

BODY MIND SPIRIT

Peak to Peak
HEALTH and WELLNESS
2024



Brought to you by The Mountain-Ear newspaper

HEALTH AND WELLNESS

Thriving and surviving

Health is the state of being free from illness or injury. Wellness is practicing daily healthy habits to attain better physical and mental health. When one combines health and wellness, we become better versions of ourselves for ourselves and everyone around us.

There are several ways to begin a healthy lifestyle, including physical, social, spiritual, emotional, intellectual, environmental, and occupational well-being. *The Mountain-Ear* is happy to help on your journey to feeling healthier.

One of the things you can do to improve your physical state is to get into the weekly habit of physical

activity. Activities include walking, hiking, biking, swimming, jogging, yoga, or joining a recreational center.

For social betterment, connect with people who are friendly, compassionate, patient, and easy to talk to. If possible, make these connections in person. Social media is great sometimes, but it can have negative effects, including cyberbullying, depression, sleep issues, anxiety, and more.

If you're looking for positive spiritual change, meditation, journaling, and adopting a habit of gratitude are good starting points. Ways to boost emotional well-being include get-

ting ample sleep, eating a healthy diet, and knowing it's okay to seek professional help.

Intellectual health entails creativity, common sense, thought processes, and decision-making. Professionals recommend reading, playing games that challenge your mind, and learning a new language. Other things to focus on are learning to play an instrument and becoming part of your art community.

By surrounding yourself with a stimulating atmosphere, you improve your environmental well-being. Things you can do include being more eco-conscious and spending time outdoors. Occupational well-

ness can be tricky for those feeling stuck in a routine or career.

Improve your occupational wellness by communicating, collaborating, taking breaks, learning to find inspiration in tasks, creating realistic goals, and managing your time and stress by including things you enjoy.

Health and wellness are often overlooked or put on the back burner, but it's possibly the most important thing we can work on to feel better about ourselves. Remember, big changes start with small steps.

Here are some resources that can help you find the inspiration, motivation, and discipline to love yourself better in 2024 and beyond.



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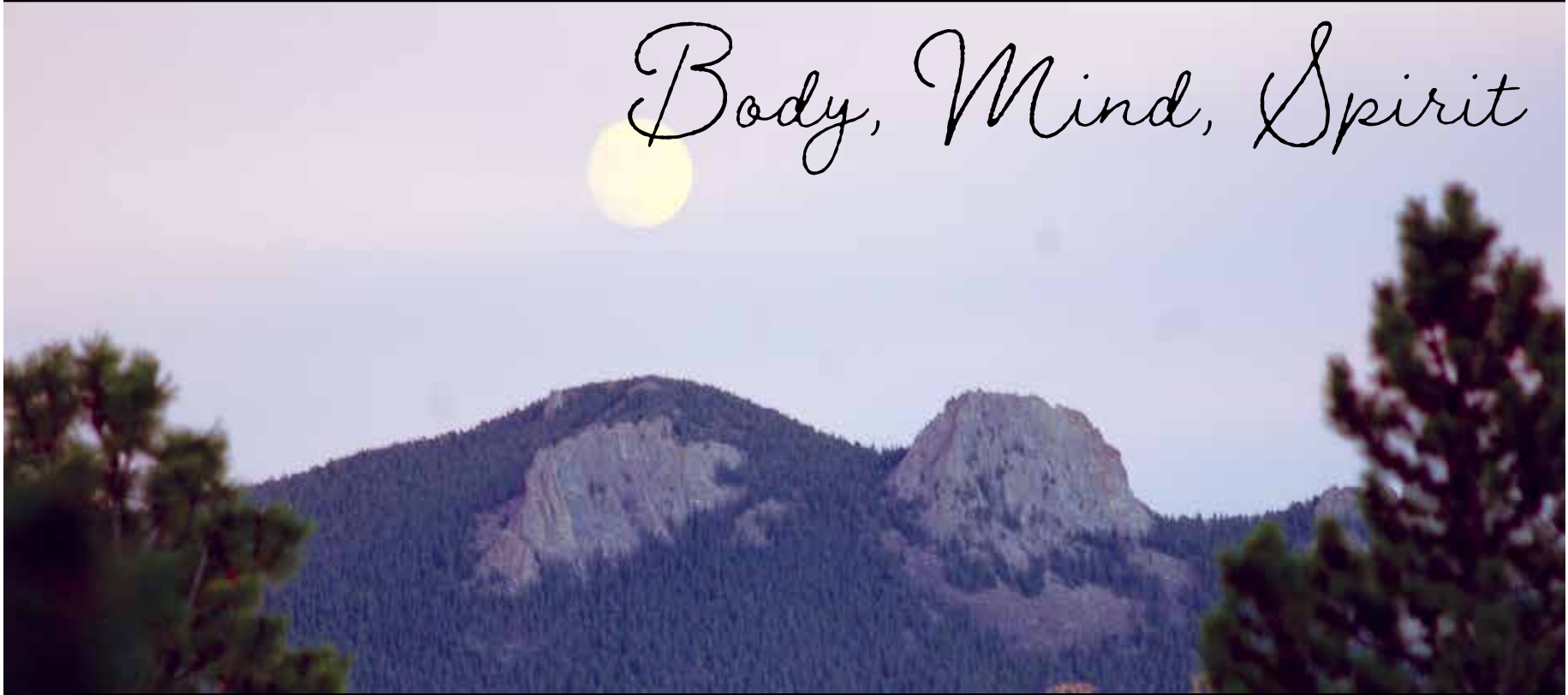


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Body, Mind, Spirit



Moon on the rise
The moon over the mountains in Gilpin County, Colorado.

PHOTO BY SARA SANDSTROM

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The Mountain-Ear is the ONLY Independently owned newspaper covering all of western Boulder County and all of Gilpin County. We also cover western Jefferson County and north Clear Creek County.

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Staff

The Mountain-Ear is made up of 42 contributors per month. Each staff member is one spoke in a very large wheel. Without one spoke, the wheel does not turn effectively. We welcome community journalists and personify homegrown journalism.

THE MOUNTAIN-EAR

*Voice of the
Peak to Peak*



The Old Gallery: Beyond art and information



part of wellness, and at TOG there's plenty to entice the mind. The Book Club meets on the second Friday of the month.

Writing is another way to find wellness in your routine. TOG's Creative

Writing class, currently a Zoom meeting, is held on the first and third Saturday of the month from 1 to 3 p.m. Please RSVP at purificationconcepts@gmail.com.

For anyone seeking social wellness, The Old Gallery's monthly potluck dinner gathers on the first Tuesday of every month from 6 to 8 p.m. You can RSVP at jenkawata@theoldgallery.org.

TOG's services are offered by volunteer community hosts, providing mental and physical well-being, as well as community connection. As you can see, TOG is more than a beautiful structure surrounded by breathtaking scenery.

The Old Gallery is a one-of-a-kind center for community, arts, and visitors. Staff Brittni Hamilton shares, "There's always something going on here, including art shows, concerts, classes, lectures, special events, health and wellness activities, and more."

The Old Gallery is located at 14863 Highway 7, Allenspark. You can find them on Facebook at <https://www.facebook.com/TheAPOldGallery/>, or you can call 303-747-2906.

The Old Gallery (TOG), Center for Community, Arts, and Visitors, is more than a place for visual creativity and information for locals and tourists. The gallery's mission is to provide resources and opportunities to enrich lives in mountain communities.

They achieve their mission through diverse programs, including basic human services for people in need, visual and performing arts, community events, education, visitor information, and wellness.

The gallery takes a well-deserved annual winter season break in January, reopening in February. However, this doesn't stop TOG from providing its community with a few wellness opportunities.

A donation-based Video Yoga class is offered during winter on Tuesdays and Thursdays at 9 a.m. Participants meet at the gallery's community room and follow along with an instructional video. The gallery's yoga instructor returns in April with guided classes, which anyone can join by RSVP at peggy.mauerman@gmail.com.

Mondays offer a Meditation Class at 9 a.m. with a short mindfulness reading followed by 40 minutes of unguided seated meditation. The hour provides a space for silent meditation amid light ambient music.

Persons should bring something comfortable to sit on, such as a pillow or blanket. The meditation class is free, but donations are appreciated. Please RSVP at brittni@theoldgallery.org.

There's a reason mindfulness is a



Effective Deep Healing with Cindy Fatura

Cindy Fatura practices energetic healing using classic Chinese Medicine theories to balance disharmonies and unwind blockages to improve Qi flow, which allows for optimal emotional, mental, physical, and spiritual health and well-being.

Fatura was certified as a Taiji and Qigong instructor in the late 90s and taught community education programs off and on for many years. She shares, "I always felt that there was more to Qigong, but simply wasn't finding answers about what that was."

It wasn't until doctors told her she should prepare for "a significantly shortened and progressively unpleasant life" due to a severe chronic illness that she finally found Medical Qigong.

"Medical Qigong brought together so many aspects of my life's journey that I got so excited I forgot I was a patient and applied to be a student first! I found what I was looking for in a life's purpose but also what I needed to heal from the illness," says Fatura.

After approximately a year of self-care recommendations and only eight Qigong treatments, Fatura was 95% symptom-free. Today, she continues to be 100% symptom-free. While healing from her illness, she studied to facilitate healing for others.

"I have been actively doing Medical Qigong treatments for clients since 2016. I have completed three years of post-graduate study in Medical Qigong. I have passed 15 days of clinical examinations plus several essay exams."

