

Alternative Wellness

Alternative Wellness is an approach that addresses the body, mind and spirit or the physical, emotional / mental and spiritual aspects of an individual. By stating spirit or spiritual, there is not a reference to anything religious. Rather, it is about the essence of who you are -- the core self. Treatment approaches are highly individualized for the unique needs of each individual and the patient and their practitioner make decisions together, as partners, to develop the health care plan.

SERVICES

- Aromatherapy
- Ayurveda medicine
- Natural Diet
- Exercise
- Counseling
- Herbal Remedies
- Homeopathy
- Acupuncture
- Naturopathic Medicine
- Bodywork
- Massage Therapy
- Energy-based Therapies
- Prayerful Intention
- Chinese Medicine
- AND MORE...

Alternative Wellness

Errands and Things, LLC
John S. Armstrong..... (612) 600-6459
Customized Senior Care & Massage Services
www.errandsandthings.com

Pure Touch Massage Therapy
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For Relaxation & Recovery
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