

Our Favorite Health Professionals

Carmel Counseling Center

1145 Pineville-Matthews Road Matthews, NC 28105 704.849.0686

We are a place of hope for healing and restoration. Our team of licensed professionals are committed to helping you grow and find meaning as you walk through difficult seasons in your life. Carmel Counseling Center was established in 1993 as a ministry of Carmel Baptist Church to offer professional counseling and therapy that is distinctly Christian. We provide counseling and occupational therapy for children, adolescents, couples, families, and groups. Our counselors counsel from a biblical worldview, which values people in light of the Gospel story. This approach allows for the healing of the whole person: emotionally, physically, and spiritually. It is our desire that you would find peace, hope and understanding in your time of need.

Blue Sky Christian Counseling

Emily Wright Lee, MA, LMFT <http://blueskycounselingnc.com/>

My background includes a bachelor's degree in Communication and Psychology from Florida State University and a Master of Arts in Marriage and Family Therapy from Reformed Theological Seminary. My continued education and training has focused on the impact of trauma on our bodies. I am a trained EMDR therapist, which is a therapeutic approach that focuses on the mind/body response to distressing situations. My career has included in-home therapy services, inpatient counseling with teens and adults, supervising graduate counseling students, and private practice. I work with adults as well as adolescents.

Novant Mental Health

Dr. Joanne Perry, Ph.D. jeperry@novanthealth.org

Dr. Joanne Perry, Ph.D. is a licensed psychologist who works within the Novant Health Orthopedic Service Line, where she provides clinical, health, and sport psychological services to orthopedic and sports medicine patients. Dr. Perry attended Saint Louis University for her Master's and Doctoral degrees in Clinical Psychology with a specialization in Sport Psychology. In addition to her clinical work, Dr. Perry conducts applied research and has published on a variety of topics within the field of sport psychology.

Integrative Health Carolinas

Dr. Temple Ana-Maria MD, Pediatrics

2132 Lombardy Circle Charlotte, NC 28203 704.533.1203

<https://www.integrativehealthcarolinas.com/>

Build Strong, Resilient Children

Successfully helping thousands of kids & families return to a great state of health.

Most families are frustrated with the care they receive in our broken health care system. In our practice, we help families implement changes for a better way of life. Our approach helps children and families achieve a better quality of life with less missed school days, less doctor visits, and less medications. Through a personalized approach, our mission is to elevate the health of the entire family, one individual at a time.

Thrive Healthcare & Wellness

Personalized Healthcare Several Providers

6401 Morrison Blvd Suite 2A Charlotte, NC 28211 <https://thrivencarolinas.com/>

Our *mission* is to provide integrated and personalized care to empower individuals to optimize their health and take charge so they can achieve optimal health and wellness. We provide all of the tools to help patients maintain this well-being for a lifetime. THRIVE's vision is to lead the way for those challenging the 21st century medical industry status quo with our innovative and personalized practice model.

Charlotte Health Center

<https://charlottehealthcenter.com/>

Dr. Matthew McAlees D.C., Dr. Cameron Piechocinski D.C., Dr. Shannon Blumhardt

Our approach to wellness is to focus on the cause of the symptoms you experience. Most doctors are not trained to get to the cause of your pain issues or sub-par metabolic performance. Our team focuses on the foundation of health, on which all other elements of your body are dependent. We focus on the following 5 areas of wellness:

Metabolic performance, Quality Nutrients, Chiropractic Care and Nerve System Performance
Mindfulness and Stress Management, Minimizing and Removing Toxins

Hormonal - Premier Wellness

Kristen Spratt

1635 Matthews Township Pkwy, Matthews, NC 28105 (704) 945-4519

Dr. Kristen Spratt with Premier Wellness focuses on helping people achieve optimum health through Bio Identical Hormone Replacement Therapy (BHRT, HRT).