In addition to her studies, Fatura practices for an average of 1.5 hours daily, taking occasional immersion weekends or weeks to do nothing but practice. She says aspects of training are becoming habituated, "they are now simply a part of who I am."

Three main categories of services, which can be done in-person or remotely, include Energetic Spa

Services, Therapeutic Energetic Treatments, and Qigong for Health Exercise Coaching / Instruction / Retreats.

Energetic Spa Services is a way to release stress and tension while remaining fully clothed and without being physically touched. Fatura says clients report treatments are "profoundly relaxing" and often feel the same level of relaxation that a massage or spa treatment might provide.

Therapeutic Energetic Treatments assist with alleviating one or more acute or chronic emotional, mental, physical, or spiritual issues. Among the many benefits of this treatment are learning tools that help rebalance one's energy at any point necessary for the rest of their life.

Qigong for Health Exercise Coaching / Instruction / Retreats is a moving meditation series available for private coaching and instruction or in a group setting during a retreat. The Qigong exercise series taught focus on the Five Elements.

Fatura confesses, "For some, it is simply a momentary stress reliever or relief for an acute condition. For others, it is permanently life-changing. Almost all clients, no matter what they come in for, report



childhood trauma, to name a few.

Fatura works from opposing perspectives simultaneously or alone, including yin and yang, heaven and earth, physical or intangible, and left and right brain. She states, "Working from either or both gives me a much greater range of tools and options to tailor the treatments to fit the individual's unique circumstances."

She also shares that remaining grounded is a critical component of energetic safety for the client and practitioner, stating, "All human beings have the innate capacity to heal themselves and others."

Fatura advises everyone to "Follow your heart and trust your intuition." She does this "because IT WORKS. Inspiration comes from the core of my being." She says her inspiration is reinforced by client feedback and stories of a moment of relief or a lifetime of change.

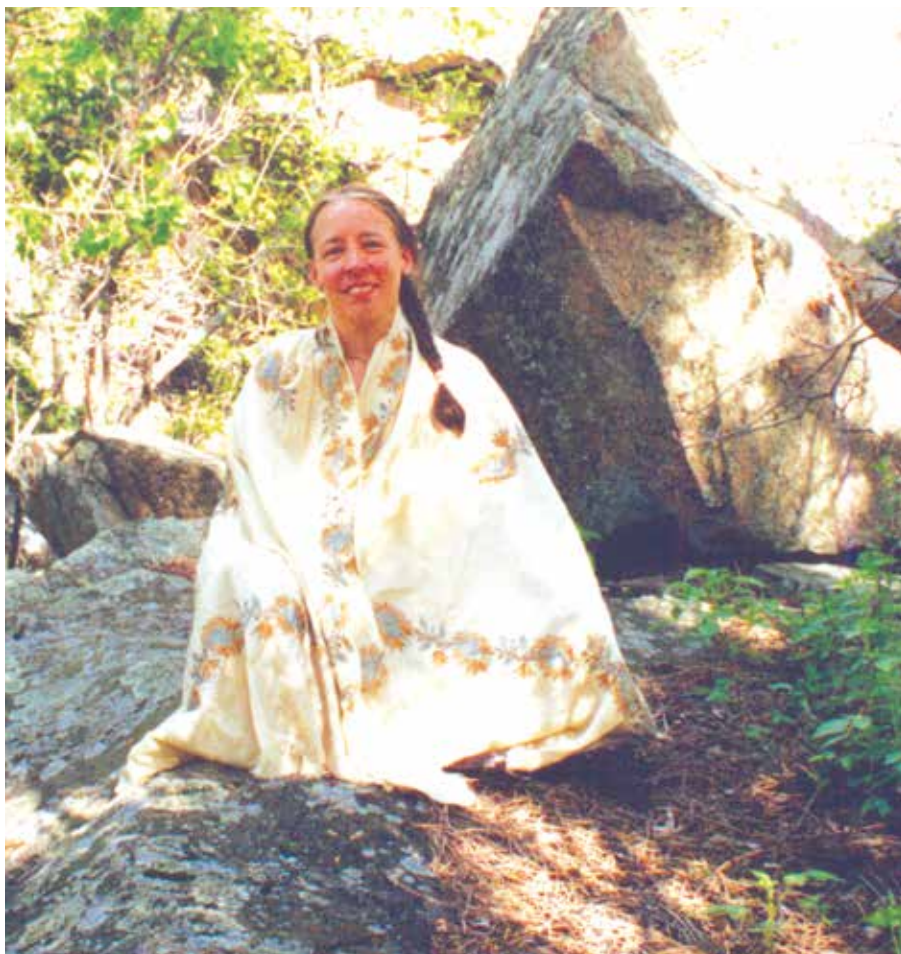
Effective Deep Healing LLC is located in Allenspark. To learn more, visit <http://www.effectivedeephealing.com/> or call Cindy Fatura at 415-894-5746.

feeling very relaxed after treatment."

Many results are more impactful long term. For example, a benign cyst the size of a walnut mysteriously disappearing during one treatment, a young man suffering from clinical anxiety for five years smiling again for the first time in years, and numerous reports of relief from the emotional and mental turmoil of



Ayurvedic Medicine and Classical Yoga Therapy



Health and wellness come in many forms and work differently for different people. The beauty of free will is that we can try various things and determine what works.

For thousands of years, Ayurvedic Medicine and yoga have been a way

to improve health and wellness. At Ayurvedic Medicine and Classical Yoga Therapy, Sarasvati Buhrman, Ph.D., E-RYT 500, C-IAYT, offers ancient treatments to better one's health.

Buhrman is a teacher of traditional Yogas, including Hatha, Bhakti,

Karma, Jnana, and Tantra. Her teachings incorporate Ayurveda, the ancient health tradition of India. Her experiences include teaching seminars for healing centers and retreats at professional Yoga and Ayurveda training institutions and universities.

Buhrman is a healthcare provider of Ayurvedic Medicine and Yoga Therapy, with a Bachelor of Science in Biology from the College of William and Mary, with subsequent work in environmental carcinogenesis and genetics.

She also has a Master of Arts and Ph.D. in Anthropology from the University of Colorado. She's certified through the National Ayurvedic Medical Association (NAMA), the Yoga Alliance, and the International Association of Yoga Therapists (IAYT).

"I studied Ayurvedic Medicine at Mount Madonna Center beginning in 1983 under Dr. R.P. Trivedi, a prominent professor of Ayurvedic Medicine at BHU, who qualified me to practice. My Yogic guru was Baba Hari Dass, with whom I studied until he died in 2018, completing, during that time, certifications in Ayurvedic Medicine, Yoga Teacher Training, and Yoga Therapy," shares Buhrman.

Buhrman has been in Ayurvedic Medicine and Yoga Therapy private practice since 1987, also serving as academic director of the Rocky Mountain Institute of Yoga and Ayurveda. She's taught Yogic topics at Metropolitan State and Naropa.

Clients can opt for consultations via telephone or in person. She's available four afternoons and early evenings per week in Estes Park, Allenspark, and Boulder by special arrangement.

Buhrman says, "Ayurveda is a personalized medicine that seeks healing approaches for body, mind, and spirit. An initial 1.5 to 2-hour consultation involves taking a detailed history and description of all health issues, tongue diagnosis (and pulse if in-person), assessment of prakrti (ayurvedic innate constitution), and vikriti (present imbalances)."

Treatment recommendations usually include lifestyle and

dietary suggestions. They may also include cleansing practices and an individualized herbal formulation of up to 20 Ayurvedic herbs.

The herbal or specialized medicated oil prescriptions are sent to an Ayurvedic compounding pharmacist who prepares them. Personalized formulation ensures that the patient's formulation can be modified, as needed, until the desired results are obtained with no side effects.

Treatment suggestions may also include Yoga therapies, such as pranayama, breath practices, and meditation practices. Other treatments include specific Yoga postures and nidra, deep relaxation for healing.

"I am a strong proponent of integrative medicine. The priority is to heal the person, so we must use the best wisdom of all the healing modalities available to us to achieve that goal. Combining traditional ethnomedical wisdom with the impressive capabilities of Western Medicine," says Buhrman.

She continues, "Western medical system's diagnostic, surgical, and emergency medical procedures have great potential for improving our health care system. Communication and teamwork among the patient's health providers are also essential, especially in the treatment of chronic illnesses."

Buhrman also believes we are all connected through the web of life, stating, "We exist as biological, cultural, and social beings. We have different physical, mental, emotional, and spiritual attributes, capabilities, and needs. As we heal, we must also remember to act with kindness and charity towards each other and the web of life."

Buhrman loves the work she does. She says she admires the philosophy. It brings her happiness to see people's lives and health improve.

Ayurvedic Medicine and Yoga Therapy is located in Estes Park, Allenspark, and Boulder. To learn more, visit <https://ayurvedicsolutions.com/> or call them at 303-443-6923.

Photo courtesy of Sarasvati Buhrman, Ph.D., E-RYT 500, C-IAYT



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Counseling for residents across the Peak to Peak



Amy Skinner and Richard Brandon are co-owners of Peak to Peak Counseling, a local family business owned and managed by the married couple. Skinner and Brandon are residents of Gilpin County.

Peak to Peak Counseling offers counseling, coaching, clinical supervision, training and staff development, and a university student internship program. Peak to Peak Counseling is dedicated to honoring every person's life and history.

The practice is a carefully cultivated environment optimized for all aspects of health. Clients experience personalized psychotherapy sessions "designed to encourage their independent spirit and get them back to the life they love," shares Skinner.

