

Renee Waters ND, naturopath shares her holistic lifestyle with grateful clients

Confucius once said, “Life is really simple, but we insist on making it complicated.” Renee Waters, ND whole-heartedly agrees, especially when it comes to our health. As the Fond du Lac naturopath behind The Country Doctor since 1984, she has spent the last 28 years endorsing the value of natural, simple living.

She preaches the importance of drinking pure water, breathing fresh air, exercise, eating an abundance of fruits and vegetables, supplementation when necessary, detoxification, expressing emotions in a supportive way, nurturing a spiritual belief system and taking care of and pampering the body with rest and bodywork when needed. Nothing complicated there.

This, in fact, is the very framework of naturopathy – healing will occur naturally in the human body if it is given what it truly needs, as above. The emphasis is on helping the body establish its own state of good health, over just finding disease and killing it. (However, this is not to the total exclusion of allopathic treatment. That has its place.) So, instead of just suppressing symptoms, naturopathy looks to eliminate the original cause, so the symptom doesn’t return later in a chronic form.

As a naturopath, Waters takes seriously her duty to follow the basic principles of the practice: do no harm; recognize the healing power of nature; find and eliminate the cause; teach health; honor the total person; and prevent disease.

An avid follower of self-help guru, Louise Hay, Waters has learned the importance of taking care of the emotional part of the body. “There is an effect on the body if you don’t nurture your emotional self,” confirms Waters. “It is not healthy to bury your emotions. Holding in anger, resentment, past hurts and such, will ultimately result in physical implications,” she adds. This she has learned from personal experience. After years of holding in negative emotions, Waters developed early stage breast cancer, and has learned the value of emotional release firsthand to relieve what was eating at her emotionally.

It is not surprising in today’s fast-paced, stressful world that people simply do not take the time to deal with inner turmoil and show themselves compassion and love. Waters draws upon both her nursing/medical background and creative, artistic talent as she continues to develop offerings that will facilitate people’s self-nurturing and overall health.

Among her many services, Waters specializes in therapeutic bodywork, herbal medicine and emotional release work. Foot reflexology is at the heart of her practice. Starting out, this was Waters’ original offering; and her business slowly grew from there. Now, The Country Doctor since 1984 offers an extensive menu of services, including: Emotional Freedom Technique (EFT)

EFT, or tapping, is a form of psychological acupuncture. It focuses on the body's unique energy and the circulation of that energy. "By smoothing out disruptions in the flow of energy in the body, clients not only enjoy more rational emotional responses but also relief from many physical ailments," explains Waters. Practitioners work with the body's acupoints, all 360 of them, which, when stimulated, send messages to the brain. The emotion and energy centers are targeted.

### Reflexology

This service is offered to relieve stress, stimulate deep relaxation, improve blood supply and promote the unblocking of nerve impulses to balance the entire body. Joanne Bunkelman, of Fond du Lac, can attest to the benefits of reflexology. She has been seeing Waters for 15 years in an attempt to better manage her blood sugar levels. She admits that she was skeptical at first, not sure what to expect; but after that initial appointment, she was hooked. "It really helps keep my blood sugar under control," she says. "I started on a weekly basis, then moved to biweekly and now I go on a monthly basis for maintenance. It makes a big difference!"

Bunkelman has avoided many of the complications that diabetics are susceptible to. "I have had no foot problems, no immune system issues and no problems with wound healing," she explains. "It is amazing to me how Renee can sense when something is bothering me," continues Bunkelman. "I especially recommend reflexology to all of those full-time working moms out there. It's a great way for them to de-stress, release toxins and just feel so much better!"

### Holistic iridology

Traditional iridology dates back at least 3000 years and is based on the study of the irises of the human eyes. Waters, who is currently studying iridology level III, under Dr. Pesek, analyzes the color, fiber structures and other features of the irises, which reflect the client's genetic makeup and the strengths and weaknesses of their physical body. While it is not used for diagnosis of diseases, it can be used as an assessment for conditions and levels of health. "This system is used to evaluate genetically inherited physical, emotional and mental predispositions that can be in a person's conscious awareness or subconscious," explains Waters.

### Meddi cupping, vacuum therapies

This therapy utilizes glass or plastic cups and a vacuum pistol, bulb or machine to create suction on the body surface. Different techniques are utilized to facilitate joint mobilization and soft tissue release. Created suction can reach deep into the soft tissue or can work superficially to pull inflammation and toxins toward the surface so that the

skin and lymphatic system can readily eliminate them. "Many clients find it beneficial for lower back issues, adhesions, scar tissue and cellulite," according to Waters.

#### Healing massage & onsite corporate massage

As a state-certified massage therapist, Waters offers 60- and 90-minute Swedish healing and ultimate healing massage, with special packages available. She also goes on location for corporate chair and table massage. The popular chair massage is approximately 15 minutes in length, and targets the neck, shoulders, back, arms and hands. Waters offers corporate services for a one-time event or for ongoing weekly or monthly visits.

#### House calls

Waters also travels to the homes of the aging and disabled population. "There is a huge need for this as our population ages," says Constance Row, executive director of the Maryland-based American Academy of Home Care Physicians. Waters is happy to make house calls for those who are not able to come to her, especially if it will help those individuals safely stay in their homes longer.

#### Ladies Night Out Pampering, Wedding & Spa Parties

In this popular service, Waters teaches men and women about organic and natural skin care products, how to use them and how to take care of their skin from the inside out. Clients enjoy neck and shoulder rubs, foot detox baths, anti-aging serum, body butter application, dead sea salt scrubs. Door prizes, detox teas and beverages are provided. Please see information below to book your wedding or spa party with Renee Waters

#### Self Discovery Spa & Detoxification Day

Waters brings her naturopathic knowledge together with her therapeutic and artistic abilities in this special timeout for busy individuals. Clients are offered a variety of modalities to help them discover, balance and strengthen the mind, body, spirit connection: healing meditation, intuitive design, creative writing, color therapy, herbal medicine, emotional release work and various wellness ideas.

Waters also offers nutritional health workups for people who want to take charge of their health using natural alternative and complementary medicine. In your 2 ½ hour visit with waters we will be taking a ph of your urine and saliva, checking your vita flex points, iris analysis, complete medical history, going over detoxification, diet information and then writing up a program that is tailored to your specific needs. Throughout Renee's 28 years of experience in Natural health, she has accumulated many recipes and innovative ideas to help the body heal and maintain homeostasis.

Renee is a Nature's Sunshine Manager and sells herbs to help her clients achieve optimal health. Renee would be happy to come and speak or teach a work shop for your organization or retreat center. "The natural health field is really so simple; it doesn't have to be hard or complicated," according to Waters. "I encourage people to give the natural, simple life a try. I am happy to help anyone on their journey," she adds. Contact Waters to learn more about her inspiring life.

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