EverVital MD

Conventional and Functional Medicine

Mooresville, NC <https://evervitalmd.com/>

Hormone Therapy & Sexual Dysfunction • Longevity & Regenerative Medicine
Disease Reversal • Medical Weight Loss • Concierge Medicine

Brain Restoration Clinic

1040 Edgewater Corporate Parkway Suite 106 Indian Land, SC 29707

(704) 541-9117 <http://www.brainrestorationclinic.com/>

At Brain Restoration Clinic, we take time and great care in partnering with our patients and families. We seek to truly and deeply understand the diagnosis in order to develop a comprehensive, customized treatment program that is both safe and effective in restoring the 'whole health' of the patient. We use an integrative therapeutic approach involving different neurodiagnostic tools, advanced therapeutic modalities and 'nutritional neurology' to identify and address the underlying issues impacting brain health and ultimately improve treatment outcomes. To provide comprehensive, customized and compassionate care for all patients with neurological problems. We utilize a broad range of safe, innovative therapies to restore maximal neurologic function and improve overall health and well-being.

Mindful Breathing & Meditation

Cynthia Lynn Rich

Founder of SetYourBodyFree, LLC, Health & Wellness Coach Holy Yoga Master Instructor, M-HYI

mobile: (704) 606-5037 Facebook/Instagram: cynthialynnrch

Cynthia is the CEO of SetYourBodyFree, LLC which has provided holistic nutrition solutions and coaching to thousands of clients since 2010. Through her company she has gained a platform in the Direct Selling Industry as a top income earner, motivational speaker and trainer. Originally from Southern California, Cynthia has been a fitness enthusiast her entire life and is passionate about helping people achieve optimal health in all aspects of their lives, physically, emotionally, financially and spiritually. She found meditation and yoga to be a huge part of the tool box for health and healing and completed a 225-hour yoga teacher certification in 2016 and a Master's program in 2018 through Holy Yoga Global LLC. She enjoys teaching private small group classes as well as Christian women's retreats. Cynthia also serves on the Board of Directors for the Holy Yoga Foundation which provides soul care and fosters community among Christian yoga instructors globally.

Queen City Stretch

Nick Headley QueenCityStretch@gmail.com

Fascial Stretch Therapy (FST) is dynamic stretching that is proven by science to improve how the client moves and feels without causing pain. It's performed by a Certified Fascial Stretch Therapist who performs a series of stretches after an initial assessment that will tell the therapist which direction(s) to go during the session. The client can also inform the therapist about any problem areas that they would like to focus on.

A few things that FST can do for the client:

+ Improve Range of Motion without Decreasing Strength + Reduce or Eliminate Pain + Improve Sleep and Recovery
+ Improve Posture + Improve Circulation + Decrease Stress + Decrease Effects of (PTSD)

Each session is typically one hour and consists of stretches that are based on the client's self-described problem areas as well as the therapist's findings during the assessment and duration of the session. Each session can be completely different than the last and can be entirely lower body, entirely upper body, or a combination of the two. Best of all, FST is designed to be PAIN FREE!!

Relax Rebuild Reflexology Massage & Iridology

Temna McMillan Sturdivant, Dip.H.Ir., C.H., BCR, BNC, LMT
704.323.1327 <https://relax-rebuild.com/>
1110 Sam Newell Road, Ste C Matthews, NC 28105

Temna McMillan Sturdivant, has over 21 years experience in the wellness field. She has earned certifications as a Diplomate Holistic Iridologist, Clinical Iridologist, Board Certified Reflexologist, Herbalist, BioEnergy & Nutritional Consultant, Licensed Massage and Body Work Therapist #11284. She is a member of the Certified Natural Health Professionals, Health Keepers Alliance, Associated Bodywork & Massage Professionals and founder of RELAX REBUILD LLC. Temna shares her knowledge through lectures, seminars and workshops at various healthfairs, corporate wellness events, health expos, public TV, Rotary Clubs, Herb Societies, local newspapers, radio, Breast Cancer groups, MS Consortium, and clinical practice. Neutraceutical recognition includes Nature's Sunshine Products 21 years and Young Living Essential Oils 18 years.