Since earning her Master's Degree in Counseling Psychology 15 years ago, Skinner has been completing and maintaining licenses and certificates to offer professional, current mental health services.

Skinner is a Licensed Professional Counselor and a National Certified Counselor. In addition, she is an Approved Clinical Supervisor and a Registered Play Therapist-Supervisor. Skinner also develops and implements psycho-education curriculums for non-profits and businesses across the Front Range.

Through Peak to Peak Counseling's Community Internship Program and working with counselors already in the field, her clinical supervision model facilitates professional growth and fosters therapeutic competence.

Additionally, Skinner has been a Department of Regulatory Agencies (DORA) Licensed Professional Board (LPC) Board member since 2020,

helping the State of Colorado keep counseling clients safe and professional counselors accountable.

"At Peak to Peak Counseling, Brandon puts his three decades of work experience in customer service to good use," Skinner says. Brandon's experiences of greeting guests in hotel management and feeding hungry college students give him the compassion needed to work alongside Skinner.

Brandon's knowledge of balancing books and creating decadent desserts as a pastry chef has also helped make him an ideal person to work in a detail-driven business where passion for helping people feel safe and cared for is an important skill to have.

As the business director and first point of contact at Peak to Peak Counseling, he prides himself on creating a hospitable, professional environment.

Skinner says they offer telehealth and in-person sessions, depending on client needs. Sessions are available for adults, couples, families, and teens. Play Therapy is available for children.

Skinner and Brandon pride themselves in offering a safe place to identify challenges and barriers, where setting specific goals and learning healthy coping skills are part of practicing new patterns.

An increase in resiliency is another benefit of working with Peak to Peak Counseling. With over 25 years in human services and 15 years in the counseling profession, Skinner has seen genuine healing and growth in communities.

She says, "Not only are we committed to the health and growth of our clients, but we are passionate about community mental health. We currently volunteer with the Peak to Peak Housing and Human Services Alliance, Gilpin County Emergency Services, and Mountain Coalition for Youth."

Skinner has served and consulted in different capacities, including being a past board member of TEENS, Inc. and Nederland Area Seniors. Additionally, Peak to Peak Counseling created the Mountain Health Collaborative, a group of healthcare professionals who volunteer during local disasters, which they also manage.

Skinner and Brandon also volunteer

with the Medical Reserve Corp and Mile High Red Cross. In 2010, Skinner started writing mental health columns, offering practical tools paired with anecdotal stories.

Skinner's passion for personal growth and commitment to community has inspired her to start a life-changing business. She admits, "We love supporting and being a positive part of

our community's health and wellness."

Skinner advises people to "take one small step, ask for help, and trust that they are capable of reaching their goals."

Peak to Peak Counseling is located at 159 West 2nd Street, Nederland. You can find them on Facebook at <https://www.facebook.com/peaktopeakcounselingservices/>, or you can call them at 303-258-7454.

Finding and keeping motivation in fitness training



Jennifer Gettman is a certified fitness coach. She is passionate about helping people by designing a program focused on building strength, mobility, and flexibility. She believes in teaching people to become independent motivators to continue to be their strongest on their own.

Gettman says, "I want to be temporary to guide and support less and help more. I think people need to keep strong through regular training off-season or even on, for that matter. We live in such an amazing place. Who wants to be in the gym? I will make fitness fun, outdoors, indoors, and easy."

Gettman has always been an active female, stating, "I truly think it keeps you young and the more I learn about strength training, movement, sweat, pain and its effect on the human body and brain - especially - I am so glad I played three sports all through high school and tried three new sports in college, including ice hockey, which I love!"

Even while working in the tech industry and traveling, Gettman kept fitness close,

exercising in what she says were small box hotel terrible gyms. She'd spend time running along beautiful vistas competing in several triathlons, and enjoying many adventures in running and bike racing.

Through her passion for fitness, she also found the opportunity to coach and push her friends and family. "During COVID being a coach became more formal as I held three classes a week for my remote team at work for almost two years," shares Gettman.

She continues, "Recently, I was able to start pursuing the certification and education to make me official, and such a journey it has been connecting thirty years of a passion with the knowledge of how it all works together and so much more...I have continued to explore additional holistic healing practices to further enhance my coaching in the future."

Fitness assessment, training assessment period, program design, and desired check-in are part of what Gettman offers. She wants to "work with people to help them on a path, with the tools, techniques, etc. to work out with vigor and purpose."

She also wishes to instill healthy fitness intent in her clients so they continue their health and wellness journey well into the future. Though Gettman is not opposed to regular clients, she says this is a side hustle for her, a passion she carries "to help versus making the rent."

Gettman says one of the biggest components of full-body strength training is making the brain retain more information, enhancing the learning

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Remembering your skin at Forget Me Not



Skin plays an important role in protecting your body and should be as healthy as your medical and mental health. Your skin is the largest organ in the body and covers the body's entire external surface.

The epidermis, dermis, and hypodermis make up your skin. The anatomy and function of all three vary significantly. Providing your skin with proper health means keeping yourself healthy by protecting yourself from getting sick or damaging your bones, muscles, and internal organs.

Pattie Sabel, owner of Forget Me Not Skincare & Day Spa understands the importance of caring for one's skin for external and internal beauty and general health care. Sabel always aspired to have her own business. She believes in the benefits of holistic healthcare.

She enjoys listening to people and relates to their goals and desires. She trained as an esthetician and nail technician, learning from educators who were salon and spa owners. She worked for Lavender Fields in Morrison and Essentials Spa in Boulder.

She chose those places to work based on their holistic approach and the serenity they offered, stating, "I bring those values to my own spa." Forget Me Not offers an array of high-quality products

and services.

Clients can pamper themselves with a facial, manicure, pedicure, waxing, tinting, one-of-a-kind customer service, and more. "It's the personal touch of knowing the customers. I get acquainted with the people who come in and treat each person for their individual needs," shares Sabel.

Sabel's advice is "to take some time for yourself." Unwind and relax with one of several rejuvenating specialty treatments catered to soothe any skin type and to accommodate our mountain climate. At Forget Me Not Skincare & Day Spa, people can feel "serene, pampered and calm."

Finding a balance within your health and wellness means your skin too. Sabel enjoys working with people and making them feel their best. "When you look your best, you feel your best." With Mountain Massages LLC mere steps away, it's easy to spend an entire day spoiling yourself. You deserve it!

Forget Me Not Skincare & Day Spa is located at 1 W First Street, Unit C, Nederland. You can find them on Facebook at <https://www.facebook.com/pattieskincare>, or you can call them at 720-899-8992.

Photo courtesy of Forget Me Not Facebook page

Harmonious glow at Attune Holistic Skin Care



You can find more than esthetics practice at Attune Holistic Skin Care (AHSC). "Our approach extends beyond the surface, aiming to become your partner in wellness," says Taylor Gabel of AHSC.

Gabel continues, "We're here to guide you through mindful living practices, nurturing self-care rituals, a well-balanced diet, and holistic approaches that go beyond skin care to foster enduring radiance from within."

At AHSC, clients will find insights into nutrition and personalized suggestions to support their journey toward vibrant, long-lasting beauty that starts from the inside out. Sessions are not merely about skincare. They are a haven for self-care, an oasis where relaxation takes center stage, according to Gabel.

After graduating from the School of Botanical and Medical Aesthetics in 2020, Gabel embarked on a journey to merge science and nature in skincare. In March of 2023, fueled by a passion for holistic beauty and wellness, she opened the doors to her practice.

Gabel also holds a certification as a Nutritional Therapist, aligning skin care practices with a deep understanding of how nutrition impacts skin health. She shares, "Continual pursuit of excellence drives me, reflected in extensive training hours dedicated to refining techniques like Gua Sha, Facial Cupping, manual lymphatic drainage facial massage, and microcurrent therapies."

Her dedication to mastering advanced exfoliation techniques led to state certification in Colorado for chemical peels, dermaplaning, and microdermabrasion, sharing, "This

accreditation stands as a testament to my commitment to safe, effective, and transformative skincare practices."

For anyone seeking advanced rejuvenation, Gabel offers specialized exfoliation treatments. Seasoned clients can experience the transformative benefits of plant-active treatments like chemical peels and microdermabrasion. Dermaplaning is another treatment, meticulously designed to revitalize and renew skin's luminosity.

At AHSC natural healing and mind-body connection offer long-term results, also improving circulation and detoxification. Enhanced nutrition and hydration along with personalized care are ways AHSC stands out.

Gabel believes AHSC is a client-centric wellness sanctuary designed with a combination of holistic philosophy, personalized attention, expertise in gentle and advanced techniques, and a nurturing environment.

Gabel believes in prioritizing self-care rituals, nourishing the body with a well-balanced diet composed of whole foods, regular movement, and finding harmony between work and play.

At AHSC, it's about nurturing yourself from within and embracing a commitment to the self, extending beyond skin-deep treatments.

"By prioritizing self-love and inner well-being, you can effortlessly attain the outer radiance you've been longing for. Beauty, in its purest form, emerges from this holistic harmony." -Taylor Gabel.

Attune Holistic Skin Care is located at 34 E First Street Unit 3, Nederland. You can find them on Facebook at <https://www.facebook.com/attuneskin>, or you can call them at 970-412-4113.

Visiting the Nederland Chiropractic & Wellness Center



According to the Healthy Policy Institute at Georgetown University, “some 16 million adults - eight percent of all adults - experience persistent or chronic back pain, and as a result are limited in certain everyday activities. Back pain is the sixth most costly condition in the United States.”

