proven more efficient, more effective and create longer lasting results than traditional forms of hypnosis being utilized by most hypnotists today.

Michelle is also experienced and trained in Emotional Freedom Technique (EFT) and is a Certified Reiki Master. She is a compassionate and dedicated healer.

And, Michelle adheres to and is guided by the ethical principles set forth by the National Guild of Hypnotists Code of Ethics.

Michelle trained in Hypnosis under several teachers, including the world-renowned Calvin D. Banyan.

“I know hypnosis works! I have personally used hypnosis and self-hypnosis to break through my own challenges. And I have witnessed the success of my clients in all walks of life with a variety of their own. People often choose hypnosis as a last resort and then comment they wish they would have chosen hypnosis with me sooner.”

Hypnosis, Reiki and EFT (Emotional Freedom Technique/"Tapping") are all effective modalities in their own right. When using two or more together, the results can be even more impressive, more rapid and more profound.

My clients have experienced great success in relieving stress, anxiety, fears and bad habits. They have also gained confidence, inner strength, self-worth and focus. Many of my clients have seen improved relationships, career changes and improved health. Some have even improved their sports performance.

"You can change the path you are on starting today. Together, we can change your life and get you on your path to success and happiness."

Change Your Mind, Change Your Life...For The Better!

Michelle Golinski, CH

Your Blossoming Mind, LLC

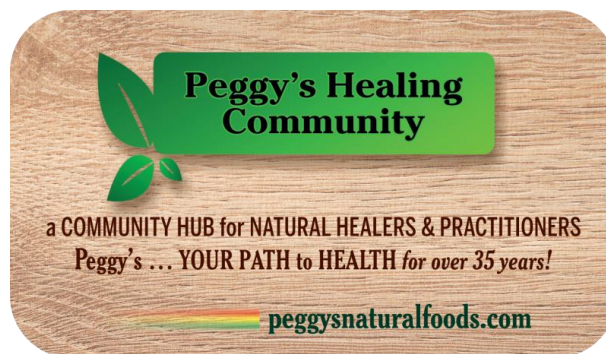
2440 SE Federal Hwy – Suite W

Stuart, Fl 34994

772-444-6463

Email: YourBlossomingMind@gmail.com

Web: www.YourBlossomingMind.com



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Wanda Bresette, Proprietor



**Salt of the Earth Halotherapy and Spa 422 SW
Akron Ave
Stuart Fl, 34994
(772) 266-9961
www.Saltspafl.com
saltearthspa@gmail.com**

The owner, Wanda Bresette, opened Salt of the Earth Halotherapy and Spa as part of her journey to educate people about the benefits of salt therapy. She was diagnosed with emphysema three years ago and was looking for an alternative, natural treatment that didn't include steroids or inhalers.

Through her research, she learned the benefits of salt therapy and began treatment at the Salt Suite in Palm Beach Gardens, FL. She was so impressed with her results that she opened Salt of the Earth Halotherapy and Spa to provide a place in Stuart that would provide access to salt therapy in a tranquil,

therapeutic environment.

Around since the 18th century, this natural non-invasive therapy involves inhaling pharmaceutical grade aerosol salt particles, which helps cleanse both the airways and the skin to relieve congestion, inflammation and skin irritations. This pharmaceutical grade of dry salt is antiviral, antimicrobial and antifungal.

Our salt room is encased in pink salt bricks mined in the Himalayan mountains of Pakistan. These mineral-rich salt deposits were created over 250 million years ago when sea levels around the mountain range receded.