In 1993, Temna McMillan Sturdivant decided to attend the International Academy of Natural Health Sciences in Ottawa, Canada where she received certification in Iridology, Reflexology, Herbalology, BioEnergy and Nutrition. In 2010, Temna received Diploma of Massage Therapy from South Piedmont Community College, Monroe NC. In 2015, she received the honorary Diplomate of Holistic Iridology achievement from the International Institute of Iridology, Waynesville, NC.

Temna is a continuous learner. "Intrigued by the variations of Reflexology, after college, I literally traveled around the world to Bali, Indonesia; Singapore; Hong Kong; London, England; Ontario, Canada; Quebec, Canada; and various parts of United States, to learn additional styles and techniques of Reflexology."

Temna has continued her studies in various other natural health modalities and utilizes her knowledge to customize sessions. These studies include but not limited to: Psychology, Muscle Response Testing, Ream's Biologic Ionization testing, Dr. Locke's Techniques, Ingham Method Reflexology, Reiki, Aroma Therapy, Qi Reflexology, Balinese Reflexology, Neuromuscular Massage, Myofascial Release, Trigger Point Therapy, Reiki 1 Practitioner and various Herbal Seminars.

Architect Sports and Physical Therapy

Joe Tedesco - Physical Therapist Multiple locations <http://architectsports.com/>

Joe is a Doctor of Physical Therapy from Duke University, Board Certified Orthopedic Clinical Specialist, Athletic Trainer, and Certified Strength and Conditioning Specialist. He has also completed advanced training in Trigger Point Dry Needling through Myopain Seminars.

Joe focuses on movement dysfunction, optimizing biomechanics via diverse manual therapy techniques in conjunction with therapeutic exercise to correct kinetic chain flaws. His career passions include evidence based functional rehabilitation and spinal stability as it relates to correcting movement dysfunction for sports performance, job demands, and weight management. Joe has treated athletes from pediatric to professional, including pro and amateur golfers, triathletes, distance runners, cyclists, gymnasts, Olympic track athletes, lacrosse and soccer players, collegiate and pro football, baseball, hockey, and basketball players, Crossfit athletes, weekend warriors, ballerinas, and Broadway performers. He also served on the Athletic Training staff for the Florida Gator men's basketball team.

He currently serves as a sports medicine advisor for Union and Mecklenburg County high schools sports, Extreme Ice, Porter Ridge Athletic Association, Mint Hill Athletic Association, Charlotte Soccer Academy, Jami Masters School of Dance, Crossfit Indian Trail, Crossfit S3, and Ultimate Crossfit.

Joe is always a student and seeks the most current treatment advances for his patients. From knee replacements, ACL reconstructions, Tommy John elbow reconstructions, and pediatric growth plate injuries, he uses this knowledge to create patient-specific, sport/athlete-specific, year-round training/injury prevention programs according to age, previous injuries, competition level, position, energy system and work:rest requirements. He will also address nutritional intake to optimize your training and injury recovery.

Zach Long - The Barbell Physio

Injury Prevention and Rehab, PT

<https://thebarbellphysio.com/>

Charlotte Sports Performance & Rehab

Chiropractic + Cupping + Dry Needling + Acupuncture + Kinesio

2935 Providence Road, Suite 204, Charlotte NC 28211 T: 980-237-4016

<https://www.charlottesportsrehab.com/chiropractors-charlotte-nc>

Matt Minard, PT, DPT, OCS, CMTPT, CSCS, Cert. MDT

Carolinas Rehabilitation-Harris YMCA

5900 Quail Hollow Road Charlotte, NC 28210 704-716-6881

Barbara Green - Pelvic Floor Specialist (Men & Women)

725 Providence Road, Suite 205 Charlotte, NC 28207

<https://barbaragreenphysicaltherapy.com/>

Lotus Acupuncture and Splakna

Laura Puckett

Master of Science in Acupuncture, Licensed Acupuncturist, Diplomat in Acupuncture, Certified Master Splankna

Practitioner <http://www.lotusacupuncturecharlotte.com/>

1720 ABBEY PLACE, CHARLOTTE, NC, 28209 704-960-1760

Do you experience constant stress? Do you struggle with anxiety that will not go away? Have you lost passion for life?