The spine helps control quick movements, which helps with range of mobility and protection. It supports the shoulders and frame of the body. A healthy spine is vital to our daily survival.

The Nederland Chiropractic & Wellness Center provides more than chiropractic services. Patients can also find physical and rehabilitative therapies and nutritional counseling for health and weight loss.

Catherine Valen, DC, shares, “We also work closely with several other health care providers in the area to coordinate health care for the whole patient and their needs.”

Dr. Valen has been a chiropractor since 1986 and in Nederland since 1988. She

has been an athletic trainer for several sports teams. Dr. Valen also has extensive nutritional studies, including homeopathy and nutraceutical herbs.

She says she continues to work with injury rehabilitation for athletes. She also works with auto and other various accident victims. Some of the business features at the office are spinal decompression traction, class 3 laser, class 4 laser, whole body vibration, nutrition, and weight loss.

Dr. Valen shares that they attempt to figure out everything the patient needs. Once they know, they provide everything possible to help patients find the therapies or modalities they might benefit from.

“We take the time to truly listen to our patients and try to be as thorough as possible in addressing their injuries and conditions,” shares Dr. Valen. She wants people to take care of their bodies so the body can take care of them.

Addressing sleep and managing stress levels are also important when considering your health. Dr. Valen was injured, forcing her to reflect on her future and the possibility of what it would look like living in a wheelchair. “A chiropractor was able to change that for me, and I wanted to do that with my life,” confesses Dr. Valen.

“I am passionate about finding the best path for each patient’s needs.”

The Nederland Chiropractic and Wellness Center is located at 20 Lakeview Drive, Suite 205, Nederland. You can find them on Facebook at <https://Facebook.com/nederlandchiropracticandwellness> or call them at 303-258-7730.

FITNESS TRAINING

Continued from page 7

process. She also shares, “Having a coach, a friend, a mentor in anything is motivating, especially if their intent is 100% pure. It will, hopefully, help people build a better foundation for future training and a leaner body for sure.”

Gettman says people seeking a

healthier, more fit lifestyle should “figure out what your body and mind need and feed them daily.” She also shares, “Fitness is a passion, and I am inspired by it.”

Serendipitous Services is located in Nederland. You can find them on Facebook at <https://Facebook.com/serendipitouservices>, or call them at 970-775-8482.

Boosting wellness at Tadasana Mountain Yoga



Tadasana Mountain Yoga (TMY) is a warm and inviting community yoga and movement studio that offers yoga and fitness classes celebrating all levels of practice. “We are a gathering place for Mountain Yogis and visitors alike, with classes that range from rigorous and adventurous to grounding and restorative,” said owner Diana Underhill.

At TMY, yogis can also opt for private sessions. But yoga is not the only health and wellness option, as massages and Reiki treatments are also available.

Tadasana Mountain Yoga has been open since 2011. Underhill shares, “Our teachers are skilled and experienced in offering yoga in a manner accessible to

beginners and invigorating to those who seek more of a challenge.”

Adults are not the only students either. Classes for kids and yoga throughout the community in partnership with Nederland Community Library, Nederland Area Seniors, and TEENS, Inc. are ways they connect with the community.

At Tadasana Mountain Yoga, they take pride in offering a range of options, making it a diverse studio. Classes at TMY are designed to enhance flexibility and strength, which are proven to promote a healthy degree of confidence.

Other benefits include reducing

Continued on page 11

A SIGNPOST IN THE WILDERNESS

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Mama Informed Doula and Herbalism Services



Molly Turner is a DONA-trained Birth and Postpartum Doula and a certified clinical herbalist. She supports birthing people before, during, and after birth, providing guidance and evidence-based education.

Turner shares, “I offer one-on-one herbal consultations and formulations for soothing all birth and postpartum maladies.” She has been serving the community for 15 years as an herbalist and has recently expanded her offerings as a doula.

Turner completed her herbal training at the Colorado School of Clinical Herbalism, gaining experience via apprenticeships and several years as an herbalist at Rebecca’s Apothecary in Boulder, Colorado.

As a doula, she learned from midwives in the area and completed training and certification from DONA International. “My mother was a home birth midwife

and raised me with the knowledge of maternal health since babyhood,” shares Turner.

With her nutrition and herbal expertise, Turner offers coaching in prenatal and postpartum. Clients can find herbal-based formulas such as restorative teas or sit baths made to meet the specific needs of the birthing person.

Turner says, “I provide several prenatal visits and two postpartum visits specific to the needs and desires of the family. I am a wealth of knowledge for resources and evidence-based education, offering clients the flexibility to make an informed decision for the care they seek and want.”

Turner believes if parents are well rested, well supported, and well informed, they can be their best for the family at large, and thus for the community at large, stating, “Everyone needs support, especially during the time of pregnancy, labor, and postpartum.”

Turner also offers practical support for the family by bringing a nourishing meal and resources for chestfeeding, washing bottles, folding laundry, recording the birth story, and much more.

Turner says providing support “in a world that does not easily provide it for you. Becoming a mom is a time that we desperately need to be mothered” is what makes her business stand out.

Being a mother of three allows her to follow the lead of the mother, having an innate knowledge of what one needs for support without having to be asked. Compassion, nonjudgment, and

patience are also part of her practices.

“I hold no expectations for you. I want you to move through this journey of parenthood in whatever way that looks for you. I have lived in the mountain community for eight years, and my son was born at home in this community nearly 19 years ago.”

Turner continues, “This community is mountain strong, and I want to support the growing families of this community to ensure its strength.” She often reminds herself to avoid overthinking, to stay in the moment, and to remember the simple, healthy things that make a big difference.

She would advise anyone seeking a healthy life balance to get sleep, eat well, and hydrate often. Getting ample sunshine and time out in nature are also important advice she offers, including moving your body and smiling.

Turner confesses the work she does feels like a natural fit for her. She can relate to new moms, and it doesn’t feel like work. She’s inspired by the women she supports during labor and hearing them inevitably say, “I can’t do this,” because she knows they “CAN and DO.”

“This sentiment reminds me that life is always going to have those moments when we will all say “I can’t do this” but in fact, I (we) can!” concludes Turner.

Mama Informed Doula and Herbalism Services is located in Nederland. To learn more, visit <https://www.mamainformeddoula.com> or call them at 303-887-0490.



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Balancing health with acupuncture and Chinese herbs



Acupuncture and Chinese herbs began approximately 3,000 years ago in Asia and have proven to have impactful health benefits.

Luckily, there's no need to travel abroad to reap the benefits of these ancient practices. Nandy Wentzel of Nandy Acupuncture & Chinese

Herbs has created a little healing sanctuary in the mountains.

Wentzel brings the skillful application of the time-tested therapeutic tools of Chinese medicine to help heal all kinds of chronic and acute pain, as well as digestive, reproductive, sleep, and emotional issues to mountain folks.

"I incorporate acupuncture, Chinese herbs, cupping, gua sha, tui na massage, and dietary therapy in a soothing and beautiful space. I also focus on preventative and longevity-enhancing aspects of this ancient healing practice and specialize in facial rejuvenation acupuncture," shares Wentzel.

She has been practicing acupuncture for 20 years and is a nationally board-certified acupuncturist and herbalist, currently licensed in Colorado. She earned her acupuncture degree at the Maryland Institute of Traditional Chinese

Medicine, a three year accredited graduate school of Chinese medicine, and completed post-graduate training at the Shanghai University of Traditional Chinese Medicine in Shanghai, China.

Additionally, Wentzel holds a Plant-Based Nutrition Certification from the T. Colin Campbell Center for Nutrition Studies at Cornell, saying, "My educational foundation is a Bachelor of Science degree in Natural Resource Management and Wildlife Biology from the University of Maryland."

For the first 15 years of practice, she had offices in Maryland, Washington DC, and Virginia. When her kids went to college, she answered the call to move to the mountains, pursuing a life she states is "more closely aligned with nature. For six years, I have been blessed to call this mountain community home, along with my five rescue cats, three rescue dogs, and husband of 27 years."

Wentzel is proud to offer a full spectrum of Traditional Chinese Medicine, a holistic healthcare model aiding in healing pain and illness, preventing future health issues, and restoring and maintaining balance and well-being.

Wentzel devotes every hour to her clients, ensuring ample time and healing space to customize and enhance every treatment. Every aspect of her practice is designed for the most healing and relaxing

acupuncture experience, from your initial cup of hot tea to the heated fleece-covered tables and infrared light therapy to custom essential oil diffuser blend and sound healing music.

Wentzel uses the most pain-free needles available and selects only rigorously tested herbs. She also offers evening and weekend hours.

Her advice is "to find a healthy life balance means making sure each day has a little time outside, a little time of contemplative quietude, a little movement and the consistent preparation of simple, nourishing and clean food, all in accordance with the seasons."

Mountains and Eastern philosophy inspire her. She confesses, "They both offer a deep sense of peace in such a tumultuous world. Practicing acupuncture is a tangible way to bring those ancient Eastern practices into our current lives to create not only peace but deep healing and happiness."

Wentzel concludes, "Nothing is ever more fulfilling than helping to smooth the rough edges in someone else's life, and Chinese medicine often gifts me the ability to do this."

Nandy Acupuncture & Chinese Herbs is located at 80 Big Springs Drive, Suite 201K, Nederland. You can find them on Facebook at <https://www.facebook.com/nandyacupuncture/>, or you can call them at 720-431-3700.

TADASANA MOUNTAIN YOGA

Continued from page 9

stress and anxiety. Improving mental clarity and focus are two other benefits of practicing yoga. "We strive to cultivate an inclusive and welcoming environment. Our emphasis on community building, with experienced and passionate instructors, contributes to a unique and enriching experience."

