



**Barbara Myers, ND**  
**Master Herbalist**  
**Certified Nutritional Counselor**  
**Jin Shin Jyutsu Practitioner**  
**Certified Natural Health Professional**

Barbara Myers has been involved in the natural health field for over 30 years. Barbara is a traditional naturopath (Doctor of Naturopathy) earning her degree from Trinity School of Natural Health. Barbara received her Certified Nutritional Counselor (CNC) and Master Herbalist (MH) from Trinity School of Natural Health. Barbara continues to study advanced herbalism & aromatherapy as the plants are her first love.

Barbara began learning about Jin Shin Jyutsu when taking a Self Help class. She fell in love with the Art of Jin Shin Jyutsu and completed the necessary hours to be endorsed as a Practitioner. Jin Shin Jyutsu is a study of a lifetime and Barbara has dedicated herself to that study. She founded a Jin Shin Jyutsu study group in her local area and she continues strong ties with Morristown Hospital Jin Shin Jyutsu group in New Jersey where Jin Shin Jyutsu is used in the cardiac and cancer centers.

Barbara developed two businesses, Simple Sister in 2005 and Total Wellness Solutions in 2008. Simple Sister makes personal care products such as soaps, lotions, salts and herbal preparations & gift baskets. Simple Sister has been contracted to provide exclusively for Willow Health Food & Wellness Center. Total Wellness Solutions was a Holistic practice working with clients in respect to Nutritional counseling, Bach Flower therapy, Jin Shin Jyutsu therapy & Lifestyle counseling. Total Wellness Solutions has been dissolved and those services will be offered through Willow Health Food & Wellness Center. Barbara has taught classes in Natural Health & Herbalism at Willow Health, Curves and Wellness Works.

Barbara worked Simple Sister and Total Wellness Solutions out of her home and Wellness Works in Chalfont, PA until she bought The Health Food Store in July 2012. Barbara has moved all her holistic practices to the store. The store was renamed Willow Health Food & Wellness Center. She continues to practice and is adding other practitioners and holistic therapies to Willow Health Food & Wellness Center.

Barbara offers at Willow Health Food & Wellness Center:

- \* Nutritional Counseling
- \* Weight loss support group
- \* Jin Shin Jyutsu therapy
- \* Ion Cleanse Therapy
- \* Bach Flower analysis & treatment
- \* Herbal consultations
- \* Informational & Hands On classes (see next page)



Rosemary (Rosmarinus officinalis)

Barbara has been a DIY'er for many years and loves to pass along her experience in the classes she has developed and continues to teach at Willow Health Food & Wellness Center.

## Classes offered by Barbara Myers at Willow Health Food & Wellness Center

(See [blog](#) for class times)

### Herbal Medicine Cabinet

- \* Learn about over a dozen herbs that can be used for health problems and daily emergencies
- \* What herbs to put in an Emergency kit and their use
- \* How & what herbs to use with your pets
- \* Learn how to determine what herb to use for each situation
- \* The long history on the uses of herbs as medicine
- \* Wildcrafting (collecting) your own herbs



A follow up class for Herbal Medicine Cabinet is:

### How to Make Herbal Preparations

- \* Learn about different kinds of Herbal Preparations
- \* How to determine what preparation is correct for the herb
- \* Wildcrafting
- \* Where to buy herbs
- \* How to make different preparations
- \* Hands on lesson on making a Herbal Preparation
- \* The medical use of herbs is discussed



### Introduction to Jin Shin Jyutsu Self Help

Jin Shin Jyutsu® Self Help is an ancient Japanese art of harmonizing the life energy in the body to promote optimal health & well being. Our body contains energy pathways, which may become blocked due to illness, stress and tension. This 2 hour class is an introduction to the art of Jin Shin Jyutsu® Self Help and how to balance and harmonize your energy pathways, thus balancing yourself physically, mentally and emotionally.

(Karen Kearns also teaches this class and is a Jin Shin Jyutsu practitioner)

### How to Make Soap

In this class we will prepare a batch of cold process soap and pour it into a mold to cure. During the preparation we will discuss the soap making process, the history, the ingredients and the benefits of making your own soap.