

Find a Provider Near You

We understand that not everyone is able to come to our clinic in Minnesota. There are many providers across the nation that offer similar services to our clinic, check them out!

[More on German New Medicine](#)

German New Medicine is the research behind brain-body connections. Louise Hay's Book [Heal Your Body](#) is a great place to start.

[Applied Kinesiology](#)

This is a database of practitioners who are skilled in muscle work and trained in applied kinesiology.

[Pulsed Magnetics](#)

Pulse helps to reduce inflammation and increase your body's ability to heal. There are pulse centers all across the USA.

[QNRT](#)

Quantum Neuro Reset Therapy (QNRT) is a brain-based therapy that helps the body reduce stress. This therapy uses German New Medicine principles as the base for healing dis-ease.

[IV Therapy](#)

Search "IV Therapy Near Me" to find a provider in your area. We highly recommend choosing a clinic that uses therapeutic doses and preservative-free ingredients.

[RST Sanexas](#)

This therapy helps reduce pain of any kind and is well researched in reducing and reversing symptoms of neuropathy.

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Cancer Resources

The Center for New Medicine in California is known for their integrative cancer care. Also check out Chris Beat Cancer and Radical Remission.

Direct Primary Care

Direct Primary Care (DPC) is a model of healthcare that offers affordable and accessible healthcare without the hassle of insurance. Not every clinic practices in an integrative model. This is a great resource for those who have no health insurance or do not wish to participate in a healthcare system that provides little to no value to them.

Zion Healthshare

Healthshares are an alternative to health insurance. For people that are in the crunchy community and work really diligently to remain healthy, this is a great option for the "what if" scenarios when it comes to your health. Healthshares are NOT HEALTH INSURANCE but offer a similar solution for an affordable rate.

Supplement Recommendations

We know and trust supplements from Nutridyn. Practitioner code 102828.

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Recommended Educational Tools

Books about Healing Trauma

How to Do the Work by Dr. Nicole LePera

What Happened to you? by Oprah and Dr. Bruce Perry

Permission to Feel by Dr. Marc Brackett

The Emotion Code by Dr. Bradley Nelson

The Body Keeps the Score by Bessel Van Der Kolk

The Myth of Normal by Gabor Mate

Books about Natural Healing

Undoctored by William Davis

My Stroke of Insight by Jill Bolte Taylor

Effortless Healing by Dr. Joseph Mercola

Hidden Epidemic By Thomas Levy

Feelings Buried Alive Never Die By Karol Truman

EMF*D by Dr. Mercola

Self Help Books

Untamed by Glennon Doyle

Daring Greatly by Brene Brown

Girl Wash your Face by Rachel Hollis

·You are a Badass by Jen Sincero

Burnout by Emily and Amelia Nagoski

The Empowerment Dynamic (TED) Book +

Workbook by David Emerald

The Gifts of Imperfection by Brene Brown

How Are You, Really? By Jenna Kutcher

Podcasts

Bulletproof Radio by Dave Asprey

Wise Traditions by the Westin A Price Foundation

Unlocking us by Brene Brown

Heal Podcast by Kelli Noonan

Documentaries/Films on Healthcare

Escape Fire (Amazon Prime)

Root Cause

The Bleeding Edge (Netflix)

Heal (Netflix)

The Devil we Know (Netflix)

Explained- Can we Live Forever (Netflix)

The Goop Lab- Cold Comfort (Netflix)

Documentaries/Films on Nutrition

Food Matters

Cooked (Netflix Series)

Forks over Knives (forksoverknives.com)

Explained- Why Diets Fail (Netflix)

The Sacred Cow (Amazon Prime)

Explained- Designer DNA (Netflix)

Take Your Pills (Netflix)

The Truth about Alcohol (Netflix)

Why are we getting so fat?

The Paleo Way (Amazon Prime)

The Game Changers (Netflix)