Underhill also shares, "What makes our business stand out is our dedication to inclusivity and accessibility." Part of the inclusivity is offering classes for all levels, including kid and family-friendly sessions.

Creating a welcoming space for beginners and challenging and robust classes ensures the studio caters to the community's diverse needs, including cost-effective options.

Members of TMY receive perks and discounts, among other things, such as online resources and classes.

Underhill encourages individuals to prioritize self-care without guilt. Finding activities that bring joy and help establish healthy physical and mental wellness practices is also a good habit.

She states, "Listening to their bodies, adjusting as needed."

She continues, "Seeking professional guidance when necessary and building a support network for accountability are also crucial. Our studio is inspired by the belief in the interconnectedness of physical and mental health, and we strive to empower individuals on their wellness journey."

The motivation behind the work at Tadasana Mountain Yoga is rooted in a passion for holistic well-being. They aim to "create a positive impact on people's lives by sharing the transformative power of yoga and mindfulness."

Underhill ends with, "Witnessing positive transformations in our clients and recognizing the importance of lifestyle choices in health further fuels our dedication to Tadasana Mountain Yoga."

Tadasana Mountain Yoga is located at 20 Lakeview Drive, # 110, Nederland. You can find them on Instagram at <https://www.instagram.com/tadasanamtyoga/>, or you can call them at 303-258-9642.

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A special place for fitness and well-being

The Rocky Mountains are glorious. Between hiking or driving through forests and waterscapes, the Rockies offer plenty of options to improve overall wellness.

Communities across the Peak to Peak region also focus on opportunities for residents and visitors to better their health.

Mountain folks can join The Fitness Place inside the Nederland Community Center. The Fitness Place features a weight room, cardio deck, studio, and gymnasium for plenty of variety and success in meeting fitness goals.

For strength training, free weights, machines, workout stations, benches, plates, bars, squat rack, a Smith Machine, and more fill the weight room for a fun workout routine.

Anyone seeking ample ways to break a sweat and test their altitude tolerance should check out the cardio deck overlooking the gymnasium. Treadmills and ellipticals are a great place to start your cardio adventure.

After a warm-up, a rowing machine or stair climber can be your cardio circuit or high-intensity

interval training (HIIT). The upright, recumbent bike and spin bikes are perfect for cooling down.

Which ones you start with and use is up to you. That's the beauty of the cardio deck. It has endless options. Speaking of options, the studio is where adults and children can join dance and group fitness classes.

The studio is also home to other fitness equipment like fit balls and BOSU balls, to name a few. Those looking for friendly sports competitions can check out the gymnasium during drop-in group sports. From sports to kids' kung fu and cardio to strength, The Fitness Place gives you plenty of reasons to improve your health and wellness.

Whether you want to join for a day or purchase a year membership, The Fitness Place has got you covered.

The Fitness Place is located at 750 Highway 72, Nederland. You can find them on Facebook at <https://www.facebook.com/nederlandcommunitycenter/>, or you can call them at 303-258-9721.



Mountainous massage benefits with Angela Delsanter



graduated with a BFA in dance in 1995 from Ohio University. And then in 1999, received my 650-plus hours in massage therapy from the Colorado School of Healing Arts."

Kinesiology was another topic that inspired Delsanter to become a massage therapist. She confesses knowing she would live a life that included massage therapy. "I am inspired by working with other massage therapists and receiving their work."

Delsanter has been in practice for 25 years as a licensed massage therapist all over Colorado, including her Nederland community. "My work can be therapeutic, deep, or customized to the client's request," shares Delsanter.

Her massage studio is warm and welcoming and has plenty of room for clients to stretch before and after a session. She says other benefits of massage therapy include injury prevention, post-surgery recovery, and overall wellness maintenance.

Delsanter is proud of her years of experience, convenient location, and low-cost services that help her local practice be accessible to a wide demographic. She hopes by offering local therapeutic massages, she is helping clients take care of themselves.

Delsanter believes that "if you don't care for yourself first, you can't be there to support those around you." With many folks still contemplating a New Year's resolution, this can be easy to follow through with.

Mountain Massages LLC is located at 34 East First Street, Unit 3, Nederland. You can find Angela Delsanter on Facebook at <https://www.facebook.com/angeleacat?mibextid=LQQJ4d>, or you can call her at 720-683-9525.

Photo courtesy of Mountain Massages LLC.

One of the many benefits of hot stones during a massage is that they help promote better sleep. Pre and postnatal massages can help hormones stay on track. Adding CBD to massages can help diminish anxiety and reduce pain.

Deep tissue massages offer physical and psychological benefits. They help relieve muscle pain and stiffness and provide stress-relieving relaxation. Deep tissue massages are also helpful in treating musculoskeletal issues like strains and sports injuries.

Living in the Rocky Mountains offers a plethora of reasons to live a calm life, but as with most things, it's easier said than done. Angela Delsanter is a massage therapist offering hot stone, pre and postnatal, CBD add-ons, therapeutic and deep trigger point work, and Swedish techniques.

Her approach to massage therapy is heavily influenced by a career as a professional dancer, sharing, "I

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A meaningful life with New Growth Therapy



New Growth Therapy (NGT) is a Mental Health Counseling and Psychotherapy practice in Nederland. Camilla Dye grew up in Copenhagen, Denmark. She moved to Gilpin County in 2001. By 2008, she found a home in Nederland.

Dye received a BA in Psychology in 2008 from CU Boulder and worked in Special Education in Boulder Valley School District for eight years. She holds a Master of Arts in clinical mental health counseling from Regis University.

As a Licensed Professional Counselor (LPC) with the state of Colorado and a National Certified Counselor (NCC) with the National Board of Certified Counselors (NBCC), she established New Growth Therapy LLC in 2017.

"I work from a Humanistic Eco-therapeutic perspective, an approach to therapy where the therapeutic relationship and nature are considered essential tools for emotional healing. I also use more traditional talk therapy modalities and plan the treatment together with you to serve your needs," shares Dye.

New Growth Therapy LLC specializes in clinical mental health counseling, serving adults and couples in the Peak to Peak region in need of a confidential

and compassionate therapist to help with life difficulties, including depression or anxiety.

From grief to eating disorders and life transitions to self-worth, there's nothing Dye won't help you get through, including navigating relationships and family conflicts. Dye says, "Clients are seen virtually or outside walking in nature. With time and effort, therapy usually increases the overall health of my clients."

Through collaboration with clients, benefits include improving coping strategies. Creating self-awareness and dealing with difficulties from the past and present that prevent you from living a more meaningful and intentional life is part of the goal at NGT.

Dye confesses to having a unique approach to the therapeutic process, believing that moving outside in nature while doing therapy can prove healing to the nervous system. Her clients often find it easier to talk about difficult topics while walking side by side.

Dye believes a healthy life balance takes curiosity, compassion, kindness towards ourselves and others, gratitude, and courage. She states, "Only when we seek self-awareness can we change the things in our lives holding us back."

From Dye's perspective, seeking help to live a better life can be difficult, but having a person to witness our lives with us and hold our hands through tough times can make the journey seem less overwhelming and scary.

"Living with intention and knowing what makes us content are essential ingredients for a healthy life balance. My clients, their progress, struggles, and resilience inspire me to keep doing the work that I do."

Dye continues, "I am honored every time a person allows me to walk alongside them and help them tap into their inner strength and courage to live more fulfilled and meaningful lives."

New Growth Therapy LLC is located at 491 West Spring Street, Nederland. To learn more, visit www.newgrowththerapy.net or call them at 720-282-1727.

Summiting mountains for health & wellness



Schaffer offers three types of massage services, including Swedish massages, to promote mental relaxation and circulation. Therapeutic massage helps relieve specific tension areas, and prenatal massage helps people relax and destress while their bodies go through pregnancy.

She says, "Swedish massages are wonderful tools for mental health and relaxation. In our often fast-paced lives, many people have trouble fitting time to relax into their schedules. Booking a Swedish massage gives you a designated time when the only things you have to do are relax and breathe."

Therapeutic massages are more geared towards physical well-being. The tension held in the muscles leads to discomfort, as well as increasing the likelihood of injury. Regular therapeutic massage can help keep your muscle tension under control.

Schaffer has a state-of-the-art adjustable massage table for the comfort of her clients. In less than two years in business, she has acquired over 100 five-star reviews, something she is very proud of.

"Prioritize taking care of yourself! It's so easy to put our health and well-being on the back burner while we run around caring for the people in our lives, but that's not sustainable. When we care for ourselves, we have more to give to others. And you are important and worth being cared for!" states Schaffer.

The look on a client's face when Schaffer has helped take away or minimize pain is her favorite, stating, "I love being able to make a real difference in people's lives. The fact that I've found a career that allows me to help people feel better has added so much meaning and purpose to my life. I am so very grateful to be doing work that I love!"

Mountaintop Massage Therapy is located at 1 W. First Street, Unit C, Nederland. You can find them on Facebook at <https://www.facebook.com/MountaintopMassageTherapy/>, or you can call them at 720-514-9666.

At the top of every mountain, one will find rewards beyond imagination. People claim to find a deep sense of peace and clarity upon summiting a mountain peak. Luckily for the town of Nederland and communities across the Peak to Peak, there's no need to climb mountains to find tranquility.

At Mountaintop Massage Therapy, located within Forget Me Not Day Spa, people will find massage services that help improve their health and wellness. Lara Schaffer attended massage school at Cortiva Institute in King of Prussia, Pennsylvania, in 2015.

