

Talk of the Town

B HEALING HYPNOTHERAPY

Pamela Prevar believes that good health is in the mind of everyone with hypnotherapy as an option. Often used as a last resort to addictive behaviors, it is a non-addictive massage for the mind that can relax and re-focus negative energy into positive channels with no side affects. *312 South Washington Street, 703.518.5388, www.healing-hypnotherapy.com*



D THRIVE NATUROPATHIC

Dr. Christopher Johnson, ND is uniquely trained in the science of using natural substances such as herbs and food for healing purposes. He is the only naturopathic doctor in the Alexandria or Arlington area. A native Alexandrian, he is a graduate of T.C. Williams, and The University of Virginia. *1423 Powhatan St. Suite #7, 703.836.3678, www.thrivenaturopathic.com*

Holistic Health Options

The Wanderer is worried. He is not responding to this allergy medicine and his dog is not eating. Could be the heat, but with all this talk about holistic approaches to healing, he is curious. So he will don his oxygen mask and go on the hunt for help.



Photos by Louise Krafft



A HOLISTIC TOUCH

Linda Wentz and Holistic Touch offers a team of expert professionals for your mind, body and soul. Acupuncture, massage, health counselling and personal training are some of the services available to bring balance and harmony into your life. *309 South Washington Street, 703.299.0500, www.holistictouchcenter.com*

F BODY IN BALANCE CENTER

This center resides in a place called Mind Body Matters which allows individual practitioners to share space to offer many options of well-being including yoga, massage, acupuncture, Reiki and more. Located in the north end of Old Town. *1423 Powhatan Street Unit 8, 703.518.4434, bodyinbalancecenter.com*



C PETSAGE

Terri Grow's knowledge of diet and alternative therapies for our furry companions is built from years of experience! Venture into the store for an amazing array of pet care options. *2391 S. Dove Street, 703.299.5044, www.petsage.com*



E CORE WELLNESS & PHYSICAL THERAPY

Dr. Elizabeth Polis is the go-to person for non-prescription, non-surgical joint issues. She believes in intense manual therapy and a home exercise program for rehabilitation and prevention of injuries. *2201 Mount Vernon Avenue, 571.309.3048, corewellness.net*



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