Do you have looping thoughts that will not quit? Does it seem like people are always encroaching on your boundaries?

By using Acupuncture and a cutting edge Christian-based therapy we often get results with anxiety and depression when other therapies don't. So, if you have tried everything or feel stuck in talk therapy, this is a simple and effective therapy leading to true and lasting change.

Emotional Release Therapies use the proven therapies of EMDR and EFT combined with kinesiology, acupressure & prayer to get to root of your problem without having to endlessly talk through the trauma. We understand that no two people's anxiety or depression are the same, so we treat you as an individual. Instead of trying to understand your symptoms we look for why your symptoms are there in the first place.

Your body is designed to heal itself from emotional pain in the same way it is designed to heal from physical pain. You can find emotional freedom and relief by going to the root issue and releasing the stored emotions that are weighing on you.

Laura Puckett was introduced to acupuncture at a young age through her twin sister who was treated by an acupuncturist.

At the age of 14, Laura decided to make Chinese Medicine her career.

Laura attended the University of North Carolina at Charlotte and finished her undergraduate degree in Professional Studies and her Master's of Science in Acupuncture at Pacific College of Oriental Medicine in New York. In September 2010, Laura traveled to Guyana, South America on a mission trip. She treated many patients in an orphanage, on boats, and on the beach using acupuncture to help the people with pain, sexual trauma, and emotional distress. The National Certification Committee of Acupuncture and Oriental Medicine (NCCAOM) certified Laura with her Diplomate in Acupuncture. She is a licensed acupuncturist in North Carolina and is certified in Clean Needle Technique. She is also a Certified Splankna Practitioner.

After finishing her degree, Laura continued her education under a senior acupuncturists from February 2010 to December 2012. Laura treats patients using Traditional Chinese Medicine, 5 Elements, Japanese Meridian Therapy, 5 Element Function Medicine, Dr. Tan method, and Facial Rejuvenation.

Preferred Practitioners

Jonathan Mark Collins, MD Novant Arboretum
Dr. Gregory Musa-NH First Charlotte Physicians Matthews
Carolina Family Healthcare, Elm Lane
Dr. Phillip Hanrahan- NH Ballantyne Medical Group
Dr. Robert Giedraitis-NH Spine Specialists (Ballantyne)
Dr. John Holevas- NH McKee Internal Medicine
Dr. Beth Carlson- NH Pine Lake Family Physicians (Hemby Bridge)
Dr. Alex Stock- NH Lakeside Primary Care (Afton)
Dr. Iveta Swaim- NH Presbyterian Internal Medicine
Dr. Eric Warren- NH Waxhaw Family & Sports Medicine
Dr. Robert McNeil- NH Milestone Family Medicine
Sylvia Dickerson, NP- NH Farrington Family Medicine
Dr. Josephine Lake- NH Huntersville Pediatrics & Internal Medicine
Dr. Kimberly Lemaster- NH Waverly Pediatrics & Primary Care

Pediatrics

Dr. Scott Spies, NH Matthews Pediatrics
<https://www.novanthealth.org/pf/providers/1578535621/locations?exp=v2>
Dr. Kasey Scannell
<https://www.novanthealth.org/pf/providers/1194853457/locations?exp=v2&hcmacid=a0Z3600000NCy9NEAT>
Dr. Kerry Van Voorhis
<https://www.novanthealth.org/pf/providers/1386677896/locations?exp=v2&hcmacid=a0Z3600000NCy9NEAT>
Dr. Elliot Dorsey <https://www.nharboretumpediatrics51.org/our-providers/npi/1205868684/steven-elliott-dorsey.aspx>
Dr. Stephen Renfrow
<https://atriumhealth.org/provider-profile/stephen-renfrow-1831364058>