For over three years, Schaffer worked at Massage Envy outside Philadelphia before moving to Colorado in 2019. While living in Fort Collins, she worked for a small massage therapist-run business, where she learned much about what it takes to run a business.

"After two years in Colorado, I moved to Nederland, where I met Pattie Sabel of Forget Me Not Day Spa. Pattie offered me the opportunity to rent a beautiful massage room in downtown Nederland, and the rest is history!" shares Schaffer.

Improving confidence at Mountain Aire Hair Salon



Exercise, diet, listening to happy music, and practicing positive thinking can all be part of feeling good about oneself. But people sometimes forget that physical appearance can influence health and wellness.

Licensed cosmetologist and barber Tina Ramos understands the impact physical appearance can have on confidence, which can be a part of one's health and wellness. Mountain Aire Hair Salon is a full-service hair salon offering a clean, comfortable,

inviting environment with top guest service and technical experience.

Ramos started in the industry in 2005, stating, "Continuing education has been the best way to stay motivated and inspired year after year. I have taken multiple classes yearly and have some big accomplishments."

"There has been so much to learn and not enough space to share it all. I recently went to Orlando for the Surface Global forum in October. I have also taken two in-salon classes and one online in the past year," shares Ramos.

Ramos has also traveled to New York to test out and become a Redken-certified hair colorist and to Las Vegas and attended two Redken Symposiums, leading to Ramos receiving status as a Redken master and blonding authority specialist, as well as a certification in Coco Marie extensions.

Part of the services at Mountain Aire Hair Salon include a consultation, spa

shampoo, and finish style. Services also include in-salon treatments. Some perks of visiting Mountain Aire Hair Salon are the take-home regimens and styling tips you can practice on your own.

Ramos says, "Having good intuitions and being a great listener helps with the details you need to look great and feel confident. Our Surface brand is committed to giving back to the environment, providing natural, organic ingredients for their products and packaging, as well as giving back to the community."

At Mountain Aire Hair Salon, products are carefully selected with natural preservatives, natural cleansers, vegan protein, sugars, corn, and vegetable Starches. Other products used may have Babassu, Moringa, Flax, and Argan Oil.

Gluten-free, natural aromas, natural colors, essential minerals, and botanical extracts are also part of the quality

products Ramos offers at Mountain Aire Hair Salon.

"I am professional, patient, and honest with my business. It is a safe and comfortable space to share and ask questions. I offer quality guest services with some of the best products, fully stocked for any desired look and hair needs," says Ramos.

When clients schedule a consultation, hair goals, wants, needs, past looks, suggestions, recommendations, future maintenance, and product offerings will be part of the conversation.

Ramos finishes, "I love to help people feel good and look good. My clients inspire me to create the look that they want to see."

Mountain Aire Hair Salon is located at 30509 Highway 72, Coal Creek Canyon. You can find them on Facebook at <https://www.facebook.com/people/Mountain-Aire-Hair-Salon/100090440594230/>, or you can call them at 303-525-0891.

All-natural products for your health



Using all-natural products is environmentally friendly, are more sustainable, are full of nutrients, and become part of good healthy habits. At Health Naturally, they manufacture all-natural products in a USDA Certified Organic/cGMP lab.

Lotions, salves, bath bombs, lip balm, and several other all-natural, plant-based products that help users achieve

health naturally are produced at Health Naturally in Coal Creek Canyon. Owner April Morris is a Colorado local who has been around plants and nature for most of her life.

She realized her passion for plant medicine while working and studying on an herb farm in Southern Oregon. She loved learning about herbs in class and then going out and working in the fields with those same herbs.

After her season in Southern Oregon ended, she moved to Reno, Nevada, where she worked with an urban farm to build up their herbal apothecary and help create products from the plants they grew.

Once this urban farm's apothecary was up and running, Morris made her way back to her home state of Colorado, where she started an all-natural, plant-based skincare company, AprilShowers, offering everything from fragrant bath bombs to healing elderberry syrup and skin-soothing salves.

Morris loved creating products for AprilShowers but knew she had more to

learn in the plant medicine world. She enrolled in Boulder's Colorado School of Clinical Herbalism, graduating after eight months as a Certified Western Herbalist.

She began working with Paul Murray, a graduate of Traditional Chinese Medicine and a Certified Nutritionist, to add CBD to the AprilShowers line. This new CBD-infused line was established as HealthNaturally®.

For businesses seeking to add a personalized topical or lip balm to their offerings, Morris offers white labeling for products. Morris says, "Our high-quality full-spectrum CBD products help our customers by giving them the products to help them achieve health naturally on their own."

CBD products are used to help with pain relief and aid with anxiety, sleep, and stress," Morris continues. But they don't rely solely on the health benefits of CBD at Health Naturally. "We rely on an entourage effect created by the many different plant components in each product."

Their best-selling product, Extra Strength Relief Salve, contains 500mg of CBD in the form of full-spectrum hemp oil, but people also experience relief from the cooling effects of the essential oil combination of peppermint, wintergreen, and eucalyptus, as well as the heating effects from the ginger oil and capsaicin.

Morris proudly states, "We also can ensure the highest quality products because we manufacture our products ourselves, which is very rare these days, as most companies use a third-party white label manufacturer."

Morris' health and wellness advice is to "follow your gut. You know your body best and know what is working for you." She continues, "We want to empower all to have the tools to achieve Health Naturally, so we started this business creating helpful products, aka the tools."

Health Naturally is located in Coal Creek Canyon. You can find them on Facebook at <https://www.facebook.com/healthnaturallyhemp/> or call them at 303-579-5447.

The River Within Integrative Wellness and Bodywork



Integrative wellness is a more holistic approach to healthcare. It considers all components of an individual's life, including physical and mental health. It also addresses other parts of health often bypassed, such as emotional health and interpersonal relationships.

Integrative medicine dates back to the 1960s. It wasn't until 1995 that it was recognized as a direction for modern medicine. Meet Galadriel Sardonicus, owner of The River Within Integrative Wellness and Bodywork, a blend of integrative wellness coaching and holistic, therapeutic bodywork.

Sardonicus has a lifetime of experience in Integrative Wellness and Holistic Health. What makes her great at her job is her "predominantly natural lifestyle." In high school, she sought to integrate her nutrition knowledge into elective culinary classes and brought vegetarian and health-conscious dishes to the menu.

"As a junior and senior in high school, I created independent study courses and studied under mentors who practiced Chinese and Energy medicine," says Sardonicus, who also wrote a cookbook integrating Ayurvedic principles, Nutrition and Herbalism.

She pursued a self-designed college degree in Integrative Wellness, Human Development, and Environmental Studies. While studying, she became a licensed Massage Therapist and a certified Yoga Teacher. She also studied under a Naturopathic Doctor as their Herbal Apprentice.

Sardonicus "studied Primitive and Earth-based skills, Clowning as a Healing Art, Dance, Music, and Song as a Transformative Art, Ecology and Natural History. I integrated many subjects into my degree that ultimately shaped my profession as an Integrative Wellness Practitioner."

Sardonicus says she worked with children for over 20 years,

teaching yoga and movement, plant identification for medicine making, and song & story-telling. This became part of her extensive background and experience integrating holistic health into children's and adult's lives.

She has been a licensed and practicing massage therapist since 2010. She spent years studying specialized therapeutic techniques including, but not limited to, Cranio-Sacral, Myofascial Release and Connective Tissue. Neuromuscular therapies, Injury Rehabilitation, herbalism, and nutrition, Meridian therapy, and energy medicine are among other techniques Sardonicus studied.

Another service Sardonicus provides is somato-emotional integration, which ties into Divine Mothering, and Yoga and Movement coaching, creating an organic balance.

Integrative Wellness Coaching, which includes nutritional and herbal wellness is also available. There's an eight-week "Get Un-Stuck" coaching program designed to jump-start your wellness and restore the river of your health!

Ultimately, Sardonicus helps clients "feel cared for and nurtured." She listens to them and provides them with attention and loving presence. She says through her services, people experience an improved quality of life,

incorporating muscular tension release and healthy restoration of the body, mind, and soul.

"My work helps clients improve their sleep, energy, and mood. I support my clients in regaining strength and resilience so they can experience more ease, joy, and freedom in health, business, and relationships."

Sardonicus continues, "I treat each client as the individual they are. I curate each of my sessions to fit the unique needs and life histories of my clients. I draw from a lifetime of experience." She prides herself in actively engaging in each client's life and progress.

"I do the work I do because when we feel good in our bodies and our lives, we are kind. There is a beautiful thing that happens when people feel good inside. They are filled with joy, kindness, and the energy to connect and co-create. There is harmony. There is evolution."

A piece of advice she would like to share is, "It's a radical act to be healthy, happy, and educated. Strive to break out of the norms. Strive to thrive by taking accountability for your health, connection to nature, joy, and wisdom."

The River Within Integration Wellness is located in Nederland. To learn more, visit <https://www.wellnesswithgaladriel.com/> or call Galadriel Sardonicus at 720-514-9649.

Supporting and honoring the human spirit at the OHC



The Oriental Healing Clinic (OHC) has an acupuncture clinic in Boulder and Nederland. In addition to acupuncture, they offer other areas of Chinese Medicine that assist in many treatments.

"Therapies include Chinese Herbal Medicine and Energy Bodywork. In combination with acupuncture, we help treat a variety of conditions. With all conditions, we go to the root cause of illness, going beyond symptom relief to allow healing and prevention of illness," says Juanita McLaughlin of OHC.