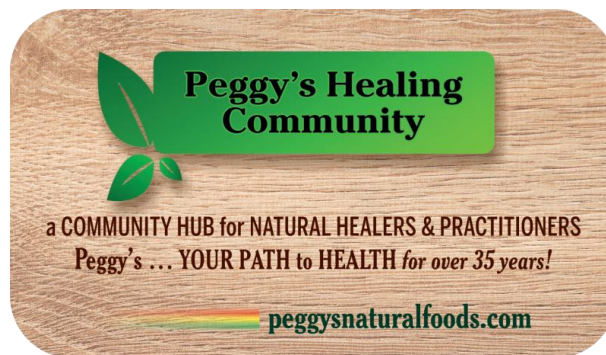
The salt particles go deep into the recesses of the lungs. It absorbs impurities from your body and helps break up mucous, so you can cough up toxins. With clean lungs, you get more oxygen, which impacts every organ in your body, and improves overall well-being. Salt also helps to cleanse the airways of smoke, dust, pollutants and other allergens. When the salt lands on the skin, because of its antifungal properties, it can also help to relieve sore, flakey, red and irritated skin.

Consistency is key – regular salt therapy can make breathing become easier, while shortness of breath, wheezing, coughing, congestion and irritated skin, and skin conditions, may gradually be alleviated.

Benefits of Halotherapy :

- **Helps reduce inflammation**
- **Helps relieve stress and anxiety**
- **Improves oxygen circulation in the body**

- **Boosts the immune system**
- **Alleviates symptoms of these diseases:**
 - **COPD**
 - **Asthma**
 - **Allergies**
 - **Sinusitis**
 - **Bronchitis**
 - **Common Cold**
 - **Cystic Fibrosis**
 - **Psoriasis**
 - **Eczema**
 - **Rashes**



Peggy's Healing Community

(Please continue scrolling down to view all Natural Healing Practitioners)

Leah Dobkin, Personal Historian, Freelance Writer and Author



Leah Dobkin is a personal historian, freelance writer and author and has contributed to Kiplinger's Retirement Report, AARP, and other regional, national and international magazines and websites. Her passion is to strengthen the ties between generations by collecting people's stories and transferring their wisdom to the next generation. She offers writing services, coaching and workshops to help people, or their loved ones, craft a legacy letter, memoir or organizational history book. The process is life-affirming, deeply spiritual, fun and satisfying.

Ms. Dobkin is based in Stuart, Florida, and works with families, businesses, universities, foundations and nonprofit organizations in the U.S. and abroad. She holds a master's degree in gerontology and nonprofit management from Columbia University. View sample clips and learn more at www.legacyletter.org and www.leahdobkin.com or contact leah@legacyletter.org (414) 238-1577.

What is a Legacy Letter?

A Legacy Letter is a highly-focused letter, heirloom book or recording that translates your personal and family stories and values into life lessons and wisdom that can inform and transform the younger and future generations.

Younger people can also create a Tribute Legacy Letter, explaining what legacy they received from someone, and many other specialty Legacy Letters suitable for special occasions and circumstances. In fact, a Legacy Letter can be written by anyone, at any age, and at any time, but it is often scripted at significant life events such as a birth of a child, or grandchild, graduation, marriage or retirement.

Crafting a Legacy Letter is an important opportunity for reflection, illumination and healing. You discover and reclaim the legacies of your ancestors, clarify your values, give purpose to your life, and translate your stories and hard-earned life lessons into wisdom, blessings and gratitude to loved ones.

Legacy Letters preserve who you are, and what matters most. It is a way to be remembered, understood, and to make a real difference for the next generation. Creating a Legacy Letter is a profound personal exercise. It can be equally profound and helpful to those fortunate enough to be on the receiving end. It is a win-win for all involved.

**If you know of someone that should be in Peggy's Healing Community
please ask them to contact us.**

All information provided on this site, particularly any information relating to specific medical conditions, health care, healing community practitioners, preventive care, and healthy lifestyles, is presented for general informational purposes only. It should not be considered complete or exhaustive and does not cover all disorders or conditions or their treatment.

The information provided on peggysnaturalfoods.com or at the store is not intended as a substitute for the advice provided by your own physician or health care provider, and may not necessarily take your individual health situation into account.

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