

Barbara Myers, ND, CNC, MH, CNHP



Barbara has been working in the natural health field for over 30 years. Barbara is the owner of Willow Health Food & Wellness Center where there is retail health and wellness products, classes and local practitioners offering body work and much more.

Barbara practices out of Willow Health in individual consultations and in combination with Beth Mahon, RN, BSAC, GRRNS, AHAI, Community Health nurse where they offer the “Nurse & the Naturopath” consultations.

For an in depth bio on Barbara look to our [website](#).

Barbara is passionate about natural health and wellness as it impacts every facet in life. That includes the food you eat, the products used on the body, the chemicals that are used in and outside of the house and the stressors & joys we experience every day.

Classes that Barbara developed and presents:

[DIY classes](#)

[Herbal classes](#)

[Essential oil classes](#)

[Other classes](#)

[http://
blog.willowhealthfood.com/wp-
content/uploads/2018/07/
BarbMyersBio2.pdf](http://blog.willowhealthfood.com/wp-content/uploads/2018/07/BarbMyersBio2.pdf)

DIY classes

How to Make Soap

Are you tired of store bought soap drying out your skin? Do you love DIY projects? Soap making is a fun and rewarding DIY project. You can make your own soaps with your own scents and colors and special oils to treat your special skin needs. We make a batch of cold process soap and everyone in the class participates.



In this class we will:

- Learn about making soap
- The history of soapmaking
- The ingredients & equipment
- The benefits of making your own soap
- Where to purchase everything you need to make soap
- We make a batch of cold process soap
- Everyone goes home with a bar of soap

This class includes printed handouts of everything that is discussed including detailed instructions on how to make soap.

How to Make Lotion

Want to make your own lotion that has ONLY healthy ingredients in it. No preservatives, No chemicals! It is easier than you think to make a lotion that is just as you LOVE IT.

In this class:

- We make lotion 3 different ways
- We discuss the ingredients and the methods for making them
- You will walk away with a sample size of each of the lotions we make

This class includes printed handouts of everything that is discussed including detailed instructions on how to make lotion and three recipes

DIY classes

How to Make Deodorant & Lip balm

Do you want to make your own deodorant that has ONLY healthy ingredients in it. No preservatives, No chemicals! It is easier than you think to make a deodorant that works great and leaves you smelling like a rose. When we are done with the deodorant we will make Lip Balm.

In this class:

- We make deodorant 2 different ways, as a liquid, a cream or a solid. The students pick which 2 we make that night.
- We discuss the ingredients and the methods for making them
- We make lip balm
- You will walk away with a solid bar of deodorant, lip balm and instructions for everything we do
- This class includes handouts of everything that is discussed including detailed instructions and recipes.



How to Make Beeswax Candles

During this class you will learn how to:

- Work with beeswax
- All the wonderful qualities of beeswax
- We will make tealights
- We will make tapers
- The topic of what wick is the best for this wax

I will share the important conclusions that I have come to over many years when it comes to making and burning beeswax candles. When I make a candle I want it to burn cleanly, burn all the way down without dripping and have no left over wax NOR a crater down the middle of the candle as paraffin pillars tend to do.

We will be making tealights & tapers during this class.

Herbal classes

Herbal Medicine Cabinet

Learn about:

- ◆ Over 20 herbs that you can use for emergencies and the day to day bumps, cuts and bruises
- ◆ How to use these herbs & essential oils
- ◆ Which ones to use and how to use them with your pets
- ◆ The value of herbs as medicine
- ◆ Where to purchase herbs and how to collect your own herbs



[Preview this class](#)

How to Make Herbal Salves & Oils

In this class we will:

- ◆ Make an herbal oil
- ◆ Make the salve/ointment from an herbal oil
- ◆ Discuss making a salve that can be used for makeup
- ◆ Discuss using essential oils in salves.
- ◆ Everyone will receive a 2 oz tin of the herbal salve we make.
- ◆ This class includes printed handouts of everything that is discussed.

How to Make Herbal Preparations (4 classes)

Learn about different kinds of herbal preparations:

- ◆ Herbal Medicine Cabinet
- ◆ How to determine what preparation is right for the herb
- ◆ Wildcrafting
- ◆ Where to buy herbs
- ◆ How to make different preparations
- ◆ Hands on lesson on how to make an herbal preparations
- ◆ The medical use of herbs is discussed
- ◆ How to make personal care products such as lotions and balms are discussed and we make two different products

Herbal Medicine Cabinet & How to Make Herbal Salves & Oils are taken from this class

Essential Oil classes



Essential Oil class

Essential oils and the possibility of all that you can do with them is very popular today. There are a lot of questions that people have about the oils and how to use them. I have a lot of people who come into the store and ask about essential oils and they tell me they love the oils but they do not know what to do with them. Thus this class was created

starting with 9 of the most popular and used oils. This is a fun and informational class about these 9 essential oils and how to use them effectively. There is much discussion and any questions are welcomed.

Learn about essential oils:

- What are essential oils and where do they come from
- How to use them
- When to use them
- Learn about essential oil “*notes*”...what that mean and how to apply that to essential oil use.
- Essential oil & pets tip
- 9 of the most used Essential oils

You go home with:

- Everything you learned
- The power point presentation used in the class will be emailed to you upon request.
- Recipes & blends

Essential Oil Blending class

There are so many things one can do with essential oils. Once you have discovered essential oils and diffused them usually you want to find out what else you can do with these wonderful scents.

These precious essences from plants can also be very powerful medicines. They can also be blended to make a delightful scent to wear. In this class we are going to investigate these two areas. How to effectively blend oils for therapeutic use and how to blend them as your identifying scent.

This class is designed to be informative (a little technical info on the oils), fun (there will be some making going on) and easy to understand. You will walk away with enough information & tools to use at home.

I bring balance to using essential oils. There is so much information out there by the MLM companies and their disciples. A lot of the information that is incorrect and misleading. I bring an approach to using essential oils that utilizes them where they shine and have no problem saying things like, “multivitamins should NOT be made up of essential oils”. You will learn when to use them and when not to use them.

Other classes

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)