She also shares that the OHC is unique as "it provides individualized and holistic treatment using Oriental Medicine in conjunction with an

understanding of the body from Western Science."

Practitioners at the clinic stay solely focused on your care through the whole treatment time, making subtle adjustments that ensure optimal comfort, care, and outcomes.

McLaughlin has several degrees and certifications, with 20 years of clinical experience treating mountain communities. Her education includes extensive training in China, with three different internships undertaken.

Following graduation from the Southwest Acupuncture College in Colorado, she went to China to further her knowledge of Chinese Medicine. She was fortunate to participate in

a training program at the Beijing Traditional Chinese Medicine Hospital, a top-level hospital featuring the best teachers and Doctors of Chinese Medicine.

After more than 15 years in clinical practice, McLaughlin weighed the benefits of undertaking a Ph.D. program or accessing specialized clinical training from experts across the globe.

She states, "Staying focused on what would offer the greatest assistance to patients coming for care at the Oriental Healing Clinic, I decided to travel the globe and train with these experts."

From allergies to digestive issues and

Continued on page 17

Yoga Therapy with Angie Samadhi



For thousands of years, yoga has been a way to help better not only flexibility but strength as well. Yoga is also known as physical therapy that aids in many medical conditions, including anxiety and joint health.

Through Yoga Therapy (YT), Angie Samadhi supports individuals seeking to balance body, mind, and spirit. Incorporating intentionally-based yoga classes helps to improve mental clarity and calmness.

Physical health problems have been linked to an increased risk of developing mental health problems and vice versa. At YT, using yoga therapy bodywork helps connect physical health to general well-being.

Ayurvedic yoga consultations and breathwork coaching are other services offered at YT, helping to balance energy and circulation.

Samadhi is a 500-hour certified yoga teacher. She is also a certified yoga therapist with the International Association of Yoga Therapists and a heritage healing arts practitioner with a Bachelor of Science in International Affairs.

Samadhi has taught yoga since 2004, specializing in breath-centered yoga classes for all levels. She teaches at Tadasana Mountain Yoga Studio, offering

individualized yoga therapy bodywork and yoga lifestyle coaching based on yoga philosophy,

“[I use] Ayurveda and modern scientific study. I also incorporate my heritage healing arts background in shamanism and reiki,” shares Samadhi. She continued, “Yoga therapy is the application of yoga postures and philosophy that empowers an individual’s progress toward improved overall health, including spirit.”

Samadhi also states, “Yoga therapy is helpful for individuals working through impactful life changes, chronic health issues, recovery from injuries after medical treatment, and physical or emotional traumas.”

She would advise people to start their yoga journey “small with what’s happening right now for you. Tune into the breath and listen to what your body has to say.”

“I’ve been practicing yoga for over 20 years and apply it daily for my physical and mental health. I love sharing my passion for yoga with others who want to learn more about themselves,” concludes Samadhi.

Yoga Therapy is located at 178 W 4th Street. To learn more, visit <https://angiesamadhi.com/> or call them at 303-258-3999.

Diet and nutrition with Amy Hager, RDN



Aetna, Cigna, Medicare, Oscar, and United Healthcare are in Hager’s network. She offers convenient virtual sessions via telehealth. “The ability to be in-network with insurance companies provides many clients a cost-effective way to access my services. I also reduce costs and maximize efficiency by offering virtual appointments.”

By developing a plan for clients with their personalized input, Hager creates a sustainable path toward lasting change. Her specialty is helping people with metabolism, balancing blood sugars, and improving heart health, with a focus on fitness and time management.

By helping clients outline the big picture of their health and wellness vision, Hager can work with them to design a personalized plan with weekly action steps to align with their vision. “Typically, clients report improved energy, mood, sleep, stamina, and less stress after a few sessions,” says Hager proudly.

Hager also shares that “most of adulthood is a big game of ‘You vs. You.’ Most of us know what we need to do to achieve optimal health but fail to do it. It can be priceless to have another person in your corner whose sole job is to help you master establishing solid health habits by holding space for conversations that help you get organized and evoke the motivation to create momentum around taking action.”

Hager wants people to realize that “repeated actions over time develop solid habits that create the lasting change you are looking for.” She also says her life has benefited greatly from having plentiful energy and optimism that she attributes to an adulthood of consistent healthful habits.

“When I see clients have a noticeable change in their energy levels in a short period, just from a few tweaks to their routine, it’s very rewarding.”

Amy Hager, RDN, is located in Gilpin County. To learn more, visit https://amyhager_rdn.com/ or call her at 1-919-272-7350.

Weight loss, diet discipline, and commitment to one’s health are something many people struggle with. Luckily, some professionals with proper expertise have knowledge to share when it comes to these types of challenges.

Amy Hager, RDN, is a Registered Dietitian and Certified Health Coach. She specializes in medical nutrition therapy and health and fitness counseling. Over the past 20 years, Hager has worked in healthcare settings, including UNC Chapel Hill and Wake Med.

She has also worked onsite employee health with American Express and HanesBrands. She counseled individuals and taught group classes on weight loss and diabetes management. Part of her teachings included worksite presentations.

Hager shares, “I’ve also worked for a specialty app company, Vida, helping users virtually navigate and achieve their health goals. I’m also delving into food and meal preparation strategies this year, with a focus on advance meal planning and helping people create ready-to-go healthy meals at home.”

Since becoming self-employed and starting a nutrition practice, Hager contracted with several health insurance companies to become an in-network provider and can offer nutrition counseling often covered by insurance plans.

Holistic healing for canines, equines, and their companions



Animals, much like humans, can experience stress and illness. Their health and wellness is as important as anyone else's. Shelly Peters-Schaller provides a unique service to them and their companions.

At Hands, Hoofs, and Paws, Peters-Schaller, who is "a Colorado native, living in Coal Creek Canyon for over 30 years, and owns horses, Great Danes, cats, and chickens," provides a holistic approach to healing body, mind, and spirit for canines, equines,

and their companions using various massage modalities and healing touch therapy.

Peters-Schaller has always been an animal lover and has been practicing animal and human massage therapy for almost two decades. "I trained at Boulder College of Massage Therapy and Equitouch Systems, obtaining certifications in canine, equine, and human massage," shares Peters-Schaller.

Recognizing the growing demand, she obtained certification to add Healing Touch for Animals. Peters-Schaller also offers cupping, a therapy that addresses localized and systemic complaints. Cupping can be done via dry and wet techniques to aid in musculoskeletal pain relief.

For stress and anxiety, she also offers reflexology. Another service Peters-Schaller provides is human esthetics, such as facials to help minimize signs of aging. Clients can also receive microneedling and chemical peels, which can help improve the appearance and texture of your skin.

Peters-Schaller says, "Anxious animals and people benefit from the relaxing results of massage and touch therapy. I can help with growing pains, work toward injury prevention in athletes, heal injured muscles faster, help ease and smooth out sore muscles, help to ease resulting challenges from chiropractic adjustments, and much more."

"Many people are surprised to learn that there is a difference

between petting and massage. Having a specialty in canine and equine massage sets me apart from so many other therapists. It's just a bonus that I also massage people," admits Peters-Schaller.

Peters-Schaller says her dedication, uniqueness, and versatility of what she offers and her mountain clientele sets her apart from others. She values the small community she lives in, and it inspires her.

Routine in life is king (or queen), believes Peters-Schaller, stating, "I suggest adhering to a monthly massage therapy routine for you and your pets. Muscles can atrophy, so it's important to keep your muscles pliable to help reduce injury and help with and maintain consistent overall relaxation."

For Peters-Schaller, every day is different and brings its own unique challenges and needs for each client. Offering each animal or person the chance to relax or gain some relief drives her to do this work.

"It is satisfying to make positive changes in their bodies and lives. After each session, I love to see the beneficial difference I have made towards good health. I absolutely love my job - how many people can say that?" concludes Peters-Schaller.

Hand, Hoofs, and Paws is located in Coal Creek Canyon. You can find them on Facebook at <https://www.facebook.com/people/Hands-Hoofs-and-Paws-Massage-Therapy/100057448968075/>, or you can call them at 303-503-6068.

ORIENTAL HEALING CLINIC

Continued from page 15

joint pain to headaches and everything in between, at OHC, they will help you with your aches and pains.

"Our immune system and nervous systems are often over-taxed by our outward-looking culture and society, so finding the balance where repair and rejuvenation can occur is important. Acupuncture assists the body in moving into this repair and healing state," shares McLaughlin.

At OHC, herbal medicine, nutrition, and lifestyle assessment are part of the conversation. The impact of climate and season changes on health is also part of the discussion to better assist in treatments.

McLaughlin believes the first step to better health and wellness is to value yourself and your health, saying, "Recognizing there are times

when assistance from someone else is beneficial. Humans are, by evolution, tribal in nature, so we grow and maintain health through the assistance of others but also through creating time for reflection and healing."

She continues, "I live in the beautiful mountains of Nederland, Colorado, and own and operate the Oriental Healing Clinic, which offers acupuncture and other Chinese traditional medicine in Boulder and Nederland."

"I have worked hard to create a clinic that supports and honors the wonder of the human spirit."

Oriental Healing Clinic is located at 20 Lakeview Drive, Unit 205, Nederland. You can find them on Facebook at <https://Facebook.com/orientalhealingclinic>, or you can call them at 303-258-9112.



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Intentional Grounding through Pilates practice



your abdominal muscles, which help strengthen and support your lower back and hips.

Pilates is also a great way to tone glute muscles, which, with lower back and hips, are part of your core. Strengthening your core aids in balancing muscular strength throughout your body. With enhanced muscular strength, you can better control your back and limbs, improving the stabilization of your spine.

Lynn Gibbs is a Certified Pilates Instructor in Mat discipline and Reformer apparatus. She operates from her in-home studio and teaches Pilates Mat on Saturday mornings at the Gilpin County Community Center.

Gibbs is also a Certified Kundalini Yoga Instructor and substitute teacher at the Gilpin County Community

Center. "Movement and balance is one of my interests, and I love learning about the human body as a vehicle for health and well-being," says Gibbs.

Gibbs received her certifications from PhysicalMind Institute in Pilates Mat, Reformer, Cadillac, and the Wunda Chair apparatus. Her Pilates practice is a Classical Pilates Method as taught by Joseph Pilates.

Her Kundalini Yoga Instructor certification is through the Kundalini Research Institute (KRI). Kundalini is a type of yoga that incorporates breathwork and movement. It often also incorporates meditation and chanting as a complete practice, as taught by Yogi Bhaajan.

Gibbs says that offering small in-home private sessions on Pilates Reformer allows her to better focus

on trainees. She teaches a Tuesday Kundalini Yoga class in her home studio in the early afternoon.

Balance and core are things she focuses on aside from posture. "Breathing is essential to good health and longevity. I like to start where individuals are physically and help them become stronger and more secure in posture and balance," says Gibbs.

Offering personal and small sessions makes Gibbs' practice stand out. She believes that all physical fitness goals can be achieved with proper training. She wants people to "Live, Love, Laugh. Be kind to yourself and do one thing every day that makes you feel strong and happy."

Intentional Grounding is located in Gilpin County. To book your session or to find out more, call 914-602-4916.

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Healing through non-invasive touch



Imagine struggling with any physical, mental, or medical pain. Now, imagine relieving said pain or the effects of harsh pain treatment with something as simple, yet powerful, as touch.

Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support all aspects of human health, including physical, emotional, mental, and spiritual.

By influencing the human energy system with touch, the energy field surrounding the body and the energy centers that control the flow from the energy field to the physical body become balanced, inspiring healing.

Though hands are generally used, non-invasive techniques help clear and balance the human and environmental energy fields, inspiring a healthy level of energy that affects overall health.

Healing Touch therapy focuses on removing energy congestion that forms in human auras and chakras. Once imbalances and disturbances

are cleared from our energy, the energy channels resume integrating the body, mind, and soul.

The goal is to restore harmonies in the energy system, placing the client in a position to self-heal. According to some research, healing touch has been linked to easing pain and discomfort associated with cancer, cardiovascular disease, immune function, and stress, to name a few.

Cumulative results on energy medicine such as Healing Touch indicate strong support that “something is happening” and that recipients respond positively to energy therapies.

More and more, Healing Touch has become supported and recommended by hospitals, universities, colleges, professional organizations, private foundations, the National Institutes of Health, and the Center for Complementary and Alternative Medicine.

Gilpin County is home to Rosanne Reid, a Healing Touch practitioner. She proudly shares, “I am a Healing Touch Practitioner. Practicing healing of the highest good through unconditional love for over a decade.”

Reid practices a flexible Healing Touch technique, which can be done hands-on, hands-off, or both. Healing Touch can be beneficial for one’s entire well-being. Healing Touch practitioners are few and rare in our mountains, making Reid’s practice unique.

A piece of advice Reid shares is, “Gratitude first and always. Keep moving. Seek help when needed. Be kind and serve. Allow yourself to receive.” She does this work simply because she loves it. “What is more inspirational than love?!” says Reid.

Healing Touch is located in Gilpin County. To learn more or book an appointment, call Rosanne Reid at 720-955-7743.

Photo by Omayra Acevedo.

The benefits of massage with Danae Beaudette



Regardless of your lifestyle, you’d be surprised at how much tension builds up in our muscles and how it can affect circulation, lymphatic systems, and hormone function. Muscle tension can also trigger anxiety and a reduction in mental alertness. For some folks, it can even trigger depression due to extreme discomfort.

Imagine reducing muscle tension, as well as inadvertently improving circulation while benefiting from stimulating lymphatic systems and reducing hormone stress. What if you could also increase relaxation and improve mobility, flexibility, mental alertness, and induce recovery of soft tissue injuries?

Massage guru Danae Beaudette of Nourishing Soulutions offers relief from muscle tension and daily stress. With 20 years of experience and her love for serving her community, anyone can benefit from one of her integrated deep tissue massages.

She shares, “Massage helps you tune into your body, improves immunity, and connects you with your spiritual self.” Beaudette’s integrated massage includes hot stones and essential oils.

The best advice she can offer anyone is to “slow down,” which she helps them accomplish when they’re on her table.

“I love giving people massage, and you can feel my love and attentiveness the whole time. I am inspired to help others through a loving and therapeutic touch. I truly care about each person on my table,” says Beaudette.

Many professionals recommend a massage every four to six weeks to keep up with the body’s tune-up needs. When a body receives a massage, it increases blood supply traveling through the body, especially to areas that need attention.

This circulation, in turn, promotes an exchange of vital substances between cells, which helps to bring fresh nutrients into cells, removing waste. So, if you want help keeping your body healthy and ready for action, schedule a massage!

Nourishing Soulutions is located in Central City and is available by appointment only by calling 720-309-8703.

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Going wild with Bergamot in Colorado



Perennials are flowers that live for several years. They generally come back season after season as conditions allow. Wild bergamot is a perennial flower with square stems and gray-green foliage.

The flowers bloom from June to September. The shape of its flowers is tubular, blooming in clusters of lavender, pink, or white colors. Wild bergamot is famous among hummingbirds, bees, and butterflies.

Its native distribution covered most of Canada and a large part of the United States east of the Rockies. Today, it can be found almost anywhere, even in locations with temporary ideal conditions.

Wild bergamot tolerates medium water use, drought, and CaCO₃ (carbonates). It does well in a range of soils and can handle a high level of flooding, but it's best to avoid mildew by providing easy drainage.

The indigenous Ojibwe Tribe was known for using wild bergamot for its medicinal benefits, which included putting a wad of chewed leaves into nostrils to relieve headaches, drying the tops of the plant and using it as a relief for colds, and warming leaves to use in water baths for babies.

Katie Burnham of Wild Bergamot Soap has long been a crafter and strives to

bring back the old ways of doing things. "I'd much rather make it myself if I can. I've sewn, crocheted, and baked since I was a small child," shares Burnham.

She started making soap almost four years ago, and it bloomed its way into a business. Burnham says that over the years, she's loved experimenting with new things and has included lotions and lip glosses in her inventory.

Other handmade bath and beauty products include soaps and shampoo bars. Burnham states, "My soaps get you clean without stripping your skin, lotions that don't have gross ingredients, lip glosses that sparkle without feeling like plastic. I do my best to make the best I can."

Her goal is to eliminate some of the chemicals from skin care products that can affect improving overall health. "I try to make products as naturally as I can, whenever I can. I make good things. Once people try them, they often come back again and again," says Burnham.

Making high-quality products makes Burnham happy. She loves making something others seem to love as much as she does.

Wild Bergamot Soap is located in Central City. You can find them on Facebook at <https://www.facebook.com/wildbergamotsoap> or call 720-347-5517.

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Celebrating Colorado cuisine across the Peak to Peak

Health and wellness with GCPR

For centuries, humans have participated in regular physical activity as one of the most important things for health. Studies have proven physical activity can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Gilpin County Parks & Recreation (GCPR) is part of the Community Center, the ideal location for mountain residents to get into routine physical activity. With a gymnasium, cardio hall, weight room, fitness studio, two pools, indoor track, locker rooms, showers, a youth camp room, and a multipurpose room it is a fantastic place to get our bodies moving.

Fitness, art, sports leagues, senior lunches, a teen program, community fundraisers, meetings, special events, and employment are some of the things GCPR offers its community, aside from the essential health and wellness benefits of recreation.

The fairgrounds include a community garden, a nature trail, and an indoor and outdoor arena. Pete Gones Memorial Park is across Highway 46 with sports fields and a playground, adding to the array of opportunities to improve and maintain physical and mental health.

Recreation is essential to the quality of life, from improving confidence and mood to offering arts and culture experiences to guiding individuals and families to gain new skills. Not

to mention, recreation reduces self-destructive habits, including stress.

But recreation doesn't only positively impact personal growth. Small investments in recreation, sports, and arts often yield economic returns via money generated by events, capital development, and ongoing services like the ones found in Gilpin County.

Needless to mention, parks, open spaces, and natural areas are essential to ecological survival. Green space protects habitats and biodiversity. It also improves air quality and the ecological integrity of the places within the community.

"The Community Center is the hub of the Peak to Peak region for information, social interaction, stress relief, childcare, senior services, and so much more!" shares Gabrielle Chisholm, Director of Gilpin County Parks & Recreation.

She also shares, "Make your health a priority so that you can help others. I am passionate about sports, leisure, and the arts. I love being able to serve the community I live in. We get to be creative with new programs and have a lot of fun! We also provide basic needs for folks that might be in need such as senior meals and hot showers."

Gilpin County Parks & Recreation is located at 250 Norton Drive. You can find them on Facebook at <https://www.facebook.com/gilpincounty.org/>, or give them a call at 303-582-1453.

GILPIN COUNTY
Parks & Recreation
gilpincounty.colorado.gov

We are here to serve the Gilpin community, but are open to all!
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